



# Active Insight: Evidence in Action

## Tip #1126



## Structuring Before School Recreation Opportunities

### Overview

Before school recreation opportunities strengthen participation, confidence, wellbeing, and belonging through structured movement experiences supporting meaningful engagement. Inclusive recreation environments encourage communication, collaboration, and positive decision-making while strengthening participation pathways. Students benefit from supportive recreation opportunities promoting motivation, active involvement, and lifelong physical activity participation across educational communities successfully together consistently.

### Key Teaching Ideas

Structured recreation experiences strengthen engagement by encouraging communication, collaboration, and meaningful movement participation throughout recreational settings. Provide varied recreation opportunities supporting confidence, teamwork, and positive decision-making during activities. Create supportive participation approaches, structured recreation routines, 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

- Provide varied recreation opportunities.
- Create supportive participation approaches.
- Coordinate structured recreation routines.
- Promote student participation regularly.
- Track participation engagement consistently.

### Next Steps

Investigate The Physical Literacy Framework resources supporting before school 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.*

