



# Active Insight: Evidence in Action

## Tip #1193



## Structuring Student Leadership Lunchtime Opportunities

### Overview

Recreation lunchtime opportunities strengthen participation, confidence, wellbeing, and belonging through active 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 lunchtime opportunities promoting motivation, active involvement, and lifelong physical activity participation across educational communities successfully together consistently.

### Key Teaching Ideas

Active lunchtime experiences strengthen engagement by encouraging communication, collaboration, and meaningful movement participation throughout recreational settings. Organise lunchtime leadership opportunities supporting confidence, teamwork, and positive decision-making during activities. Use shared 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

- Organise lunchtime leadership opportunities.
- Use shared participation approaches.
- Maintain supportive leadership strategies.
- Assess lunchtime engagement regularly.
- Review participation involvement consistently.

### Next Steps

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

