



# Active Insight: Evidence in Action

## Tip #1194



## Designing Leadership Participation Opportunities

### Overview

Creative leadership opportunities strengthen participation, confidence, wellbeing, and belonging through imaginative 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. Guide leadership participation opportunities supporting confidence, teamwork, and positive decision-making during activities. Encourage creative participation approaches, creative 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

- Guide leadership participation opportunities.
- Encourage creative participation approaches.
- Use creative leadership strategies.
- Encourage reflective participation regularly.
- Examine leadership engagement consistently.

### Next Steps

Investigate The Physical Literacy Framework resources supporting creative leadership and participation opportunities.

*The Physical Literacy Framework is informed by the Australian Physical Literacy Framework (Australian Sports Commission, 2019), contemporary models of holistic physical literacy development (Whitehead, 2010), and research exploring interconnected physical, psychological, cognitive, and social domains supporting lifelong engagement in movement and physical activity.*

