



Active Insight: Evidence in Action

Tip #841



Active Learning for Early Years Movement

Overview

Active learning opportunities strengthen participation, confidence, wellbeing, and movement competence through engaging Early Years experiences supporting meaningful exploration and collaboration. Inclusive learning environments encourage communication, teamwork, and positive decision-making while strengthening participation pathways and foundational movement understanding. Students benefit from supportive learning opportunities promoting motivation, active involvement, and lifelong physical activity participation successfully together consistently.

Key Teaching Ideas

Effective Early Years movement experiences strengthen engagement through collaboration, communication, and reflective participation opportunities supporting meaningful learning. Facilitate active movement opportunities encouraging teamwork, confidence, and positive decision-making throughout activities. Use inclusive participation strategies, playful 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

- Facilitate active movement experiences supporting collaborative Early Years participation.
- Use movement exploration tasks strengthening reflective participation opportunities regularly.
- Create storytelling challenges encouraging inclusive movement participation consistently regularly.
- Encourage playful participation supporting movement confidence and engagement regularly.
- Provide adaptive movement opportunities strengthening collaborative participation consistently regularly.

Next Steps

Explore Fundamental Movement Skills resources supporting Early Years movement participation opportunities.

The Fundamental Movement Skills approach is informed by foundational motor development research (Gallahue & Ozmun, 2006), contemporary physical education pedagogy (Graham et al., 2013), and the Australian Sports Commission's emphasis on developing movement competence and confidence through fundamental movement skills supporting lifelong physical activity and sport participation.

