



# Active Insight: Evidence in Action

## Tip #1122



## Designing Low-Cost Extra Activity Opportunities

### Overview

Low-cost extra activity opportunities strengthen participation, confidence, wellbeing, and belonging through accessible movement experiences supporting diverse learners and interests. Inclusive recreation environments encourage collaboration, communication, and meaningful participation while reducing participation barriers. Students benefit from supportive activity opportunities promoting motivation, active involvement, and lifelong physical activity participation across educational communities successfully together consistently.

### Key Teaching Ideas

Accessible recreation experiences strengthen engagement by encouraging communication, collaboration, and meaningful movement participation throughout recreational settings. Use adaptable low-cost approaches supporting confidence, teamwork, and positive decision-making during activities. Implement inclusive recreation strategies, accessible activity opportunities, and supportive discussions helping students strengthen relationships, maintain engagement, and develop sustainable physical activity habits supporting lifelong recreation involvement successfully across communities consistently.

### Practical Application

- Use adaptable low-cost recreation opportunities.
- Implement inclusive recreation strategies.
- Design accessible activity opportunities.
- Facilitate supportive participation regularly.
- Evaluate participation engagement consistently.

### Next Steps

Investigate The TREE Model resource on Anywhere PD supporting accessible recreation participation 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).*

