



Active Insight: Evidence in Action

Tip #813



Embedding Culturally Responsive Movement Opportunities

Overview

Every community has games, activities and **movement traditions that have been passed from one generation to the next**. Bringing these into lessons gives students opportunities to **experience different ways people move**, play and spend time together. A traditional game from **one culture might look very different from another**, yet many share common themes such as teamwork, challenge, skill and connection. These experiences can **add variety to lessons while helping students learn about the people and stories** behind the activity.

Key Teaching Ideas

Start with the story, not just the game. Where did it come from? **Who played it? Why was it important?** These questions can add depth and meaning to movement experiences. Traditional games, dances and activities can open conversations about **community, history, identity and belonging**. Students often **enjoy discovering that people across the world have created games and movement traditions** that share many similarities despite being separated by distance, language or time.

Practical Application

- **Play Yulunga Traditional Indigenous Games**. Eg: Introduce Yulunga Traditional Indigenous Games that highlight story, teamwork, strategy, communication and skill development.
- **Share the story first**. Eg: Introduce the people, place and purpose connected to a game or movement tradition before playing.
- **Compare games across cultures**. Eg: Explore similarities between traditional games from different communities and discuss common themes.
- **Create a cultural games festival**. Eg: Rotate through movement stations featuring games, activities and traditions from different cultures.
- **Investigate local connections**. Eg: Explore movement traditions, games or activities connected to local Aboriginal and Torres Strait Islander communities where appropriate.
- **Invite students to become cultural researchers**. Eg: Investigate the history, rules and significance of a traditional game before teaching it to others.

Next Steps

Explore the [Yulunga Traditional Indigenous Games](#) resource from the Australian Sport Commission and [Active Education Australia Resources](#) for practical ways to incorporate cultural perspectives, traditional games and movement experiences into lessons.

