



Active Insight: Evidence in Action

Tip #405



Add Movement to Any Lesson

Overview

Integrating movement in Years F–6 supports students to apply concepts while enhancing engagement and wellbeing. Purposeful movement strengthens understanding, improves retention, and promotes active participation. This approach connects physical activity with learning, enabling students to develop knowledge and skills through meaningful and engaging experiences.

Key Teaching Ideas

Embed movement within clear learning intentions so it becomes a purposeful part of the learning process rather than an added activity. Use intentional movement experiences that reinforce understanding, encourage creativity and promote active participation. This approach helps students make meaningful connections between movement and content while strengthening engagement, confidence and deeper learning outcomes.

Practical Application

- Spell words using body shapes to reinforce literacy understanding actively
- Act out vocabulary or concepts to deepen comprehension through movement
- Walk to different answers positioned around classroom for active learning
- Use movement-based brainstorming to generate ideas collaboratively and creatively
- Role-play scenarios helping students apply knowledge in meaningful contexts

Next Steps

Start by adapting one lesson with movement. [Ultimate PE approaches](#) support purposeful integration, improving engagement and strengthening learning across curriculum areas.

