



Active Insight: Evidence in Action

Tip #584



Confidence Through Repeated Success

Overview

Repeated success in Years F–10 supports students to apply and refine movement skills confidently. Structured opportunities enhance engagement, build confidence, and support wellbeing. This approach promotes persistence and meaningful participation. It encourages students to experience achievement through progressive challenges, skill development, and positive movement experiences across different contexts. Embedding repeated success within physical activity learning strengthens motivation, resilience, and ongoing participation.

Key Teaching Ideas

Provide structured opportunities for repeated success through achievable and progressive movement experiences. Use positive reinforcement, skill development, and supportive feedback to strengthen confidence and engagement. Encourage students to reflect on achievements, persist through challenges, and recognise personal growth in movement activities. Provide opportunities for practise, collaboration, and applying skills across varied physical activity contexts. Foster inclusive environments that build wellbeing, resilience, motivation, and meaningful participation.

Practical Application

- Use achievable tasks supporting success and confidence building consistently
- Build progression supporting repeated success and skill development outcomes
- Provide feedback reinforcing improvement and positive participation behaviours
- Use inclusive activities ensuring all students experience success meaningfully
- Celebrate small wins supporting motivation and engagement consistently

Next Steps

Build confidence through success. [Fundamental Movement Skill](#) approaches support progression, engagement, and meaningful participation across contexts.

The Fundamental Movement Skills approach is informed by foundational motor development research (Gallahue & Ozmun, 2006), contemporary physical education pedagogy (Graham et al., 2013), and the Australian Sports Commission's emphasis on developing movement competence and confidence through fundamental movement skills as a foundation for lifelong physical activity and sport participation.

