



Active Insight: Evidence in Action

Tip #849



Team-Building Through Curriculum Movement Experiences

Overview

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

Key Teaching Ideas

Impactful team-building experiences strengthen engagement through collaboration, communication, and reflective participation opportunities supporting meaningful learning. Facilitate collaborative movement opportunities encouraging teamwork, confidence, and positive decision-making throughout activities. Use inclusive participation strategies, gameplay 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 collaborative movement experiences supporting curriculum teamwork participation opportunities.
- Use communication challenges strengthening reflective collaboration participation experiences regularly.
- Create movement investigations encouraging inclusive teamwork participation consistently regularly.
- Encourage collaborative participation supporting movement confidence and engagement regularly.
- Provide adaptive movement opportunities strengthening teamwork participation consistently regularly.

Next Steps

Explore Game Sense resources supporting curriculum teamwork 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).

