



Active Insight: Evidence in Action

Tip #513



Simple Activity Timetables

Overview

Clear timetables in Years F–6 support students to participate regularly in movement activities. Consistent scheduling builds routine, strengthens engagement, and supports organisation. This approach enhances wellbeing, promotes active participation, and ensures students can confidently access structured physical activity opportunities across varied learning environments and school contexts. Predictable timetables and clearly communicated schedules help students prepare for participation, establish positive activity habits, and engage consistently in organised movement experiences.

Key Teaching Ideas

Use simple, predictable schedules that are clearly displayed and easy to follow. Align activities with available spaces and routines. Support consistency, helping students understand expectations, stay organised, and participate confidently in regular movement opportunities. Clear scheduling structures and familiar routines help create smooth transitions, reduce uncertainty, and encourage positive participation across a range of activity settings.

Practical Application

- Display weekly activity boards supporting clear organisation and participation routines
- Use rotating schedules ensuring variety and consistent engagement opportunities weekly
- Provide visual timetables enhancing clarity and accessibility for all learners
- Allocate groups clearly supporting organisation and smooth participation transitions
- Use time-blocked sessions maintaining structure and consistent activity opportunities

Next Steps

Use simple planning tools to support organisation. Consistent timetables strengthen engagement, routine, and effective delivery across physical activity programs. Explore [The Ultimate PE Program](#) as curriculum-aligned, safe activities for inclusive activities to accompany activities.

