



Active Insight: Evidence in Action

Tip #1161



Building Multi-Year Extracurricular Leadership Opportunities

Overview

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

Key Teaching Ideas

Sustainable participation experiences strengthen engagement by encouraging communication, collaboration, and meaningful movement participation throughout extracurricular settings. Develop long-term leadership opportunities supporting confidence, teamwork, and positive decision-making during activities. Coordinate structured participation approaches, inclusive 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

- Develop long-term leadership opportunities.
- Coordinate structured participation approaches.
- Implement inclusive participation strategies.
- Assess sustainable engagement regularly.
- Support wellbeing participation consistently.

Next Steps

Access Active Education Australia Resources supporting sustainable extracurricular leadership and physical activity participation.

