



Active Insight: Evidence in Action

Tip #543



Promoting Active Lifestyles

Overview

Encouraging active lifestyles in Years F–6 supports students to recognise and practise strategies for ongoing participation. Building habits enhances wellbeing, strengthens engagement, and promotes lifelong activity. This approach supports family involvement and reinforces positive behaviours beyond school. It encourages students to value regular movement, participate confidently, and develop healthy routines across home, school, and community settings. Embedding active lifestyle practices within learning experiences strengthens motivation, participation, and positive wellbeing outcomes.

Key Teaching Ideas

Encourage active lifestyles through movement experiences that promote healthy habits and ongoing participation. Use practical activities, positive routines, and family connections to strengthen engagement and confidence. Encourage students to recognise the benefits of regular movement and apply active behaviours across different settings. Provide opportunities for reflection, goal setting, and participating in varied physical activity experiences. Foster supportive environments that build wellbeing, motivation, confidence, and lifelong participation.

Practical Application

- Set home activity challenges encouraging daily movement and participation habits
- Share family movement ideas supporting engagement beyond school environments consistently
- Use activity logs tracking participation and reinforcing positive behaviours regularly
- Design weekend challenges promoting active lifestyles and family involvement opportunities
- Communicate regularly supporting awareness and engagement with activity initiatives

Next Steps

Use simple resources to support habits. Consistent strategies help promote active lifestyles and reinforce wellbeing beyond the classroom environment. Explore [Individual Regulation & Active Breaks](#) resources.

