



Active Insight: Evidence in Action

Tip #1217



Using Participation Journals

Overview

Participation journal opportunities strengthen participation, confidence, wellbeing, and belonging through reflective movement experiences supporting meaningful engagement and self-awareness. Inclusive recreation environments encourage communication, teamwork, and positive decision-making while strengthening participation pathways and accessibility. Students benefit from supportive reflection opportunities promoting motivation, active involvement, and lifelong physical activity participation across educational communities successfully together consistently.

Key Teaching Ideas

Reflective participation experiences strengthen engagement by encouraging communication, collaboration, and meaningful movement participation throughout recreational settings. Encourage participation journal opportunities supporting confidence, teamwork, and positive decision-making during activities. Capture reflective participation approaches, supportive participation strategies, and collaborative discussions helping students strengthen relationships, maintain engagement, and develop sustainable physical activity habits supporting lifelong recreation involvement successfully across communities consistently.

Practical Application

- Encourage participation journal opportunities.
- Capture reflective participation approaches.
- Document supportive participation strategies.
- Strengthen reflective participation regularly.
- Share reflection engagement consistently.

Next Steps

Access The Physical Literacy Framework resources supporting reflective participation and sustainable 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.

