



Active Insight: Evidence in Action

Tip #350



Creating Joyful Movement Experiences

Overview

Joyful movement in Years F–10 supports students to participate, explore, and apply movement skills with confidence. Positive experiences enhance engagement, build wellbeing, and strengthen motivation. This approach encourages lifelong participation and helps students connect movement with enjoyment across varied physical activity contexts and learning environments in both primary and secondary settings. Creating enjoyable, supportive, and inclusive opportunities for movement helps students develop positive attitudes towards physical activity while fostering confidence, connection, and active participation.

Key Teaching Ideas

Design experiences that prioritise enjoyment, inclusion, and success. Use varied, engaging activities and positive interactions. Support participation, helping students feel confident, motivated, and connected to movement across all learning contexts. Encourage curiosity, creativity, and collaboration so students develop positive attitudes towards physical activity and remain engaged in lifelong movement participation.

Practical Application

- Use fun warm-ups creating positive energy and engagement immediately
- Include games promoting enjoyment and active participation across all learners
- Use music enhancing atmosphere and student motivation during activities
- Celebrate effort reinforcing enjoyment and positive participation behaviours consistently
- Encourage social interaction building connection and shared movement experiences

Next Steps

Prioritise enjoyment in planning. [Game Sense](#) approaches support engagement, motivation, and meaningful participation across physical education contexts.

The Game Sense model is informed by Teaching Games for Understanding (Bunker & Thorpe, 1982), the Game Sense approach (Light, 2013), and contemporary skill acquisition research including ecological dynamics (Davids & Renshaw).

