



Active Insight: Evidence in Action

Tip #1164



Building Leadership Through Recreation

Overview

Practical recreation opportunities strengthen participation, confidence, wellbeing, and belonging through activity-based movement experiences supporting meaningful engagement and leadership development. 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

Activity-based leadership experiences strengthen engagement by encouraging communication, collaboration, and meaningful movement participation throughout recreational settings. Organise supportive leadership opportunities supporting confidence, teamwork, and positive decision-making during activities. Use shared leadership approaches, collaborative 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

- Organise supportive leadership opportunities.
- Use shared leadership approaches.
- Facilitate collaborative participation strategies.
- Promote leadership participation regularly.
- Assess leadership engagement consistently.

Next Steps

Investigate Respectful Relationships resources supporting collaborative leadership 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.

