



Active Insight: Evidence in Action

Tip #1137



Using Student Committees

Overview

Student committee opportunities strengthen participation, confidence, wellbeing, and belonging through collaborative movement experiences supporting meaningful engagement. Inclusive committee environments encourage communication, teamwork, and positive decision-making while developing responsibility and leadership confidence. Students benefit from supportive committee opportunities promoting motivation, active involvement, and lifelong physical activity participation across educational communities successfully together consistently.

Key Teaching Ideas

Collaborative committee experiences strengthen engagement by encouraging communication, collaboration, and meaningful movement participation throughout recreational settings. Establish student committees supporting confidence, responsibility, and positive decision-making during activities. Support collaborative participation approaches, student leadership strategies, and reflective discussions helping students strengthen relationships, maintain engagement, and develop sustainable physical activity habits supporting lifelong recreation involvement successfully across educational communities consistently.

Practical Application

- Establish student committee opportunities.
- Support collaborative participation approaches.
- Promote student leadership strategies.
- Develop participation planning regularly.
- Monitor committee engagement consistently.

Next Steps

Access Respectful Relationships resources supporting collaborative student leadership 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.

