



# Active Insight: Evidence in Action

## Tip #574



## Motivation Through Progress Tracking

### Overview

Tracking progress in Years 3–10 supports students to apply and refine movement skills confidently. Visible progress enhances motivation, builds confidence, and supports wellbeing. This approach promotes meaningful learning and sustained participation. It encourages students to recognise improvement, reflect on achievements, and take responsibility for ongoing development in movement experiences. Embedding progress tracking across physical activity contexts strengthens resilience, engagement, and positive participation over time.

### Key Teaching Ideas

Use progress tracking strategies that support confidence, reflection, and ongoing improvement in movement learning. Provide clear goals, feedback, and opportunities for students to recognise growth and achievement over time. Encourage students to monitor progress, apply feedback, and reflect on personal development during physical activities. Provide opportunities for goal setting, self-assessment, and celebrating improvement across movement contexts. Foster supportive environments that build wellbeing, resilience, motivation, and sustained participation.

### Practical Application

- Use charts tracking progress supporting motivation and engagement consistently
- Encourage goal setting supporting meaningful development and participation outcomes
- Provide feedback highlighting improvement and next steps clearly
- Use reflection supporting awareness of growth and achievement outcomes
- Celebrate milestones reinforcing confidence and ongoing participation consistently

### Next Steps

Use simple tracking systems. Visible progress strengthens motivation, confidence, and meaningful participation in physical education. [Explore Inclusion resources on Anywhere PD.](#)

