



# Active Insight: Evidence in Action

## Tip #1179



## Creating Student-Led Participation Opportunities

### Overview

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

### Key Teaching Ideas

Welcoming leadership experiences strengthen engagement by encouraging communication, collaboration, and meaningful movement participation throughout recreational settings. Create welcoming leadership opportunities supporting confidence, teamwork, and positive decision-making during activities. Encourage inclusive recreation approaches, welcoming 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

- Create welcoming leadership opportunities.
- Encourage inclusive recreation approaches.
- Use welcoming leadership strategies.
- Strengthen participation relationships regularly.
- Examine leadership engagement consistently.

### Next Steps

Access Respectful Relationships resources supporting welcoming 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.*

