



Active Insight: Evidence in Action

Tip #1135



Designing Outdoor Recreation Opportunities

Overview

Outdoor recreation opportunities strengthen participation, confidence, wellbeing, and belonging through supportive movement experiences encouraging collaboration and meaningful engagement. Inclusive outdoor recreation environments support teamwork, positive decision-making, and active participation while strengthening physical activity involvement. Students benefit from supportive outdoor opportunities promoting motivation, active involvement, and lifelong physical activity participation across educational communities successfully together consistently.

Key Teaching Ideas

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

- Establish outdoor recreation opportunities.
- Create adaptable participation approaches.
- Implement inclusive recreation strategies.
- Coordinate supportive outdoor participation.
- Evaluate recreation engagement consistently.

Next Steps

Review The Physical Literacy Framework resources supporting outdoor 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.

