



Active Insight: Evidence in Action

Tip #435



Student Leaders in Action

Overview

Student leadership in Years 3–6 supports students to investigate, apply and model strategies that enhance participation, engagement and wellbeing within movement experiences. Leadership opportunities can build confidence, strengthen responsibility and encourage positive involvement by allowing students to guide activities, support peers and contribute to shared learning experiences. Embedding leadership roles within structured physical activity environments helps strengthen peer connections, promote collaboration and encourage positive participation across the school community.

Key Teaching Ideas

Provide structured leadership opportunities that allow students to lead movement activities, support peers and contribute to group decision-making during physical activity experiences. Use clear roles, consistent expectations and supportive feedback to help students build confidence, responsibility and communication skills. Encourage collaboration, inclusion and positive role modelling to strengthen peer connections, enhance engagement and promote meaningful participation within active learning environments.

Practical Application

- Assign playground leaders supporting organisation and active participation opportunities
- Use warm-up leaders encouraging engagement and shared responsibility in lessons
- Appoint activity organisers managing games and supporting peer involvement
- Implement peer mentors supporting collaboration and inclusive participation practices
- Use group facilitators guiding teamwork and positive learning experiences effectively

Next Steps

Use [Game Sense approaches](#) to support leadership. Empowering students builds confidence, responsibility, and engagement across physical activity environments.

*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).*

