



Active Insight: Evidence in Action Tip #578



Positive Competition Through Recognition

Overview

Positive competition in Years 3–10 supports students to apply movement skills while maintaining inclusive participation. Balanced approaches enhance engagement, build confidence, and support wellbeing. This approach promotes respectful participation. It encourages students to value effort, teamwork, and fair play while developing resilience and positive attitudes towards competition. Embedding positive competition across movement experiences strengthens inclusion, motivation, and supportive participation.

Key Teaching Ideas

Promote positive competition through movement experiences that value effort, fairness, and inclusive participation. Use supportive challenges, teamwork, and encouragement to strengthen engagement and confidence. Encourage students to demonstrate respect, resilience, and positive behaviours during competitive activities and games. Provide opportunities for reflection, collaboration, and applying fair play strategies across movement contexts. Foster supportive environments that build wellbeing, inclusion, confidence, and respectful participation.

Practical Application

- Recognise teamwork supporting inclusive and respectful competition experiences consistently
- Use fair play awards reinforcing positive behaviours and engagement outcomes
- Celebrate effort supporting motivation and meaningful participation consistently
- Balance competition supporting inclusion and confidence across all learners
- Use reflection supporting understanding of positive competition behaviours

Next Steps

Use balanced competition strategies. Recognition supports engagement, fairness, and meaningful participation across physical education. [Explore Inclusion resources on Anywhere PD.](#)

