



Active Insight: Evidence in Action

Tip #842



Physical Literacy in Secondary Learning Environments

Overview

Physical Literacy opportunities strengthen participation, confidence, wellbeing, and understanding through engaging secondary learning experiences supporting meaningful collaboration and movement competence. Inclusive learning environments encourage communication, teamwork, and positive decision-making while strengthening participation pathways and reflective understanding. Students benefit from supportive movement opportunities promoting motivation, active involvement, and lifelong physical activity participation successfully together consistently across communities regularly.

Key Teaching Ideas

Senior Primary movement experiences strengthen engagement through collaboration, communication, and reflective participation opportunities supporting meaningful learning. Facilitate movement opportunities encouraging teamwork, confidence, and positive decision-making throughout activities. Use inclusive participation strategies, tactical 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 movement experiences supporting collaborative Physical Literacy participation opportunities.
- Use cooperative challenges strengthening reflective movement participation experiences regularly.
- Create movement investigations encouraging inclusive participation and engagement consistently.
- Encourage tactical discussions supporting collaborative movement understanding regularly consistently.
- Provide adaptive movement opportunities strengthening teamwork and participation consistently.

Next Steps

Explore Game Sense resources supporting Physical Literacy participation opportunities.

The Game Sense model is informed by Teaching Games for Understanding (Bunker & Thorpe, 1982), the Game Sense approach (Light, 2013), and contemporary skill acquisition research including ecological dynamics (Davids & Renshaw).

