



Active Insight: Evidence in Action

Tip #859



Designing Organisational Reflection Through Participation

Overview

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

Key Teaching Ideas

Organisational reflection experiences strengthen engagement through collaboration, communication, and reflective participation opportunities supporting meaningful learning. Build reflective movement opportunities encouraging teamwork, confidence, and positive decision-making throughout activities. Organise 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

- Build reflective movement experiences supporting collaborative participation opportunities consistently regularly.
- Use organisational discussions strengthening reflective engagement and participation regularly consistently.
- Organise inclusive movement opportunities encouraging collaborative participation consistently regularly.
- Encourage active participation supporting movement confidence and engagement regularly consistently.
- Expand adaptive movement opportunities strengthening reflective participation consistently regularly.

Next Steps

Explore Active Education Australia Resources supporting reflective 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.

