



Active Insight: Evidence in Action

Tip #871



Structuring Inclusive Access Through Movement Participation

Overview

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

Key Teaching Ideas

Inclusive access experiences strengthen engagement through collaboration, communication, and reflective participation opportunities supporting meaningful learning. Grow accessible 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

- Grow accessible movement experiences supporting collaborative participation opportunities consistently regularly.
- Use fairness discussions strengthening reflective participation and engagement regularly consistently.
- Increase participation opportunities encouraging inclusive movement engagement consistently regularly.
- Grow active participation supporting movement confidence and collaboration regularly consistently.
- Strengthen inclusive movement opportunities supporting reflective participation consistently regularly.

Next Steps

Explore Inclusion resources on Anywhere PD supporting inclusive participation opportunities.

The TREE Approach is informed by inclusive education, adaptive physical activity, and the Australian Sports Commission's Playing for Life philosophy (Australian Sports Commission, 2015).

