



Active Insight: Evidence in Action

Tip #851



Building School Readiness Through Movement

Overview

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

Key Teaching Ideas

Readiness indicator experiences strengthen engagement through collaboration, communication, and reflective participation opportunities supporting meaningful learning. Run readiness movement opportunities encouraging teamwork, confidence, and positive decision-making throughout activities. Use inclusive participation strategies, reflective 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

- Run readiness movement experiences supporting collaborative participation opportunities consistently.
- Use practical readiness challenges strengthening reflective participation opportunities regularly.
- Develop inclusive movement investigations encouraging readiness participation consistently regularly.
- Run active participation tasks supporting movement confidence and engagement regularly.
- Adapt active movement opportunities strengthening collaborative readiness participation consistently.

Next Steps

Explore Active Education Australia Resources supporting school readiness 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.

