



Active Insight: Evidence in Action

Tip #572



Designing Intrinsic Recognition

Overview

Intrinsic motivation in Years F–10 supports students to participate, apply, and refine movement skills with confidence. Recognition that values effort and progress enhances engagement, builds confidence, and supports wellbeing. This approach promotes meaningful participation and encourages students to value learning and improvement across physical activity contexts. It encourages students to develop enjoyment, persistence, and personal responsibility within movement and learning experiences. Embedding intrinsic motivation across physical activity settings strengthens resilience, engagement, and participation over time.

Key Teaching Ideas

Support intrinsic motivation through movement experiences that value effort, progress, and personal achievement. Use positive feedback, meaningful challenges, and student choice to strengthen engagement and confidence. Encourage students to reflect on improvement, apply feedback, and recognise success across physical activities. Provide opportunities for goal setting, collaboration, and developing persistence through movement learning experiences. Foster inclusive environments that build wellbeing, resilience, motivation, and participation.

Practical Application

- Recognise effort reinforcing persistence and positive participation behaviours consistently
- Use private feedback supporting intrinsic motivation and confidence development
- Highlight improvement supporting meaningful learning and engagement outcomes
- Encourage self-reflection supporting awareness of personal growth consistently
- Avoid comparison supporting inclusive and positive participation environments

Next Steps

Focus on intrinsic motivation. Strengths-based recognition helps build confidence, engagement, and meaningful participation across physical education contexts. [Explore Inclusion resources on Anywhere PD.](#)

