



Active Insight: Evidence in Action

Tip #480



Encouraging Student-Led Activity

Overview

Student-led activity in Years 3–10 supports students to apply leadership and movement skills confidently across a range of learning experiences. Providing opportunities for students to lead, organise and contribute to activities can increase engagement, strengthen confidence and support wellbeing through active participation and responsibility. This approach encourages ownership, collaboration and meaningful involvement while helping students develop communication, decision-making and leadership skills in movement contexts.

Key Teaching Ideas

Provide opportunities for students to lead movement activities, make decisions and contribute ideas during learning experiences. Use structured and supportive approaches that encourage teamwork, communication and shared responsibility while allowing students to develop confidence and leadership skills. Encourage reflection, collaboration and active participation to help students build ownership, strengthen engagement and contribute positively to movement-based learning experiences.

Practical Application

- Use student leaders supporting organisation and activity delivery effectively
- Provide training supporting leadership skills and confidence development outcomes
- Assign roles supporting responsibility and meaningful participation opportunities
- Facilitate reflection supporting leadership growth and understanding consistently
- Recognise leadership reinforcing confidence and engagement outcomes regularly

Next Steps

Use Game Sense leadership models. Student-led opportunities build confidence, ownership, and meaningful participation across 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).

