



Active Insight: Evidence in Action

Tip #1127



Activating Indoor Spaces

Overview

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

Key Teaching Ideas

Flexible indoor recreation experiences strengthen engagement by encouraging communication, collaboration, and meaningful movement participation throughout recreational settings. Activate indoor recreation opportunities supporting confidence, teamwork, and positive decision-making during activities. Develop reflective participation approaches, inclusive recreation strategies, 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

- Activate indoor recreation opportunities.
- Develop reflective participation approaches.
- Implement inclusive recreation strategies.
- Facilitate supportive recreation participation.
- Assess indoor engagement consistently.

Next Steps

Review Active Education Australia Resources supporting indoor recreation and physical activity participation.

