



Active Insight: Evidence in Action Tip #1203



Creating Leadership Opportunities Through Inclusive Sport

Overview

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

Key Teaching Ideas

Sports day leadership experiences strengthen engagement by encouraging communication, collaboration, and meaningful movement participation throughout recreational settings. Organise inclusive sports leadership opportunities supporting confidence, teamwork, and positive decision-making during activities. Encourage supportive 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 inclusive sports leadership opportunities.
- Encourage supportive participation approaches.
- Use supportive leadership strategies.
- Develop reflective participation regularly.
- Assess sports engagement consistently.

Next Steps

Access The TREE Model resource on Anywhere PD supporting inclusive leadership and participation opportunities.

The TREE Approach is informed by inclusive education, adaptive physical activity, and the Australian Sports Commission's Playing for Life philosophy (Australian Sports Commission, 2015).

