



Active Insight: Evidence in Action

Tip #1182



Building Leadership Confidence Opportunities

Overview

Small leadership opportunities strengthen participation, confidence, wellbeing, and belonging through achievable 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

Achievable leadership experiences strengthen engagement by encouraging communication, collaboration, and meaningful movement participation throughout recreational settings. Introduce small leadership opportunities supporting confidence, teamwork, and positive decision-making during activities. Celebrate achievable 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 small leadership opportunities.
- Celebrate achievable participation approaches.
- Use achievable leadership strategies.
- Promote reflective participation regularly.
- Evaluate leadership engagement consistently.

Next Steps

Discover Respectful Relationships resources supporting leadership confidence 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.

