



Active Insight: Evidence in Action

Tip #583



Seeing Themselves as Active Learners

Overview

Active learner identity in Years F–10 supports students to participate confidently and apply movement skills across contexts. Building this identity enhances engagement, strengthens confidence, and supports wellbeing. This approach promotes meaningful participation. It encourages students to view themselves as capable, motivated, and active participants in learning and physical activity experiences. Embedding active learner identity across movement contexts strengthens resilience, independence, and positive engagement in learning.

Key Teaching Ideas

Support active learner identity through movement experiences that encourage confidence, participation, and personal growth. Use positive feedback, student voice, and purposeful challenges to strengthen engagement and motivation. Encourage students to recognise strengths, apply skills across contexts, and take responsibility for learning. Provide opportunities for reflection, collaboration, and achieving success in different physical activity experiences. Foster inclusive environments that build wellbeing, resilience, confidence, and meaningful participation.

Practical Application

- Use language reinforcing students as capable and active learners consistently
- Provide opportunities supporting participation across varied movement experiences daily
- Encourage reflection supporting understanding of learning through movement clearly
- Celebrate engagement supporting confidence and positive learning behaviours consistently
- Use inclusive practices supporting participation and learning for all students

Next Steps

Reinforce active learner identity. Positive messaging strengthens engagement, confidence, and meaningful participation across contexts. [Explore Inclusion resources on Anywhere PD.](#)

