



Active Insight: Evidence in Action

Tip #479



Inclusive Opportunities for All Ages

Overview

Inclusive opportunities in Years F–10 support students to participate confidently and successfully in movement activities across a range of learning environments. Accessible and supportive approaches can increase engagement, strengthen confidence and support student wellbeing by ensuring activities are responsive to diverse needs and abilities. Embedding inclusive practices into movement experiences helps create positive learning environments where all students can participate meaningfully and feel valued, capable and connected.

Key Teaching Ideas

Provide adaptable and accessible movement activities that allow students to participate in ways that suit their individual strengths, needs and confidence levels. Use inclusive strategies, clear expectations and supportive feedback to encourage positive participation and successful engagement across different contexts. Promote choice, collaboration and flexible learning opportunities to help all students build confidence, experience success and engage meaningfully in movement-based learning experiences.

Practical Application

- Provide varied activities supporting diverse learner needs and interests consistently
- Use flexible formats supporting inclusion and meaningful participation outcomes
- Adapt tasks supporting accessibility and confidence across all age groups
- Use student leaders supporting inclusive participation and engagement opportunities
- Promote positive environments supporting confidence and wellbeing consistently

Next Steps

Use inclusive planning strategies. Accessible opportunities support engagement, confidence, and meaningful participation across all learners.

