



Active Insight: Evidence in Action

Tip #314



Designing Choice-Based Activities

Overview

Choice can be a powerful tool when it is **linked to the learning intention rather than simply providing options**. Well-designed choices allow students to make decisions about **challenge, equipment, roles, activities or ways to demonstrate learning** while still working towards a common goal. The focus is not on giving **unlimited choice but on creating purposeful options** that support the lesson intention and allow students to access learning in different ways.

Key Teaching Ideas

Allocate **selected sections of a lesson can be opened up for student choice without losing the learning focus**. Choice can involve **selecting equipment, choosing partners, determining challenge levels, designing solutions or deciding how learning will be demonstrated**. Consider providing a **small number of purposeful options** that encourage students to make decisions, justify choices and reflect on outcomes. The quality of the learning often depends on **how the choices are structured rather than the number of choices available**.

Practical Application

- **Provide challenge levels.** Eg: Offer support, core and extension versions of the same activity and allow students to select an appropriate starting point.
- **Offer equipment choices.** Eg: Allow students to choose from different equipment options that support the same learning intention.
- **Use choice boards.** Eg: Provide a range of tasks linked to the lesson focus and allow students to select how they will demonstrate their learning.
- **Allow students to choose roles.** Eg: Students may rotate between player, coach, observer, official or leader roles within activities.
- **Offer multiple solutions.** Eg: Present a movement or game challenge and encourage students to develop and test different ways to solve it.
- **Use student-designed challenges.** Eg: Invite students to create a variation of an activity while maintaining the lesson intention and agreed success criteria.

Next Steps

Review upcoming lessons and identify where students can make purposeful choices without changing the learning intention. Start small by offering choices related to challenge, equipment, roles or task design and gradually increase student ownership as decision-making skills develop. Explore [Active Education Australia Resources](#) for examples of choice-based Physical Education lessons and student-centred learning approaches.

