



Active Insight: Evidence in Action

Tip #826



Physical Literacy Through Environmental Education

Overview

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

Key Teaching Ideas

Engaging environmental education experiences strengthen engagement through collaboration, communication, and reflective participation opportunities supporting meaningful learning. Investigate environmental movement opportunities encouraging teamwork, confidence, and positive decision-making throughout activities. Facilitate inclusive participation strategies, inquiry 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

- Investigate environmental movement challenges supporting collaborative participation opportunities consistently.
- Use nature exploration activities strengthening reflective movement learning experiences regularly.
- Facilitate environmental discussions supporting inclusive movement participation opportunities consistently.
- Create conservation challenges encouraging collaborative movement inquiry participation regularly.
- Encourage reflective outdoor investigations supporting environmental participation and engagement.

Next Steps

Explore Active Education Australia Resources supporting environmental 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.

