



Active Insight: Evidence in Action

Tip #1154



Mapping Participation Trends

Overview

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

Key Teaching Ideas

Reflective participation experiences strengthen engagement by encouraging communication, collaboration, and meaningful movement participation throughout recreational settings. Map participation opportunities supporting confidence, teamwork, and positive decision-making during activities. Monitor participation approaches, supportive planning 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

- Map participation opportunities regularly.
- Monitor participation approaches consistently.
- Create supportive planning strategies.
- Evaluate participation involvement regularly.
- Investigate participation engagement consistently.

Next Steps

Investigate Assessment planning resources supporting participation mapping and physical activity engagement.

