



Active Insight: Evidence in Action

Tip #1189



Building Leadership Through Creative Recreation

Overview

Recreation leadership opportunities strengthen participation, confidence, wellbeing, and belonging through creative 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

Creative leadership experiences strengthen engagement by encouraging communication, collaboration, and meaningful movement participation throughout recreational settings. Create recreation leadership opportunities supporting confidence, teamwork, and positive decision-making during activities. Capture creative 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

- Create recreation leadership opportunities.
- Capture creative participation approaches.
- Use creative leadership strategies.
- Develop reflective participation regularly.
- Examine leadership engagement consistently.

Next Steps

Review Active Education Australia Resources supporting creative leadership and sustainable participation opportunities.

