



Active Insight: Evidence in Action

Tip #1116



Developing Recreation Support Networks

Overview

Recreation support networks strengthen participation, confidence, wellbeing, and belonging through collaborative movement experiences encouraging communication and meaningful engagement. Inclusive support environments encourage teamwork, positive decision-making, and active participation while strengthening recreation access and participation pathways. Students benefit from supportive network opportunities promoting motivation, active involvement, and lifelong physical activity participation across educational communities successfully together consistently.

Key Teaching Ideas

Collaborative support networks strengthen engagement by encouraging communication, teamwork, and meaningful movement participation throughout recreational settings. Develop collaborative support opportunities promoting confidence, relationships, and positive decision-making during activities. Use supportive engagement strategies, inclusive planning approaches, and reflective discussions helping students strengthen belonging, maintain engagement, and develop sustainable physical activity habits supporting lifelong recreation involvement successfully across communities consistently.

Practical Application

- Develop collaborative support networks.
- Promote inclusive participation pathways.
- Use supportive engagement strategies.
- Encourage meaningful relationships regularly.
- Assess support engagement consistently.

Next Steps

Investigate Anywhere PD resources strengthening recreation support networks and participation opportunities.

