



# Active Insight: Evidence in Action

## Tip #529



## Celebrating Personal Bests

### Overview

Focusing on personal progress in Years F–6 supports students to practise and improve movement skills over time. Celebrating individual growth builds confidence, promotes persistence, and enhances wellbeing. This approach values effort and supports meaningful participation within inclusive and supportive learning environments. It encourages students to recognise improvement, apply feedback positively, and develop confidence through ongoing movement experiences. Embedding personal progress practices across physical activity contexts strengthens motivation, resilience, and participation.

### Key Teaching Ideas

Focus on personal progress through movement experiences that value growth, effort, and active participation. Use supportive feedback, achievable challenges, and reflective practices to strengthen confidence and wellbeing. Encourage students to recognise improvement, apply movement skills positively, and persist through learning experiences. Provide opportunities for goal setting, collaboration, and celebrating progress across physical activity contexts. Foster inclusive environments that build motivation, resilience, confidence, and meaningful participation.

### Practical Application

- Use personal best charts tracking individual progress and skill development
- Provide goal tracking sheets supporting reflection and continuous improvement processes
- Facilitate progress reflections encouraging awareness of learning and achievement growth
- Celebrate individual milestones reinforcing confidence and motivation consistently
- Maintain skill logs supporting structured monitoring and development over time

### Next Steps

Use [Fundamental Movement Skill](#) approaches to support progress. Tracking and celebrating improvement builds confidence, motivation, and meaningful engagement across physical education learning.

The Fundamental Movement Skills approach is informed by foundational motor development research (Gallahue & Ozmun, 2006), contemporary physical education pedagogy (Graham et al., 2013), and the Australian Sports Commission's emphasis on developing movement competence and confidence through fundamental movement skills as a foundation for lifelong physical activity and sport participation.

