



# Active Insight: Evidence in Action

## Tip #566



## Peer-Led Activity Models

### Overview

Peer-led models in Years 3–10 support students to apply leadership and movement skills collaboratively. Shared responsibility enhances engagement, builds confidence, and supports wellbeing. This approach promotes meaningful participation. It encourages students to guide, support, and learn from one another through cooperative movement and learning experiences. Embedding peer-led approaches across physical activity contexts strengthens communication, leadership, and positive participation.

### Key Teaching Ideas

Use peer-led models to encourage leadership, collaboration, and active participation in movement learning. Provide shared responsibilities, cooperative challenges, and supportive feedback opportunities to strengthen engagement and confidence. Encourage students to guide peers, communicate effectively, and apply leadership skills during physical activities. Provide opportunities for teamwork, reflection, and collaborative problem-solving across movement contexts. Foster inclusive environments that build wellbeing, resilience, confidence, and meaningful participation.

### Practical Application

- Use peer leaders supporting activity delivery and organisation consistently
- Provide clear roles supporting effective and confident participation outcomes
- Rotate leaders supporting shared responsibility and engagement opportunities
- Use feedback supporting improvement and effective leadership behaviours consistently
- Reflect on activities supporting understanding and shared learning outcomes

### Next Steps

Use peer-led models effectively. Collaboration strengthens leadership, engagement, and meaningful participation across physical education. Explore [The Ultimate PE Program](#).

