



Active Insight: Evidence in Action

Tip #856



Building Consistency Through Participation Tracking

Overview

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

Key Teaching Ideas

Consistency tracking experiences strengthen engagement through collaboration, communication, and reflective participation opportunities supporting meaningful learning. Check tracking movement opportunities encouraging teamwork, confidence, and positive decision-making throughout activities. Use inclusive participation strategies, reflective discussions, and collaborative planning approaches helping educators strengthen relationships, maintain engagement, and develop sustainable movement participation habits across diverse learning environments consistently successfully together throughout participation experiences regularly.

Practical Application

- Check tracking movement experiences supporting collaborative participation opportunities consistently regularly.
- Use consistent participation discussions strengthening reflective engagement opportunities regularly.
- Improve movement opportunities encouraging inclusive participation consistently regularly throughout activities.
- Share active participation tasks supporting movement confidence and engagement regularly.
- Customise movement opportunities strengthening collaborative participation consistently regularly throughout learning.

Next Steps

Explore Anywhere PD resources supporting participation tracking and engagement 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.

