



# Active Insight: Evidence in Action

## Tip #1162



## Creating Leadership Warm-Up Opportunities

### Overview

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

### Key Teaching Ideas

Warm-up leadership experiences strengthen engagement by encouraging communication, collaboration, and meaningful movement participation throughout recreational settings. Rotate warm-up leadership opportunities supporting confidence, teamwork, and positive decision-making during activities. Provide student leadership approaches, shared participation 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

- Rotate warm-up leadership opportunities.
- Provide student leadership approaches.
- Use shared participation strategies.
- Develop positive leadership routines.
- Evaluate leadership engagement consistently.

### Next Steps

Discover Respectful Relationships resources supporting leadership development 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.*

