



# Active Insight: Evidence in Action

## Tip #1175



## Structuring Pop-Up Leadership Opportunities

### Overview

Pop-up leadership opportunities strengthen participation, confidence, wellbeing, and belonging through flexible 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

Flexible leadership experiences strengthen engagement by encouraging communication, collaboration, and meaningful movement participation throughout recreational settings. Offer short leadership opportunities supporting confidence, teamwork, and positive decision-making during activities. Introduce supportive recreation approaches, spontaneous leadership 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

- Offer short leadership opportunities.
- Introduce supportive recreation approaches.
- Use spontaneous leadership strategies.
- Coordinate leadership participation regularly.
- Track leadership engagement consistently.

### Next Steps

Access Respectful Relationships resources supporting flexible 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.*

