



Active Insight: Evidence in Action

Tip #1219



Building Recognition Through Goal Achievement

Overview

Goal-focused recognition opportunities strengthen participation, confidence, wellbeing, and belonging through achievement-based movement experiences supporting meaningful engagement and celebration. Inclusive recreation environments encourage communication, teamwork, and positive decision-making while strengthening participation pathways and accessibility. Students benefit from supportive recognition opportunities promoting motivation, active involvement, and lifelong physical activity participation across educational communities successfully together consistently.

Key Teaching Ideas

Goal-focused recognition experiences strengthen engagement by encouraging communication, collaboration, and meaningful movement participation throughout recreational settings. Track participation recognition opportunities supporting confidence, teamwork, and positive decision-making during activities. Support reflective participation approaches, supportive recognition 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

- Track participation recognition opportunities.
- Support reflective participation approaches.
- Celebrate supportive recognition strategies.
- Display participation achievements regularly.
- Review recognition engagement consistently.

Next Steps

Review The Physical Literacy Framework resources supporting recognition participation and leadership 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.

