



Active Insight: Evidence in Action

Tip #413



Build Movement Into Your Day

Overview

Embedding movement throughout the day in Years F–6 helps students develop active habits that support focus, participation and wellbeing. Regular opportunities to move can improve concentration, reduce time spent sitting and support students to stay engaged and ready to learn. Integrating movement across different classroom routines and learning experiences encourages consistent participation, strengthens learning readiness and promotes positive involvement in both classroom and physical activity settings.

Key Teaching Ideas

Focus on creating consistent routines that naturally include movement throughout the school day. Use simple and repeatable movement strategies during transitions, learning activities and classroom breaks to support active participation and smooth lesson flow. Regular movement opportunities help students maintain focus, regulate energy levels and build positive habits that support engagement, wellbeing and successful participation in learning experiences.

Practical Application

- Begin day with simple movement routine to activate focus and readiness
- Use active transitions between tasks to maintain engagement and flow
- Embed movement into lessons to reinforce learning and participation consistently
- Include brain breaks supporting regulation and sustained attention during lessons
- Finish with reflection movement supporting calm and end-of-day transition routines

Next Steps

Plan consistent daily movement using simple frameworks. [Anywhere PD](#) supports sustainable integration and helps build active classroom routines across the school day.

