



Active Insight: Evidence in Action

Tip #360



Using Assessment to Celebrate Progress

Overview

Assessment can be a powerful tool for helping students **recognise how their learning develops over time**. Rather than focusing solely on performance at a single point, assessment can **highlight growth, improvement and learning across a unit**. When students can see **evidence of progress**, they are better able to identify strengths, recognise areas of development and **understand the impact of practice and effort**. Physical Education provides many opportunities for **students to collect, review and reflect on evidence of learning through performance**, decision-making, understanding and application of skills.

Key Teaching Ideas

Assessment should help students answer the question, "**How am I progressing?**" Consider how students can regularly **see and discuss evidence of their learning throughout a unit**. Photos, videos, checklists, reflections, peer feedback and **repeated challenges can all help make progress visible**. Assessment becomes more purposeful when **students are actively involved in recognising growth, setting goals and identifying next steps rather than waiting until the end of learning**.

Practical Application

- **Use before-and-after evidence.** Eg: Capture video, photos or performance data at different points throughout a unit so students can compare growth over time.
- **Revisit assessment tasks.** Eg: Allow students to repeat challenges or performances and identify improvements in skill execution, decision-making or understanding.
- **Use student reflection tools.** Eg: Encourage students to identify strengths, progress and next steps using journals, checklists or learning logs.
- **Share learning evidence.** Eg: Create portfolios, progress displays or digital collections that showcase learning across a unit.
- **Celebrate milestones.** Eg: Recognise personal bests, goals achieved, challenges completed or improvements identified through assessment.
- **Involve students in the process.** Eg: Use peer and self-assessment opportunities to help students recognise growth and contribute to discussions about learning.

Next Steps

Review how assessment is currently used within your lessons. Consider whether students are regularly collecting, discussing and reflecting on evidence of learning or whether assessment is primarily occurring at the end of a unit. Explore [Active Education Australia Resources](#) for practical assessment tools that help make learning visible and support ongoing reflection.

