



Active Insight: Evidence in Action

Tip #1124



Creating Safe and Inclusive Recreation Spaces

Overview

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

Key Teaching Ideas

Inclusive recreation environments strengthen engagement by encouraging communication, collaboration, and meaningful movement participation throughout recreational settings. Map safe recreation opportunities supporting confidence, teamwork, and positive decision-making during activities. Establish inclusive participation approaches, supportive recreation strategies, and reflective discussions helping students strengthen relationships, maintain engagement, and develop sustainable physical activity habits supporting lifelong recreation involvement successfully across communities consistently.

Practical Application

- Map safe recreation opportunities.
- Establish inclusive participation approaches.
- Promote supportive recreation strategies.
- Strengthen inclusive recreation participation.
- Monitor recreation engagement consistently.

Next Steps

Explore The Physical Literacy Framework resources supporting safe 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.

