



# Active Insight: Evidence in Action

## Tip #827



## Movement And Indigenous Perspectives Learning

### Overview

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

### Key Teaching Ideas

Effective teaching experiences strengthen engagement through collaboration, communication, and reflective participation opportunities supporting meaningful learning. Explore traditional movement opportunities encouraging teamwork, confidence, and positive decision-making throughout activities. Facilitate inclusive participation strategies, cultural 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

- Explore traditional movement experiences supporting respectful cultural participation opportunities.
- Use storytelling activities strengthening collaborative cultural understanding and engagement regularly.
- Facilitate reflective discussions supporting inclusive Indigenous movement participation consistently.
- Create movement challenges encouraging collaborative cultural exploration opportunities regularly.
- Encourage respectful participation supporting reflective cultural learning opportunities consistently.

### Next Steps

Explore Inclusion resources on Anywhere PD supporting culturally responsive participation opportunities.

*Respectful Relationships approach is informed by the Resilience, Rights and Respectful Relationships teaching and learning materials (Department of Education and Training Victoria, 2018), social and emotional learning frameworks (CASEL, 2020), and contemporary research in gender equality, consent, and respectful relationship education.*

