



Active Insight: Evidence in Action

Tip #1130



Coordinating Cross-Age Recreation Opportunities

Overview

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

Key Teaching Ideas

Collaborative cross-age recreation experiences strengthen engagement by encouraging communication, teamwork, and meaningful movement participation throughout recreational settings. Coordinate cross-age opportunities supporting confidence, responsibility, and positive decision-making during activities. Build leadership participation approaches, collaborative 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

- Coordinate cross-age recreation opportunities.
- Build leadership participation approaches.
- Promote collaborative recreation strategies.
- Create supportive participation opportunities.
- Assess mentoring engagement consistently.

Next Steps

Investigate Respectful Relationships resources supporting collaborative recreation and inclusive participation opportunities.

Respectful Relationships approach is informed by the Resilience, Rights and Respectful Relationships teaching and learning materials (Department of Education and Training Victoria, 2018), social and emotional learning frameworks (CASEL, 2020), and contemporary research in gender equality, consent, and respectful relationship education.

