



Active Insight: Evidence in Action

Tip #471



Using Practical Examples for Staff Growth

Overview

Practical examples in Years F–10 support teachers to understand and apply movement integration strategies effectively across a range of learning contexts. Real and achievable examples can build teacher confidence, strengthen understanding and support student wellbeing by demonstrating how movement can be embedded meaningfully into everyday teaching. Providing practical models and ideas helps strengthen implementation, encourage consistency and support sustainable active learning practices across primary and secondary settings.

Key Teaching Ideas

Use clear and practical examples that demonstrate how movement can be integrated naturally into lessons, routines and learning activities. Provide simple and achievable strategies that teachers can adapt across different subjects, year levels and classroom contexts. Encourage reflection, collaboration and gradual implementation to help build confidence, strengthen understanding and support consistent use of movement-based learning approaches.

Practical Application

- Share example lessons supporting understanding and effective implementation practices
- Model strategies supporting clarity and teacher confidence development consistently
- Use videos supporting visual understanding and learning outcomes effectively
- Discuss examples supporting reflection and shared learning experiences
- Provide templates supporting application and consistent teaching approaches

Next Steps

Use modelling and examples regularly. Practical strategies strengthen confidence, understanding, and effective movement integration across staff.

