



Active Insight: Evidence in Action

Tip #533



Engaging All Learners

Overview

Providing varied activities in Years F–6 supports students to explore and participate in movement experiences. Diverse options increase inclusion, build confidence, and enhance wellbeing. This approach ensures all students find meaningful ways to engage in physical activity. It encourages students to explore different interests, develop movement skills, and participate positively across a range of learning contexts. Embedding varied physical activity experiences strengthens motivation, belonging, and ongoing participation.

Key Teaching Ideas

Offer diverse, non-traditional movement options and provide students with meaningful choice during activities. Use inclusive, accessible experiences that encourage enjoyment, confidence, and active participation across different movement contexts. Encourage students to explore personal interests, develop positive attitudes towards movement, and engage comfortably at their own level. Provide opportunities for collaboration, reflection, and success through varied physical activity experiences. Foster supportive environments that strengthen wellbeing, belonging, confidence, and lifelong participation.

Practical Application

- Include dance activities supporting rhythm and creative movement expression opportunities
- Use fitness circuits providing variety and accessible movement experiences consistently
- Provide cooperative games encouraging low-pressure and inclusive participation outcomes
- Design individual challenges supporting personal success and confidence development
- Offer choice-based sessions empowering students to select preferred activities

Next Steps

Use [Active Education Australia Resources](https://www.activeeducationaustralia.edu.au/resources) to help engage all students in an inclusive learning environment. Diverse approaches increase engagement, inclusion, and confidence for all learners.

