



# Active Insight: Evidence in Action

## Tip #520



## Training Student Leaders

### Overview

Effective training in Years 3–6 supports students to practise and apply leadership strategies confidently. Practical experiences build communication, organisation, and confidence. This approach strengthens program success and enhances student engagement in leadership roles. It encourages students to develop responsibility, support peers positively, and apply leadership skills across movement experiences. Providing effective leadership training strengthens participation, confidence, and meaningful involvement within physical activity contexts.

### Key Teaching Ideas

Provide practical leadership training that supports students to apply leadership strategies confidently and effectively. Use modelling, guided practice, and collaborative experiences to strengthen communication, organisation, and participation. Encourage students to reflect on leadership behaviours, support peers positively, and apply skills across movement contexts. Provide opportunities for teamwork, problem-solving, and practising leadership roles within physical activity experiences. Foster supportive environments that build responsibility, confidence, wellbeing, and meaningful participation.

### Practical Application

- Practise leading games building confidence and leadership skill development opportunities
- Use role-play scenarios developing communication and decision-making skills effectively
- Provide feedback sessions supporting improvement and confidence building consistently
- Use leadership checklists guiding expectations and structured skill development processes
- Include reflection activities reinforcing learning and leadership growth outcomes

### Next Steps

Explore [The Ultimate PE Program](#) lesson plans to structure your program, making it easy for students to follow and run activities. Practical training supports confident, capable student leaders and strengthens program effectiveness across activity settings.

