



Active Insight: Evidence in Action

Tip #811



Mapping Learning Progress Through Movement

Overview

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

Key Teaching Ideas

Effective progress monitoring experiences strengthen engagement through collaboration, communication, and reflective participation opportunities supporting meaningful learning. Sequence reflective participation opportunities encouraging teamwork, confidence, and positive decision-making throughout activities. Facilitate inclusive participation strategies, progress 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 participation experiences regularly.

Practical Application

- Sequence reflective participation opportunities during collaborative curriculum movement experiences.
- Use reflective movement tracking supporting curriculum participation and engagement regularly.
- Scaffold progress discussions encouraging inclusive movement participation opportunities consistently.
- Provide ongoing movement feedback supporting reflective participation opportunities regularly.
- Develop progress challenges strengthening collaborative movement participation and confidence.

Next Steps

Explore Fundamental Movement Skills resources supporting movement competence and participation development opportunities.

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 supporting lifelong physical activity and sport participation.

