



Active Insight: Evidence in Action

Tip #1171



Designing Leadership Observation Opportunities

Overview

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

Key Teaching Ideas

Thoughtful reflection experiences strengthen engagement by encouraging communication, collaboration, and meaningful movement participation throughout recreational settings. Introduce leadership reflection opportunities supporting confidence, teamwork, and positive decision-making during activities. Provide thoughtful participation approaches, reflective leadership 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

- Introduce leadership reflection opportunities.
- Provide thoughtful participation approaches.
- Use reflective leadership strategies.
- Implement reflective participation regularly.
- Monitor leadership engagement consistently.

Next Steps

Access Respectful Relationships resources supporting reflective 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.

