



Active Insight: Evidence in Action

Tip #1152



Expanding Student Participation Opportunities

Overview

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

Key Teaching Ideas

Student-led recreation experiences strengthen engagement by encouraging communication, collaboration, and meaningful movement participation throughout recreational settings. Offer student-led participation opportunities supporting confidence, teamwork, and positive decision-making during activities. Support flexible recreation approaches, student leadership 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 student-led participation opportunities.
- Support flexible recreation approaches.
- Promote student leadership strategies.
- Coordinate inclusive participation regularly.
- Assess participation engagement consistently.

Next Steps

Discover The Physical Literacy Framework resources supporting student participation and recreation engagement 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.

