



Active Insight: Evidence in Action

Tip #407



Movement and Numeracy

Overview

Movement in Years 3–6 supports students to build and apply numeracy skills in active and engaging ways. Learning through movement helps strengthen understanding of mathematical concepts, problem-solving and confidence while keeping students motivated and involved. Using physical activities to represent numbers, patterns, measurement and problem-solving encourages meaningful participation and supports wellbeing through interactive and hands-on learning experiences.

Key Teaching Ideas

Focus on hands-on learning and active problem-solving by using movement to explore numbers, patterns and mathematical ideas. Encourage students to move, investigate and work together to solve challenges in engaging ways. Movement-based numeracy activities help students build understanding, confidence and participation while making maths more interactive, meaningful and enjoyable.

Practical Application

- Use jump counting activities to reinforce number sequences and patterns
- Create human number lines demonstrating order and numerical relationships clearly
- Form shapes using bodies to explore geometry concepts actively
- Design relay-style maths challenges promoting teamwork and problem solving
- Use movement-based problem solving tasks enhancing understanding and engagement

Next Steps

Apply [Fundamental Movement Skill activities](#) to support numeracy. Active approaches strengthen understanding, engagement, and confidence in mathematical learning through movement.

The Fundamental Movement Skills approach is informed by foundational motor development research (Gallahue & Ozmun, 2006), contemporary physical education pedagogy (Graham et al., 2013), and the Australian Sports Commission's emphasis on developing movement competence and confidence through fundamental movement skills as a foundation for lifelong physical activity and sport participation.

