



Active Insight: Evidence in Action

Tip #557



Scaling Programs Across Year Levels

Overview

Scalable programs in Years F–10 support students to apply and refine movement skills appropriately. Adjusting complexity enhances inclusion, builds confidence, and supports wellbeing. This approach ensures meaningful participation across all learners. It encourages students to engage at appropriate levels, experience success, and develop movement skills through adaptable learning experiences. Embedding scalable approaches across physical activity contexts supports accessibility, resilience, and positive participation.

Key Teaching Ideas

Design scalable programs that adapt movement experiences to support diverse learning needs and participation levels. Use flexible activities, progressive challenges, and supportive adjustments to strengthen engagement and confidence. Encourage students to apply movement skills, respond to challenges, and participate successfully across different contexts. Provide opportunities for collaboration, reflection, and skill development through adaptable physical activities. Foster inclusive environments that build wellbeing, resilience, confidence, and meaningful participation.

Practical Application

- Modify tasks supporting progression across different year levels consistently
- Adjust expectations supporting appropriate challenge and engagement outcomes
- Use shared structures supporting consistency across learning contexts effectively
- Provide options supporting inclusion and meaningful participation consistently
- Use reflection supporting progression and learning development outcomes

Next Steps

Use scalable program design. Flexible and adaptable approaches help support inclusion, engagement, and meaningful participation across year levels. Explore [The Ultimate PE Program](#).

