



Active Insight: Evidence in Action

Tip #1145



Building Confidence Through Recreation

Overview

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

Key Teaching Ideas

Supportive social recreation experiences strengthen engagement by encouraging communication, collaboration, and meaningful movement participation throughout recreational settings. Provide social participation opportunities supporting confidence, teamwork, and positive decision-making during activities. Facilitate supportive recreation approaches, flexible participation pathways, 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

- Provide social participation opportunities.
- Facilitate supportive recreation approaches.
- Create flexible participation pathways.
- Promote student collaboration regularly.
- Evaluate participation engagement consistently.

Next Steps

Access The Physical Literacy Framework resources supporting recreation confidence and 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.

