



Active Insight: Evidence in Action

Tip #410



Understanding Physical Literacy

Overview

Physical literacy in Years F–6 supports students to develop the skills, confidence and motivation needed for lifelong participation in physical activity. Through movement experiences, students build knowledge, improve wellbeing and strengthen engagement in learning. This approach connects physical, social and thinking skills, helping students participate meaningfully, develop positive relationships with movement and feel confident being active in a variety of settings.

Key Teaching Ideas

Emphasise whole-child development by supporting students' physical, social and thinking skills through movement experiences. Use inclusive teaching practices, reflection and positive encouragement so all students can participate confidently and feel successful. Encourage students to set goals, try new activities and explore different ways of moving, helping them build confidence, motivation and a positive understanding of lifelong participation in physical activity.

Practical Application

- Discuss what being active means to build understanding and awareness
- Reflect on movement experiences to identify strengths and growth areas
- Set personal activity goals supporting motivation and ongoing development
- Explore different movement types broadening skills and participation opportunities
- Celebrate progress and effort reinforcing confidence and positive engagement

Next Steps

Build understanding through [Fundamental Movement Skill](#) programs. [Developing physical literacy](#) supports lifelong participation, confidence, and wellbeing through meaningful movement experiences.

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.

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 the interconnected physical, psychological, cognitive and social domains that support lifelong engagement in movement and physical activity.

