



Active Insight: Evidence in Action

Tip #814



Adapting Learning For Inclusive Movement Participation

Overview

Inclusive active learning opportunities strengthen participation, confidence, wellbeing, and accessibility through adaptive movement experiences supporting meaningful engagement and collaboration. Inclusive learning environments encourage communication, teamwork, and positive decision-making while reducing participation barriers and strengthening participation pathways. Students benefit from supportive inclusive opportunities promoting motivation, active involvement, and lifelong physical activity participation successfully together consistently.

Key Teaching Ideas

Successful adaptive learning experiences strengthen engagement through collaboration, communication, and reflective participation opportunities supporting meaningful learning. Adapt equipment opportunities encouraging teamwork, confidence, and positive decision-making throughout activities. Facilitate inclusive participation strategies, adaptive 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

- Adapt equipment arrangements supporting inclusive movement participation opportunities consistently.
- Use visual movement prompts strengthening participation and understanding regularly.
- Provide flexible movement challenges supporting collaborative participation opportunities consistently.
- Scaffold inclusive movement experiences encouraging confidence and engagement regularly.
- Encourage adaptive participation strategies supporting reflective movement opportunities consistently.

Next Steps

Explore The TREE Model resource on Anywhere PD supporting inclusive movement participation opportunities.

The TREE Approach is informed by inclusive education, adaptive physical activity, and the Australian Sports Commission's Playing for Life philosophy (Australian Sports Commission, 2015).

