



Active Insight: Evidence in Action

Tip #850



Active Learning Using Recycled Movement Materials

Overview

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

Key Teaching Ideas

Effective recycled-material experiences strengthen engagement through collaboration, communication, and reflective participation opportunities supporting meaningful learning. Facilitate recycled movement opportunities encouraging teamwork, confidence, and positive decision-making throughout activities. Use inclusive participation strategies, creative 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 recycled movement experiences supporting collaborative sustainability participation opportunities.
- Use recycled materials strengthening reflective movement engagement experiences regularly.
- Create sustainability challenges encouraging inclusive participation consistently regularly opportunities.
- Encourage collaborative participation supporting creative movement understanding regularly consistently.
- Provide adaptive recycled opportunities strengthening movement participation consistently regularly.

Next Steps

Explore Active Education Australia Resources supporting sustainable 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.

