



Active Insight: Evidence in Action

Tip #1134



Embedding Equity in Recreation Participation

Overview

Equity-focused recreation opportunities strengthen participation, confidence, wellbeing, and belonging through inclusive 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 recreation opportunities promoting motivation, active involvement, and lifelong physical activity participation across educational communities successfully together consistently.

Key Teaching Ideas

Inclusive equity experiences strengthen engagement by encouraging communication, collaboration, and meaningful movement participation throughout recreational settings. Review participation opportunities supporting confidence, teamwork, and positive decision-making during activities. Develop flexible participation approaches, inclusive 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

- Review participation opportunities regularly.
- Develop flexible participation approaches.
- Facilitate inclusive recreation strategies.
- Support reflective participation regularly.
- Monitor equity engagement consistently.

Next Steps

Investigate The TREE Model resource on Anywhere PD supporting inclusive recreation participation and accessibility.

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).

