



Active Insight: Evidence in Action

Tip #860



Creating Longitudinal Participation Through Movement Tracking

Overview

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

Key Teaching Ideas

Participation insight experiences strengthen engagement through collaboration, communication, and reflective participation opportunities supporting meaningful learning. Grow participation 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

- Grow participation movement experiences supporting collaborative tracking opportunities consistently regularly.
- Use participation discussions strengthening reflective engagement and understanding regularly consistently.
- Share insight opportunities encouraging inclusive movement participation consistently regularly.
- Promote active participation supporting movement confidence and engagement regularly consistently.
- Extend active movement opportunities strengthening collaborative participation consistently regularly.

Next Steps

Explore Anywhere PD resources supporting longitudinal participation 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.

