



Active Insight: Evidence in Action

Tip #561



Sustaining Long-Term Participation

Overview

Sustained participation in Years F–10 supports students to engage regularly in movement activities. Consistent opportunities enhance wellbeing, build confidence, and strengthen habits. This approach promotes lifelong participation. It encourages students to develop positive routines, value regular physical activity, and maintain active involvement across different movement contexts. Embedding sustained participation across learning experiences supports resilience, motivation, and healthy active lifestyles.

Key Teaching Ideas

Provide regular movement opportunities that encourage consistent participation and positive engagement in physical activity. Use varied activities, supportive routines, and achievable challenges to strengthen confidence and motivation. Encourage students to develop positive habits, reflect on participation, and value ongoing involvement in movement experiences. Provide opportunities for collaboration, goal setting, and exploring different physical activity contexts. Foster inclusive environments that build wellbeing, resilience, confidence, and lifelong participation.

Practical Application

- Provide regular opportunities supporting ongoing participation and engagement consistently
- Use varied activities maintaining interest and motivation over time
- Encourage goal setting supporting long-term engagement and participation outcomes
- Use reflection supporting awareness of participation and development consistently
- Celebrate participation reinforcing positive habits and engagement outcomes

Next Steps

Build sustainable systems. [Active Education Australia Resources](#) support long-term engagement, confidence, and meaningful participation across contexts.

