



# Active Insight: Evidence in Action

## Tip #837



## Physical Literacy Through Music-Integrated Movement

### Overview

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

### Key Teaching Ideas

Effective music-integrated experiences strengthen engagement through collaboration, communication, and reflective participation opportunities supporting meaningful learning. Explore rhythm movement opportunities encouraging teamwork, confidence, and positive decision-making throughout activities. Facilitate inclusive participation strategies, creative 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 music-integrated movement challenges supporting collaborative participation opportunities consistently.
- Use musical activities strengthening reflective movement engagement experiences regularly.
- Facilitate rhythm discussions supporting inclusive movement participation opportunities consistently.
- Create coordinated sequences encouraging collaborative movement participation opportunities regularly.
- Encourage reflective musical participation supporting movement confidence and engagement consistently.

### Next Steps

Explore playmeo supporting music-integrated movement participation and engagement 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.*

