



# Active Insight: Evidence in Action

## Tip #848



## Practical Measurement Through Movement Learning

### Overview

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

### Key Teaching Ideas

Effective measurement experiences strengthen engagement through collaboration, communication, and reflective participation opportunities supporting meaningful learning. Facilitate measurement movement opportunities encouraging teamwork, confidence, and positive decision-making throughout activities. Use inclusive participation strategies, inquiry 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 measurement challenges supporting collaborative numeracy participation opportunities consistently.
- Use measuring activities strengthening reflective movement understanding experiences regularly.
- Create inquiry investigations encouraging inclusive numeracy participation consistently regularly.
- Encourage collaborative participation supporting mathematical movement understanding regularly consistently.
- Provide adaptive movement opportunities strengthening measurement participation consistently regularly.

### Next Steps

Explore Active Education Australia Resources supporting measurement movement participation 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.*

