



Active Insight: Evidence in Action

Tip #1131



Designing Quiet Recreation Opportunities

Overview

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

Key Teaching Ideas

Calm recreation experiences strengthen engagement by encouraging communication, collaboration, and meaningful movement participation throughout recreational settings. Create calm recreation opportunities supporting confidence, teamwork, and positive decision-making during activities. Introduce 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

- Create calm recreation opportunities.
- Introduce reflective participation approaches.
- Develop inclusive recreation strategies.
- Encourage supportive participation regularly.
- Monitor recreation engagement consistently.

Next Steps

Review Inclusion resources on Anywhere PD supporting calm recreation participation and accessibility 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).

