



Active Insight: Evidence in Action Tip #812



Strengthening Student Reflection Through Movement

Overview

Reflection opportunities strengthen participation, confidence, wellbeing, and understanding through reflective movement experiences supporting meaningful engagement and self-awareness. Inclusive learning environments encourage communication, teamwork, and positive decision-making while strengthening participation pathways and reflective thinking. Students benefit from supportive reflection opportunities promoting motivation, active involvement, and lifelong physical activity participation successfully together consistently across educational communities regularly.

Key Teaching Ideas

Impactful reflection experiences strengthen engagement through collaboration, communication, and reflective participation opportunities supporting meaningful learning. Use reflective participation opportunities encouraging teamwork, confidence, and positive decision-making throughout activities. Facilitate inclusive participation strategies, reflection 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

- Use reflective movement journals supporting student participation and understanding regularly.
- Facilitate collaborative reflections strengthening inclusive movement participation opportunities consistently.
- Encourage reflective questioning supporting teamwork during movement learning experiences.
- Use visual reflection prompts strengthening participation and confidence consistently.
- Create collaborative reflections supporting authentic movement participation and engagement opportunities.

Next Steps

Explore The Physical Literacy Framework resources supporting reflective movement participation and engagement 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.

