



# Active Insight: Evidence in Action

## Tip #1138



## Strengthening Participation Flexibility

### Overview

Flexible recreation opportunities strengthen participation, confidence, wellbeing, and belonging through adaptable movement experiences supporting diverse learners and interests. Inclusive recreation environments encourage communication, collaboration, and meaningful participation while reducing participation barriers. Students benefit from supportive recreation opportunities promoting motivation, active involvement, and lifelong physical activity participation across educational communities successfully together consistently.

### Key Teaching Ideas

Flexible recreation experiences strengthen engagement by encouraging communication, collaboration, and meaningful movement participation throughout recreational settings. Offer varied recreation opportunities supporting confidence, teamwork, and positive decision-making during activities. Implement supportive participation approaches, flexible 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

- Offer varied recreation opportunities.
- Implement supportive participation approaches.
- Develop structured recreation strategies.
- Promote flexible participation regularly.
- Evaluate recreation engagement consistently.

### Next Steps

Investigate The Physical Literacy Framework resources supporting flexible 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.*

