



Active Insight: Evidence in Action

Tip #370



Building Confidence as a PE Teacher

Overview

Every Physical Education teacher **starts somewhere**. Building confidence often comes from **teaching lessons, trying new approaches, reflecting on experiences and gradually expanding your toolkit over time**. Effective PE teaching is **not about knowing every sport**, activity or skill. It is about creating learning experiences, **asking good questions, adapting to student needs** and continuing to learn alongside students. Small successes, repeated practice and professional learning can all contribute to **greater confidence when teaching Physical Education**.

Key Teaching Ideas

Many teachers build confidence by **starting with familiar activities and gradually introducing new approaches**. Planning **clear lesson structures, using simple routines and focusing on one area for development at a time** can help create a manageable starting point. **Professional learning, observation of colleagues, shared planning and reflective practice can also provide valuable support**. Confidence often grows when teachers **focus on what is working, build from strengths and recognise that every lesson provides opportunities for learning and improvement**.

Practical Application

- **Start with familiar content.** Eg: Use activities, games and lesson structures that feel comfortable before introducing new approaches.
- **Trial one new idea at a time.** Eg: Introduce a questioning strategy, assessment tool or lesson structure and reflect on its impact.
- **Observe colleagues.** Eg: Watch how other teachers organise lessons, manage transitions and facilitate learning.
- **Use ready-made resources.** Eg: Adapt existing lesson plans and activities rather than creating everything from scratch.
- **Reflect on successful moments.** Eg: Identify strategies, routines or activities that worked well and consider how they could be used again.
- **Connect with other educators.** Eg: Share ideas, ask questions and learn from colleagues, networks and professional learning opportunities.
- **Attend professional learning opportunities.** Eg: Learn from subject matter experts, experienced practitioners and specialist presenters to expand your teaching toolkit, explore new approaches and strengthen Physical Education practice.

Next Steps

Build confidence one lesson at a time. Explore [Active Education Australia Resources](#) and [professional learning opportunities](#) to expand your teaching toolkit and discover new ideas for Physical Education.

