



Active Insight: Evidence in Action

Tip #1165



Coordinating Student-Led Recreation Opportunities

Overview

Student-led recreation opportunities strengthen participation, confidence, wellbeing, and belonging through participatory 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 leadership opportunities promoting motivation, active involvement, and lifelong physical activity participation across educational communities successfully together consistently.

Key Teaching Ideas

Participatory leadership experiences strengthen engagement by encouraging communication, collaboration, and meaningful movement participation throughout recreational settings. Coordinate student-led recreation opportunities supporting confidence, teamwork, and positive decision-making during activities. Introduce supportive 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

- Coordinate student-led recreation opportunities.
- Introduce supportive leadership approaches.
- Use shared participation strategies.
- Coordinate leadership participation regularly.
- Review leadership engagement consistently.

Next Steps

Access Respectful Relationships resources supporting student 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.

