



Active Insight: Evidence in Action

Tip #1209



Creating Leadership Opportunities Through Outdoor Recreation

Overview

Outdoor leadership opportunities strengthen participation, confidence, wellbeing, and belonging through guided 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 outdoor leadership opportunities promoting motivation, active involvement, and lifelong physical activity participation across educational communities successfully together consistently.

Key Teaching Ideas

Guided outdoor experiences strengthen engagement by encouraging communication, collaboration, and meaningful movement participation throughout recreational settings. Create outdoor leadership opportunities supporting confidence, teamwork, and positive decision-making during activities. Encourage shared participation approaches, shared 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

- Create outdoor leadership opportunities.
- Encourage shared participation approaches.
- Use shared leadership strategies.
- Facilitate reflective participation regularly.
- Examine outdoor engagement consistently.

Next Steps

Review The Physical Literacy Framework resources supporting outdoor 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.

