



# Active Insight: Evidence in Action

## Tip #1157



## Creating Creative Movement Opportunities

### Overview

Creative movement opportunities strengthen participation, confidence, wellbeing, and belonging through imaginative movement experiences supporting meaningful engagement and collaboration. Inclusive recreation environments encourage communication, teamwork, and positive decision-making while strengthening participation pathways and accessibility. Students benefit from supportive movement opportunities promoting motivation, active involvement, and lifelong physical activity participation across educational communities successfully together consistently.

### Key Teaching Ideas

Creative movement experiences strengthen engagement by encouraging communication, collaboration, and meaningful movement participation throughout recreational settings. Organise creative recreation opportunities supporting confidence, teamwork, and positive decision-making during activities. Support imaginative participation approaches, positive recreation strategies, and reflective discussions helping students strengthen relationships, maintain engagement, and develop sustainable physical activity habits supporting lifelong recreation involvement successfully across communities consistently.

### Practical Application

- Organise creative recreation opportunities.
- Support imaginative participation approaches.
- Develop positive recreation strategies.
- Promote reflective participation regularly.
- Evaluate movement engagement consistently.

### Next Steps

Access The Physical Literacy Framework resources supporting creative movement and participation 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.*

