



Active Insight: Evidence in Action

Tip #1170



Building Recreation Leadership Teams

Overview

Recreation leadership opportunities strengthen participation, confidence, wellbeing, and belonging through diverse movement experiences supporting meaningful engagement and leadership development. Inclusive recreation environments support 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

Diverse leadership experiences strengthen engagement by encouraging communication, collaboration, and meaningful movement participation throughout recreational settings. Provide leadership opportunities supporting confidence, teamwork, and positive decision-making during activities. Use inclusive leadership approaches, reflective participation strategies, and supportive discussions helping students strengthen relationships, maintain engagement, and develop sustainable physical activity habits supporting lifelong recreation involvement successfully across communities consistently.

Practical Application

- Provide leadership opportunities regularly.
- Use inclusive leadership approaches.
- Create reflective participation strategies.
- Assess leadership engagement consistently.
- Explore leadership participation regularly.

Next Steps

Explore The TREE Model resource on Anywhere PD supporting inclusive recreation leadership opportunities.

The TREE Approach is informed by inclusive education, adaptive physical activity, and the Australian Sports Commission's Playing for Life philosophy (Australian Sports Commission, 2015).

