



Active Insight: Evidence in Action

Tip #801



Active Science Through Movement Learning

Overview

Movement learning opportunities strengthen participation, confidence, wellbeing, and understanding through active science experiences supporting meaningful engagement and inquiry. Inclusive learning environments encourage communication, teamwork, and positive decision-making while strengthening participation pathways and movement competence. Students benefit from supportive movement opportunities promoting motivation, active involvement, and lifelong physical activity participation successfully together consistently.

Key Teaching Ideas

Effective active science experiences strengthen engagement through collaboration, communication, and reflective participation opportunities supporting meaningful learning. Investigate movement learning opportunities encouraging teamwork, confidence, and positive decision-making throughout activities. Facilitate inclusive participation strategies, inquiry discussions, and collaborative planning approaches helping students strengthen relationships, maintain engagement, and develop sustainable movement participation habits across diverse learning environments consistently successfully together throughout experiences regularly.

Practical Application

- Investigate collaborative movement challenges supporting active scientific inquiry.
- Model ecological movement strategies encouraging reflective student participation.
- Explore movement experiments developing teamwork communication and problem-solving.
- Use cooperative movement tasks strengthening inquiry-based learning opportunities.
- Create active science investigations encouraging confident movement participation.

Next Steps

Explore The Physical Literacy Framework resources supporting movement inquiry and participation opportunities.

The Physical Literacy Framework is informed by the Australian Physical Literacy Framework (Australian Sports Commission, 2019), contemporary models of holistic physical literacy development (Whitehead, 2010), and research exploring interconnected physical, psychological, cognitive, and social domains supporting lifelong engagement in movement and physical activity.

