



Active Insight: Evidence in Action

Tip #1121



Supporting Student Connections Through Recreation

Overview

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

Key Teaching Ideas

Community participation experiences strengthen engagement by encouraging communication, collaboration, and meaningful movement participation throughout recreational settings. Build community relationships supporting confidence, teamwork, and positive decision-making during activities. Use reflective participation approaches, inclusive recreation strategies, and collaborative discussions helping students strengthen belonging, maintain engagement, and develop sustainable physical activity habits supporting lifelong recreation involvement successfully across communities consistently.

Practical Application

- Build community recreation relationships.
- Promote reflective participation discussions.
- Strengthen inclusive recreation opportunities.
- Promote student collaboration regularly.
- Monitor participation engagement consistently.

Next Steps

Access The Physical Literacy Framework resources supporting student connection and inclusive recreation participation opportunities.

The Physical Literacy Framework is informed by the Australian Physical Literacy Framework (Australian Sports Commission, 2019), contemporary models of holistic physical literacy development (Whitehead, 2010), and research exploring interconnected physical, psychological, cognitive, and social domains supporting lifelong engagement in movement and physical activity.

