



Active Insight: Evidence in Action

Tip #807



Designing Interdisciplinary Learning Opportunities

Overview

School subjects often **overlap more than they appear on a timetable**. A movement challenge might involve **measuring, communicating, designing, problem-solving and collaborating** within the same task. Students regularly **draw on ideas from different learning areas** as they think, discuss, create and participate. These connections can help learning feel **connected, purposeful and easier to transfer** across different situations.

Key Teaching Ideas

A strong starting point is **a task that naturally draws ideas from more than one learning area**. Students might **design a game, investigate a question, create a solution, collect data or complete a team challenge** that combines multiple skills and understandings. Movement can bring these connections into view by giving students something to **build, discuss, test, modify and reflect upon together**. Students often **spot links between subjects** when ideas appear side by side within the same lesson or activity.

Practical Application

- **Run a curriculum mash-up.** Eg: Combine concepts from two or more learning areas within the same movement challenge.
- **Follow a clue trail.** Eg: Use movement stations that require students to solve, calculate, interpret or discuss before progressing.
- **Invent something new.** Eg: Challenge students to create equipment, games or solutions using ideas from multiple subjects.
- **Put learning to work.** Eg: Use measurements, maps, data, instructions or scientific thinking during physical challenges.
- **Tackle a team mission.** Eg: Present a challenge that relies on communication, planning, creativity and decision-making.
- **Show what you know differently.** Eg: Invite students to demonstrate understanding through movement, performance, design or gameplay.

Next Steps

Explore [Active Education Australia Resources](#) for practical examples of bringing movement, wellbeing and curriculum learning together.



Some of the best learning connections happen when subjects work together,