



Active Insight: Evidence in Action

Tip #425



What Embedded Movement Looks Like

Overview

Embedded movement in Years 3–6 supports students to apply strategies that enhance engagement and understanding. Purposeful integration strengthens learning impact, builds clarity, and supports wellbeing. This approach ensures movement is meaningful and directly connected to learning outcomes across contexts.

Key Teaching Ideas

Focus on integrating movement with learning intentions rather than adding it separately. Use movement throughout lessons and reflect on impact. Support engagement and understanding, helping students apply knowledge through active and meaningful participation.

Practical Application

- Use movement during questioning to increase engagement and thinking levels
- Design active group tasks supporting collaboration and meaningful learning outcomes
- Include role-play activities helping students apply knowledge in context
- Use movement-based reviews reinforcing key concepts and understanding effectively
- Encourage reflection through action supporting deeper learning and engagement outcomes

Next Steps

Strengthen embedded practice using [Game Sense](#). Purposeful integration enhances engagement, understanding, and meaningful learning across physical education and classroom contexts.

The Game Sense model is informed by Teaching Games for Understanding (Bunker & Thorpe, 1982), the Game Sense approach (Light, 2013), and contemporary skill acquisition research including ecological dynamics (Davids & Renshaw).

