



Active Insight: Evidence in Action

Tip #589



Building Engagement Through Meaning

Overview

Meaningful learning in Years F–10 supports students to apply movement skills with purpose. Relevance enhances engagement, builds confidence, and supports wellbeing. This approach promotes meaningful participation. It encourages students to connect movement experiences to personal interests, real-world situations, and active lifestyles beyond school. Embedding meaningful learning across physical activity contexts supports motivation, resilience, and positive engagement in learning.

Key Teaching Ideas

Design meaningful learning experiences that connect movement skills to purposeful and relevant activities. Use real-world contexts, student interests, and collaborative tasks to strengthen engagement and participation. Encourage students to reflect on how movement supports wellbeing, confidence, and everyday life experiences. Provide opportunities to apply skills creatively, solve problems, and make decisions during physical activities. Foster inclusive environments that build motivation, resilience, confidence, and positive participation.

Practical Application

- Use real-world links supporting engagement and understanding consistently
- Provide choice supporting relevance and meaningful participation outcomes
- Use reflection supporting understanding of purpose and learning clearly
- Design tasks supporting meaningful and engaging movement experiences
- Encourage discussion supporting connection and learning outcomes effectively

Next Steps

Use meaningful contexts consistently. Relevance strengthens engagement, confidence, and meaningful participation across physical education. Explore [The Ultimate PE Program](#) to help elevate your PE Program purpose and meaning for the students in their learning.

