



# Active Insight: Evidence in Action

## Tip #540



## Supporting Activity Beyond School

### Overview

Supporting activity beyond school in Years 3–6 helps students apply strategies for active lifestyles. Encouraging independence builds confidence, promotes wellbeing, and supports lifelong habits. This approach enables students to explore movement opportunities outside structured school environments. It encourages students to participate confidently within home, community, and recreational settings while developing positive movement habits. Embedding active lifestyle practices beyond school strengthens motivation, participation, and wellbeing.

### Key Teaching Ideas

Support activity beyond school through movement experiences that encourage independence and active lifestyles. Use practical strategies, community connections, and positive routines to strengthen engagement and confidence. Encourage students to explore movement opportunities outside school and apply active habits across different settings. Provide opportunities for reflection, goal setting, and building awareness of community physical activity options. Foster supportive environments that build wellbeing, motivation, confidence, and participation.

### Practical Application

- Set activity research tasks encouraging exploration of movement opportunities independently
- Support student goal setting promoting ownership and motivation for participation
- Facilitate sharing experiences building confidence and peer learning opportunities
- Use reflection discussions reinforcing learning and activity engagement beyond school
- Encourage family engagement supporting participation and active lifestyle development

### Next Steps

Encourage exploration using goal setting. Simple and achievable strategies help support independence, confidence, and ongoing participation in physical activity beyond school environments. Explore [The Ultimate PE Program](#)

