



Active Insight: Evidence in Action

Tip #577



Recognising Effort Meaningfully

Overview

Meaningful recognition in Years F–10 supports students to apply effort and engage confidently in movement. Highlighting effort enhances motivation, builds confidence, and supports wellbeing. This approach promotes positive learning behaviours. It encourages students to value persistence, personal growth, and active participation across a range of movement experiences. Embedding meaningful recognition within learning environments strengthens resilience, engagement, and positive attitudes towards participation.

Key Teaching Ideas

Use meaningful recognition strategies that acknowledge effort, growth, and positive participation in movement learning. Provide encouragement, constructive feedback, and shared success experiences to strengthen motivation and confidence. Encourage students to reflect on achievements, value persistence, and recognise positive learning behaviours during activities. Provide opportunities for collaboration, goal setting, and celebrating progress across different movement contexts. Foster positive environments that build wellbeing, resilience, confidence, and engagement.

Practical Application

- Acknowledge effort reinforcing persistence and engagement consistently
- Use verbal feedback supporting confidence and positive learning behaviours
- Highlight improvement supporting meaningful participation and development outcomes
- Use subtle recognition supporting intrinsic motivation and engagement consistently
- Encourage self-recognition supporting awareness of effort and growth outcomes

Next Steps

Focus on effort consistently. Recognition builds motivation, confidence, and meaningful participation across physical education contexts. [Explore Inclusion resources on Anywhere PD.](#)

