



Active Insight: Evidence in Action

Tip #1155



Developing Schoolwide Recreation Opportunities

Overview

Schoolwide recreation opportunities strengthen participation, confidence, wellbeing, and belonging through coordinated movement experiences supporting meaningful engagement and collaboration. Inclusive recreation environments encourage 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

Coordinated recreation experiences strengthen engagement by encouraging communication, collaboration, and meaningful movement participation throughout school communities. Coordinate schoolwide recreation opportunities supporting confidence, teamwork, and positive decision-making during activities. Develop 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

- Coordinate schoolwide recreation opportunities.
- Develop participation approaches regularly.
- Coordinate supportive recreation strategies.
- Encourage collaborative participation consistently.
- Assess schoolwide engagement regularly.

Next Steps

Review Active Education Australia Resources supporting recreation planning and physical activity participation.

