Active Insight: Evidence in Action

Tip #811

Mapping Learning Progress Through Movement

Overview

Students often don't realise **how much they have learned until they look back**. A challenge that **felt difficult in Week 1 can feel very different a few weeks later**. Returning to familiar activities, **questions or tasks can help students recognise new skills**, different strategies and growing confidence. These comparisons can create powerful moments of reflection and help **learning feel more visible across a unit.**

Key Teaching Ideas

Learning is often easier to recognise when students have something to compare it against. **Reference points such as initial challenges, reflections, demonstrations, work samples and success criteria** can help make change visible over time. Revisiting these reference points encourages students to notice patterns, recognise achievements and identify areas for future focus. The goal is **not to record everything**, but to **create opportunities for students** and **teachers to look back, notice** change and celebrate learning as it unfolds.

Practical Application

- **Create a benchmark challenge.** Eg: Begin and end a unit with the same task to encourage comparison and reflection.
- **Revisit student reflections.** Eg: Compare early thoughts, goals and responses with later observations and insights.
- **Use side-by-side comparisons.** Eg: Review photos, videos or work samples from different points in a unit.
- **Return to success criteria.** Eg: Invite students to identify examples that demonstrate growth in understanding or application.
- **Create learning timelines.** Eg: Collect snapshots, reflections and achievements that highlight change over time.
- **Use student-led conferences.** Eg: Encourage learners to share evidence and explain what they have noticed about their learning.

Next Steps

Investigate Active Education Australia Resources for practical ways to revisit learning, recognise change and celebrate achievement across movement and wellbeing experiences.

© Active Education Australia 2026