



Active Insight: Evidence in Action

Tip #565



Leadership Through Reflection

Overview

Reflection in Years 3–10 supports students to evaluate and refine leadership skills. Structured reflection enhances understanding, builds confidence, and supports wellbeing. This approach promotes continuous development. It encourages students to recognise strengths, consider areas for improvement, and apply feedback within leadership and movement experiences. Embedding reflective practices across learning contexts strengthens self-awareness, responsibility, and positive participation.

Key Teaching Ideas

Embed reflection opportunities within leadership and movement experiences to support growth and development. Use questioning, feedback, and self-assessment strategies to strengthen engagement and confidence. Encourage students to evaluate leadership skills, recognise strengths, and apply feedback across movement contexts. Provide opportunities for teamwork, goal setting, and reflective discussion during physical activities. Foster supportive environments that build wellbeing, resilience, confidence, and continuous development.

Practical Application

- Use reflection questions supporting evaluation of leadership performance consistently
- Encourage peer feedback supporting shared learning and improvement outcomes
- Facilitate discussion supporting understanding of leadership strengths effectively
- Use journals supporting awareness and development of leadership skills
- Set goals supporting improvement and leadership development outcomes consistently

Next Steps

Embed reflection in leadership. Structured reflection supports growth, confidence, and meaningful leadership development across contexts. Explore [The Ultimate PE Program](#).

