



# Active Insight: Evidence in Action

## Tip #840



## Movement Integration Across Learning Experiences

### Overview

Movement integration opportunities strengthen participation, confidence, wellbeing, and understanding through active 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 movement integration opportunities promoting motivation, active involvement, and lifelong physical activity participation successfully together consistently across communities regularly.

### Key Teaching Ideas

Effective movement integration experiences strengthen engagement through collaboration, communication, and reflective participation opportunities supporting meaningful learning. Use integrated movement opportunities 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

- Use movement integration opportunities supporting collaborative participation experiences consistently.
- Facilitate reflective discussions strengthening movement engagement and understanding regularly.
- Create active learning challenges encouraging inclusive movement participation consistently.
- Encourage collaborative participation supporting movement confidence and engagement regularly.
- Provide adaptive movement experiences strengthening reflective participation opportunities consistently.

### Next Steps

Explore Individual Regulation & Active Breaks resources supporting movement integration 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.*

