



Active Insight: Evidence in Action

Tip #1120



Planning Inclusive Recreation Opportunities

Overview

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

Key Teaching Ideas

Inclusive recreation experiences strengthen engagement by encouraging communication, collaboration, and meaningful movement participation throughout recreational settings. Plan inclusive recreation opportunities supporting confidence, accessibility, and positive decision-making during activities. Use collaborative planning strategies, supportive organisation approaches, and reflective discussions helping students strengthen relationships, maintain engagement, and develop sustainable physical activity habits supporting lifelong recreation involvement successfully across educational communities consistently.

Practical Application

- Plan inclusive recreation opportunities.
- Support accessible participation pathways.
- Use collaborative planning strategies.
- Promote reflective participation opportunities.
- Monitor recreation engagement consistently.

Next Steps

Discover Anywhere PD resources supporting inclusive recreation participation and accessibility 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).

