



Active Insight: Evidence in Action

Tip #313



Student Leadership in PE

Overview

Leadership opportunities in Years 3–6 support students to investigate and apply strategies that enhance participation. Leadership builds confidence, responsibility, and engagement. This approach strengthens collaboration and meaningful involvement. Providing students with opportunities to guide peers, make decisions, and contribute to group success also helps develop communication, teamwork, and positive participation across lessons and activities.

Key Teaching Ideas

Provide structured leadership roles and opportunities. Offer guidance and feedback. Support development, helping students build confidence and contribute positively to learning environments. Encourage collaboration, communication, and responsibility so students can lead respectfully, support peers, and participate actively within lessons and group tasks.

Practical Application

- Use student-led warm-ups supporting leadership and engagement opportunities consistently
- Assign activity leaders supporting organisation and participation in lessons
- Rotate leadership roles supporting skill development and shared responsibility outcomes
- Provide feedback supporting leadership growth and confidence development consistently
- Facilitate reflection supporting understanding and leadership skill improvement effectively

Next Steps

Use [Game Sense](#) to develop leadership. Authentic roles build confidence, responsibility, and engagement in physical activity contexts.

The Game Sense model is informed by Teaching Games for Understanding (Bunker & Thorpe, 1982), the Game Sense approach (Light, 2013), and contemporary skill acquisition research including ecological dynamics (Davids & Renshaw).

