



Active Insight: Evidence in Action

Tip #403



No Space No Equipment

Overview

Movement integration in Years F–6 enables students to demonstrate and explore skills in varied environments without equipment. This builds confidence, supports inclusion, and promotes wellbeing. Using adaptable strategies ensures all students participate meaningfully, developing skills and engagement regardless of space or available resources.

Key Teaching Ideas

Emphasise creativity, adaptability and problem-solving through bodyweight movement and imaginative play. Encourage students to design and perform micro-movements suited to limited spaces while exploring a variety of ways to move safely and effectively. Support inclusive participation by offering flexible movement options and adaptable challenges so all students can engage confidently, collaborate with others and continue developing movement skills in constrained environments.

Practical Application

- Perform chair squats or desk push-ups to build strength safely
- Use invisible skipping or shadow movements to promote coordination skills
- Try balance challenges beside desks to develop control and stability
- Complete seated coordination patterns using arms and legs together rhythmically
- Use partner mirroring activities encouraging engagement and collaboration skills development

Next Steps

Explore adaptable strategies using [Anywhere PD](#). Simple no-equipment approaches support inclusive participation and meaningful movement experiences in any learning environment.

