



Active Insight: Evidence in Action

Tip #430



Inclusion Made Simple

Overview

Inclusive strategies in Years F–6 support students to participate confidently and successfully in movement activities across a range of learning environments. Simple and purposeful adjustments can enhance equity, build confidence and promote wellbeing by ensuring all students can access learning and engage meaningfully in physical activity experiences. Providing supportive and structured movement opportunities helps students develop skills, experience success and feel included, valued and capable during active participation.

Key Teaching Ideas

Use simple adjustments to activities, equipment, space, instructions or levels of challenge to support participation for all students. Provide clear routines, supportive guidance and inclusive movement opportunities that help students feel confident, safe and successful during physical activity experiences. Encourage choice, collaboration and positive reinforcement to strengthen equity, support wellbeing and ensure all students can access learning, develop skills and participate meaningfully in structured movement environments.

Practical Application

- Offer different movement options supporting diverse abilities and participation needs
- Use visual supports enhancing clarity and accessibility for all learners
- Adjust intensity levels ensuring appropriate challenge and student success outcomes
- Provide extra time supporting understanding and confident task completion
- Implement buddy systems encouraging collaboration and inclusive participation opportunities

Next Steps

Use [Fundamental Movement Skill strategies](#) to support inclusion. Flexible planning ensures all students participate meaningfully and develop confidence in physical activity contexts.

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.

