



# Active Insight: Evidence in Action

## Tip #1144



## Planning Inclusive Supervision Systems

### Overview

Inclusive supervision opportunities strengthen participation, confidence, wellbeing, and belonging through supportive movement experiences encouraging meaningful engagement and positive relationships. Inclusive supervision environments support communication, collaboration, and active participation while reducing participation barriers and strengthening accessibility. Students benefit from supportive supervision opportunities promoting motivation, active involvement, and lifelong physical activity participation across educational communities successfully together consistently.

### Key Teaching Ideas

Supportive supervision experiences strengthen engagement by encouraging communication, collaboration, and meaningful movement participation throughout recreational settings. Establish inclusive supervision opportunities supporting confidence, teamwork, and positive decision-making during activities. Develop adaptable 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

- Establish inclusive supervision opportunities.
- Develop adaptable participation approaches.
- Promote supportive recreation strategies.
- Monitor supervision engagement regularly.
- Encourage inclusive participation consistently.

### Next Steps

Discover Anywhere PD resources supporting supervision and physical activity participation.

