Active Insight: Evidence in Action

Tip #374

Building Consistency Across Lessons

Overview

Consistency can help create **familiarity across Physical Education lessons.** When students recognise **routines, lesson structures, learning cues and expectations,** more time can be spent applying skills, solving problems and engaging with learning tasks. Consistent approaches can also support **lesson flow, reduce unnecessary interruptions and create a shared understanding of how learning occurs.** While activities may change from lesson to lesson, familiar structures can provide a **foundation that supports learning across a unit and throughout the year.**

Key Teaching Ideas

This consistency can be **supported through a clear instructional model that provides a familiar structure** for learning. At Active Education Australia, lessons are commonly built around an **Unofficial Start, Learning Outcomes (including Learning Intentions and Success Criteria), one Minor Game, two Major Games and Reflection.** This structure provides a **balance between learning, application and reflection while allowing activities and lesson content to vary.** Within a 60-minute lesson, students become familiar with the **flow of learning,** allowing more time to focus on skill development, decision-making and participation. The model can be **adapted for shorter or longer lessons** and is embedded throughout Active Education Australia resources, including the Ultimate PE Programs and Health Programs.

Practical Application

- **Use a consistent instructional model.** Eg: Structure lessons around an Unofficial Start, Learning Outcomes, Minor Game, Major Games and Reflection so students become familiar with the flow of learning across a unit.
- **Apply common language.** Eg: Use consistent cues, prompts and terminology across lessons and units.
- Establish repeatable routines. Eg: Use the same processes for equipment collection, grouping, transitions and lesson organisation.
- **Use consistent learning structures.** Eg: Incorporate familiar approaches such as Game Sense questioning, partner discussions or reflection opportunities.
- **Create visual reminders.** Eg: Display routines, learning processes or lesson structures that students can access independently.
- **Use consistent attention signals.** Eg: Music, countdowns, visual cues or agreed signals can support smooth transitions between learning experiences.

Next Steps

Use a consistent lesson structure across a unit to help students become familiar with the flow of learning. Explore The Ultimate PE Program and The Ultimate Health Program for examples of the Active Education Australia instructional model in action.

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