



Active Insight: Evidence in Action

Tip #1125



Supporting Active Travel Families

Overview

Family-supported active travel opportunities strengthen participation, confidence, wellbeing, and belonging through collaborative movement experiences encouraging communication and meaningful engagement. Inclusive travel environments support teamwork, positive decision-making, and active participation while strengthening school-community connections. Students benefit from supportive travel opportunities promoting motivation, social connection, and lifelong physical activity involvement across educational communities successfully together consistently.

Key Teaching Ideas

Collaborative travel experiences strengthen engagement by encouraging communication, teamwork, and meaningful movement participation throughout school communities. Involve families with supportive travel opportunities promoting confidence, responsibility, and positive decision-making during movement experiences. Facilitate supportive recreation approaches, positive participation strategies, and reflective discussions helping students strengthen relationships, maintain engagement, and develop sustainable physical activity habits supporting lifelong participation successfully across communities consistently.

Practical Application

- Involve families with active travel opportunities.
- Facilitate supportive recreation approaches.
- Develop positive participation strategies.
- Evaluate travel engagement regularly.
- Support active travel participation consistently.

Next Steps

Access The Physical Literacy Framework resources supporting active travel participation and family engagement opportunities.

The Physical Literacy Framework is informed by the Australian Physical Literacy Framework (Australian Sports Commission, 2019), contemporary models of holistic physical literacy development (Whitehead, 2010), and research exploring interconnected physical, psychological, cognitive, and social domains supporting lifelong engagement in movement and physical activity.

