



Active Insight: Evidence in Action

Tip #1184



Creating Leadership Role Modelling Opportunities

Overview

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

Key Teaching Ideas

Guided leadership experiences strengthen engagement by encouraging communication, collaboration, and meaningful movement participation throughout recreational settings. Model movement leadership opportunities supporting confidence, teamwork, and positive decision-making during activities. Encourage wellbeing participation approaches, supportive 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

- Model movement leadership opportunities.
- Encourage wellbeing participation approaches.
- Use wellbeing leadership strategies.
- Facilitate reflective participation regularly.
- Examine leadership engagement consistently.

Next Steps

Investigate 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.

