



Active Insight: Evidence in Action Tip #580



Sustaining Motivation Over Time

Overview

Sustained motivation in Years F–10 supports students to participate consistently in movement activities. Ongoing engagement enhances confidence, builds habits, and supports wellbeing. This approach promotes lifelong participation. It encourages students to develop persistence, enjoyment, and positive attitudes towards regular physical activity and movement experiences. Embedding sustained motivation across learning contexts strengthens resilience, commitment, and active participation over time.

Key Teaching Ideas

Support sustained motivation through engaging movement experiences that encourage consistency and positive participation. Use achievable challenges, encouragement, and varied activities to strengthen confidence and engagement. Encourage students to recognise progress, persist through challenges, and value regular participation in physical activity. Provide opportunities for reflection, goal setting, and building positive movement habits across contexts. Foster supportive environments that build wellbeing, resilience, confidence, and lifelong participation.

Practical Application

- Use varied activities maintaining engagement and interest over time consistently
- Set goals supporting ongoing participation and motivation outcomes effectively
- Track progress supporting awareness and sustained engagement consistently
- Celebrate milestones reinforcing confidence and continued participation regularly
- Encourage reflection supporting understanding of motivation and engagement outcomes

Next Steps

Build motivation through consistency. [Active Education Australia Resources](https://www.activeeducationaustralia.edu.au) support engagement, confidence, and sustained participation across contexts.

