



Active Insight: Evidence in Action



Tip #864: Structuring Multi-Year Sustainability in HPE

Overview

A multi-year approach to HPE ensures that students experience a coherent, progressive journey in developing movement competence from early childhood through to graduation. By intentionally mapping learning across multiple years, schools prevent curriculum repetition and address critical drop-off points in student engagement. This longitudinal approach allows teachers to build deep, enduring movement knowledge by aligning expectations and teaching and learning across different stages of schooling, giving students the sustained support needed to develop lifelong physical activity habits.

Key Teaching Ideas

This approach requires careful curriculum mapping to ensure that movement skills introduced in early years are genuinely extended in later years. Teachers can collaborate across year-levels to establish clear transition points and staged learning goals. Documenting this progression and sharing data on student engagement allows schools to adapt their programs to meet the changing developmental needs of students, ensuring participation remains strong as they progress through the education system.

Practical Application

- **Progressive Curriculum Mapping:** Collaboratively map movement themes across all year levels to ensure skill progression without redundant overlap, so that each year builds substantively on the previous one.
- **Transition Handover Meetings:** Schedule dedicated time for teachers to discuss the physical literacy profiles of cohorts moving between year levels, sharing information about specific needs, interests, and engagement patterns.
- **Multi-Year Engagement Tracking:** Monitor participation data for specific cohorts over several years to identify and address engagement drop-offs before they become entrenched patterns.
- **Staged Leadership Pathways:** Create a multi-year progression for student leadership in physical activity, equipment manager in Year 4, peer mentor in Year 6, intramural coordinator by Year 9.



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- **Longitudinal Fitness Education:** Shift from one-off fitness testing to multi-year fitness education where students learn to monitor and manage their own health across their schooling journey.

Next Steps

[Active Education Australia](#) has resources on multi-year curriculum mapping and longitudinal program design in HPE. [Anywhere PD](#) includes tools for transition planning, staged leadership pathways, and cross-year engagement tracking.

References and Research

1. Australian Curriculum: Health and Physical Education (Version 9.0) — Establishes expectations for progressive learning in movement competence, health literacy, personal and social capability, and lifelong physical activity participation.
2. Australian Sports Commission. (2019). Australian Physical Literacy Framework — Defines physical literacy through physical, psychological, social and cognitive capabilities that support confident, motivated and lifelong participation in physical activity.
3. Australian Professional Standards for Teachers — Provides a national framework for effective planning, safe and supportive learning environments, assessment, professional learning and collaboration across teaching teams.