



Active Insight: Evidence in Action Tip #249



Building Momentum in PE Programs

Overview

Building momentum in Physical Education requires learning to be **connected across lessons and units**. For students in **Years 3–6**, movement skills develop most effectively when they have opportunities to **revisit, refine and apply learning in different activities and game situations**. Well-sequenced lessons help students **build on previous learning, experience appropriate challenge** and **recognise improvement in their performance**. When learning is connected, students are better able to **apply skills, make decisions and participate with confidence** in a range of physical activities.

Key Teaching Ideas

Plan learning sequences that allow students to **regularly revisit previously taught skills while introducing new challenges**. Use a variety of activities and game situations to help students **apply skills in different ways** and build their understanding of movement concepts and strategies. Make links between lessons explicit so students can recognise **how learning is progressing**. Use **observation, questioning and feedback** to monitor performance and adjust learning experiences when needed.

Practical Application

- **Start lessons by revisiting previous learning.** Eg: Include an Unofficial Start (Instant Activity) challenge or activity that reinforces skills practised in earlier lessons.
- **Build learning from simple to more complex tasks.** Eg: Progress from individual skill practice to partner activities, small-group challenges and modified games.
- **Make connections between lessons explicit.** Eg: Refer to skills, strategies or movement concepts from previous lessons and explain how they relate to the current learning focus.
- **Provide opportunities to apply learning in game situations.** Eg: Use modified games that require students to use previously learned skills and make decisions in response to changing situations.
- **Adjust activities to maintain challenge.** Eg: Modify equipment, space, rules or player numbers to extend skill application and support continued improvement.

Next Steps

Review lesson consistency and refine routines gradually. [Explore The Ultimate PE Program resources](#) to support structured progression and sustained student engagement over time.

