



Active Insight: Evidence in Action

Tip #307



Using Demonstrations Effectively

Overview

Demonstrations can help students **identify what success looks** like before attempting a skill, strategy or movement challenge. Rather than relying solely on verbal explanations, demonstrations provide a **visual reference that students can observe, discuss and apply**. Demonstrations can be used to **introduce new learning, highlight key teaching points, compare different approaches or clarify expectations** within an activity. A well-timed demonstration can often **replace lengthy explanations** and help students focus on what matters most. Using demonstrations in different formats, including **live modelling, student examples and video recordings**, can provide students with multiple ways to access learning.

Key Teaching Ideas

Before demonstrating, decide **what you want students to notice**. Avoid trying to highlight every aspect of performance at once and instead direct attention to **one or two key teaching points**. Demonstrations do not always need to come from the teacher. **Students can provide examples, compare approaches and contribute observations** that support discussion and reflection. Consider how demonstrations are presented and whether students have opportunities to **revisit key information through visual prompts, recorded examples, questioning and physical practice**.

Practical Application

- **Tell students what to look for.** Eg: Before demonstrating, identify one or two teaching points students should focus on.
- **Use student demonstrations.** Eg: Invite students to showcase different solutions, strategies or movement approaches.
- **Record demonstrations and instructions.** Eg: Film yourself explaining a task so students can revisit instructions independently during the lesson.
- **Use QR codes or digital links.** Eg: Provide access to demonstrations that students can view before, during or after activities.
- **Demonstrate common errors.** Eg: Compare two performances and discuss what makes one approach more successful than the other.
- **Ask observation questions.** Eg: "What did you notice?" or "What helped make that successful?" before students begin practising.

Next Steps

Use demonstrations consistently. Clear modelling supports understanding, confidence, and effective skill development in physical education.

