



Active Insight: Evidence in Action

Tip #279



Designing Engaging Activities

Overview

Activities play a major role in shaping how students experience Physical Education. Students are more likely to participate when activities provide **movement, challenge, choice and opportunities to make decisions**. Activity design influences how often students **practise skills, apply learning and interact with others**. However, **there is no single activity that guarantees learning**. The way an activity is **introduced, modified, questioned and reviewed** often has a greater influence on learning than the activity itself.

Key Teaching Ideas

Consider how students will **move, think and interact** throughout an activity. Reduce waiting time and look for ways to increase opportunities for **participation and decision-making**. Include **different levels of challenge** so students can enter activities at an appropriate starting point and progress when ready. Remember that **the value of an activity is often determined by how it is facilitated**. **Questioning, demonstrations, feedback, modifications and reflection** can all influence what students learn from the same activity.

Practical Application

- **Select activities with a clear learning focus.** Eg: Choose activities that provide opportunities to practise and apply the skill, strategy or concept being taught.
- **Use questioning throughout activities.** Eg: Pause students to discuss decisions, movement solutions or strategies rather than waiting until the lesson concludes.
- **Modify activities as learning unfolds.** Eg: Adjust space, equipment, rules or challenge levels in response to student performance and participation.
- **Use demonstrations to highlight learning.** Eg: Showcase student examples or model key teaching points before students return to the activity.
- **Review learning during and after activities.** Eg: Ask students what they noticed, what changed and what they would try next time.

Next Steps

Review upcoming lessons and identify opportunities to incorporate Game Sense strategies. Use questioning, modified games and movement challenges to help students develop decision-making, tactical understanding and skill application.

