



Active Insight: Evidence in Action

Tip #352



Building Motivation Through Progress

Overview

Progress can **look different for every student**. For some, it may be improving a skill. For others, it may be **attempting a new challenge, applying a strategy more consistently or contributing more effectively within activities**. When students can **see evidence of improvement**, they are often more willing to persist with learning and continue practising. Physical Education provides regular opportunities for students to **notice growth over time**.

Key Teaching Ideas

Students can sometimes compare themselves to **others when judging success**. Consider how lessons can help students compare themselves to **their previous performances instead**. Progress becomes easier to recognise when **learning is visible**. Students are more likely to value progress when they can **identify specific examples of what has improved and understand what contributed to that improvement**.

Practical Application

- **Use before-and-after challenges.** Eg: Repeat the same task at different points throughout a unit so students can compare performances, identify improvements and recognise how their skills or strategies have developed over time.
- **Capture evidence of learning.** Eg: Use photos, videos, checklists, journals or student reflections to create a record of progress that can be revisited and discussed throughout a unit.
- **Track personal bests.** Eg: Record individual achievements, scores, times, skill milestones or successful performances across lessons to help students recognise growth from their own starting point.
- **Revisit learning intentions regularly.** Eg: Ask students to identify what they can do now, understand more deeply or apply more effectively compared to earlier lessons.

Next Steps

Look for ways to make progress visible throughout a unit rather than only at the end. Consider what evidence students could collect, review or compare to help them recognise growth over time. Explore [Active Education Australia Resources](#) for assessment, reflection and goal-setting tools that help students identify and celebrate progress.

