



Active Insight: Evidence in Action

Tip #275



Inclusive Competition

Overview

Inclusive competition involves **designing competitive activities so a wider range of students can participate, contribute and experience challenge**. This may involve modifying **rules, team structures, scoring systems or activity formats** while maintaining the learning focus. Small adjustments can create **more opportunities for involvement without removing the competitive element**. Inclusive competition focuses on creating activities where students can **demonstrate skills, make decisions and contribute to team success**.

Key Teaching Ideas

Consider which students are likely to have **frequent involvement** in an activity and which students may have **fewer opportunities to contribute**. Review **game structures, scoring methods and team sizes** to identify barriers to participation. Use modifications that **increase touches, decision-making opportunities and active involvement** across the group. Consider **multiple ways for students to contribute to success** rather than relying on speed, strength or advanced skill levels alone. Monitor activities and adjust conditions when participation becomes uneven.

Practical Application

- **Use continuous play formats.** Eg: Replace elimination games with activities that allow students to re-enter play immediately.
- **Create multiple scoring opportunities.** Eg: Award points for successful passes, teamwork challenges, tactical decisions or skill execution, not just goals scored.
- **Modify team sizes.** Eg: Use small-sided games to increase involvement, ball touches and decision-making opportunities.
- **Rotate roles within activities.** Eg: Change positions, responsibilities or leadership roles so students experience different ways of contributing.
- **Adjust game conditions.** Eg: Introduce zones, touch limits or modified rules that increase involvement for a wider range of students.

Next Steps

Apply simple modifications consistently. Check out [Active Education Australia Resources](#) to see how inclusive competition enhances engagement, confidence, and meaningful participation for all students in physical education contexts.

