



Active Insight: Evidence in Action

Tip #820



Using Technology to Enhance Movement Participation

Overview

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

Key Teaching Ideas

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

Practical Application

- Use digital movement investigations supporting collaborative technology participation opportunities consistently.
- Facilitate reflective discussions strengthening movement engagement through digital learning experiences.
- Encourage collaborative movement challenges supporting inclusive technology participation consistently.
- Use simple technology tools encouraging reflective movement participation regularly.
- Differentiate digital movement opportunities supporting confidence and collaborative engagement regularly.

Next Steps

Explore Anywhere PD resources supporting technology-enhanced movement learning and participation opportunities.

