



Active Insight: Evidence in Action

Tip #1195



Building Leadership Roles Through Active Travel

Overview

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

Key Teaching Ideas

Active travel experiences strengthen engagement by encouraging communication, collaboration, and meaningful movement participation throughout recreational settings. Promote active travel leadership opportunities supporting confidence, teamwork, and positive decision-making during activities. Encourage travel participation approaches, travel 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

- Promote active travel leadership opportunities.
- Encourage travel participation approaches.
- Use travel leadership strategies.
- Facilitate reflective participation regularly.
- Track travel engagement consistently.

Next Steps

Access The Physical Literacy Framework resources supporting travel 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.

