



Active Insight: Evidence in Action

Tip #821



Sharing Research Links Through Movement

Overview

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

Key Teaching Ideas

Research summary experiences strengthen engagement through collaboration, communication, and reflective participation opportunities supporting meaningful learning. Share contemporary movement research 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 throughout participation experiences regularly.

Practical Application

- Share contemporary movement research supporting collaborative participation opportunities consistently.
- Facilitate reflective discussions strengthening movement understanding and engagement regularly.
- Use reflective movement tasks supporting evidence-informed participation opportunities consistently.
- Highlight practical research applications strengthening collaborative movement participation consistently.
- Encourage collaborative inquiry supporting reflective movement participation opportunities regularly.

Next Steps

Explore Active Education Australia Resources supporting evidence-informed movement 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.

