



Active Insight: Evidence in Action

Tip #1148



Coordinating Cross-Year Recreation Opportunities

Overview

Cross-year recreation opportunities strengthen participation, confidence, wellbeing, and belonging through collaborative movement experiences supporting meaningful engagement and social connection. Inclusive recreation environments encourage communication, teamwork, and positive decision-making while strengthening leadership 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

Collaborative cross-year recreation experiences strengthen engagement by encouraging communication, collaboration, and meaningful movement participation throughout recreational settings. Coordinate cross-year opportunities supporting confidence, teamwork, and positive decision-making during activities. Develop mentoring participation approaches, collaborative 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

- Coordinate cross-year recreation opportunities.
- Develop mentoring participation approaches.
- Strengthen collaborative recreation strategies.
- Evaluate participation engagement regularly.
- Explore respectful recreation opportunities consistently.

Next Steps

Access Respectful Relationships resources supporting collaborative recreation 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.

