



Active Insight: Evidence in Action

Tip #564



Supporting Independent Leadership

Overview

Independent leadership in Years 5–10 supports students to apply leadership skills confidently in movement contexts. Autonomy enhances engagement, builds confidence, and supports wellbeing. This approach promotes ownership and meaningful participation. It encourages students to make informed decisions, guide others positively, and take responsibility within movement and learning experiences. Embedding independent leadership across physical activity contexts strengthens resilience, initiative, and positive participation.

Key Teaching Ideas

Provide opportunities for independent leadership within movement experiences to support confidence and responsibility. Use student-led activities, collaborative challenges, and reflective tasks to strengthen engagement and participation. Encourage students to make decisions, guide peers, and apply leadership skills across different movement contexts. Provide opportunities for teamwork, goal setting, and responding positively to leadership challenges. Foster supportive environments that build wellbeing, resilience, confidence, and meaningful participation.

Practical Application

- Provide clear guidelines supporting independent leadership and participation consistently
- Gradually release responsibility supporting confidence and autonomy development
- Use peer support supporting effective leadership and collaboration outcomes
- Monitor lightly supporting independence and meaningful leadership experiences
- Reflect on leadership supporting improvement and confidence development outcomes

Next Steps

Support independence through structure. Leadership opportunities build confidence, autonomy, and meaningful participation across contexts. Explore [The Ultimate PE Program](#).

