



Active Insight: Evidence in Action

Tip #295



Safe and Efficient Setup

Overview

The way a lesson is set up can influence **how quickly students begin learning**. Clear boundaries, organised equipment and established routines can reduce time spent **explaining, waiting and regrouping**. A well-prepared learning space allows students to understand **where they need to be, what they need to do and how activities will operate**. Small adjustments before a lesson begins can often prevent interruptions later in the lesson.

Key Teaching Ideas

Consider what students will **see when they enter the learning space**. Equipment placement, activity boundaries and visual cues should help students understand lesson expectations **without lengthy explanations**. Think through **how equipment will be distributed, where students will move and what routines will be required** throughout the lesson. Setup should support learning rather than become an additional task that consumes lesson time.

Practical Application

- **Pre-mark activity areas.** Eg: Use cones, markers or field lines so students can immediately identify where activities will take place.
- **Lay equipment out before the lesson.** Eg: Set up stations, challenge areas or game spaces before students arrive.
- **Use visual setup examples.** Eg: Display a completed station or activity area so students can quickly replicate it.
- **Assign setup crews.** Eg: Allocate small groups responsibility for specific equipment or activity areas.
- **Create equipment collection points.** Eg: Store equipment in designated locations to streamline distribution and pack-up.
- **Use equipment maps.** Eg: Display simple diagrams showing where equipment belongs at the beginning and end of lessons.
- **Create a setup checklist.** Eg: Use a simple pre-lesson checklist to ensure equipment, boundaries and activity areas are ready before students arrive.

Next Steps

Reinforce setup routines consistently. Structured approaches support safety, efficiency, and improved lesson flow across all physical education sessions. Check out the [The Ultimate PE Program](#) as a great example of setting up lessons for success.

