



“Insights About Transforming Pedagogical Practices from an Ecological Dynamics Perspective”

Practitioners aspire to develop effective pedagogical practices to support skill adaptation for their athletes and learners. However, transforming pedagogical practices requires time and even a change of mindset. In line with an emphasis to help learners develop 21st century competencies such as adaptation, creativity and agency, pedagogical practices that focus on supporting learners to explore individualized movement behaviours to solve movement challenges could be considered. The theoretical framework of Ecological Dynamics, that emphasises person-environment scale of analysis for explaining human behaviours, can provide a framework to help practitioners conceptualise and design pedagogical practices that supports greater adaptive skill development. Recent work examining pedagogical approaches (such as Constraints-led Approaches and Nonlinear Pedagogy) underpinned by Ecological Dynamics will be shared to provide insights on how pedagogical practices can be transformed and the impact it has on skill adaptation.