



# Active Insight: Evidence in Action

## Tip #1139



## Creating Rural Recreation Opportunities

### Overview

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

### Key Teaching Ideas

Adaptable recreation experiences strengthen engagement by encouraging communication, collaboration, and meaningful movement participation throughout rural settings. Create rural recreation opportunities supporting confidence, teamwork, and positive decision-making during activities. Strengthen inclusive participation approaches, supportive 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

- Create rural recreation opportunities.
- Strengthen inclusive participation approaches.
- Facilitate supportive recreation strategies.
- Track participation engagement regularly.
- Review rural participation opportunities.

### Next Steps

Review Anywhere PD resources supporting rural participation and physical activity engagement.

