



# Active Insight: Evidence in Action

## Tip #854



## Structuring Distributed Leadership Through Movement Opportunities

### Overview

Distributed leadership opportunities strengthen participation, confidence, wellbeing, and collaboration through engaging movement experiences supporting meaningful teamwork and communication. Inclusive learning environments encourage communication, teamwork, and positive decision-making while strengthening participation pathways and leadership understanding. Students benefit from supportive leadership opportunities promoting motivation, active involvement, and lifelong physical activity participation successfully together consistently across communities regularly.

### Key Teaching Ideas

Distributed leadership experiences strengthen engagement through collaboration, communication, and reflective participation opportunities supporting meaningful learning. Organise movement leadership opportunities encouraging teamwork, confidence, and positive decision-making throughout activities. Use inclusive participation strategies, reflective discussions, and collaborative planning approaches helping students strengthen relationships, maintain engagement, and develop sustainable movement participation habits across diverse learning environments consistently successfully together throughout participation experiences regularly.

### Practical Application

- Organise movement leadership experiences supporting collaborative participation opportunities consistently.
- Use inclusive leadership discussions strengthening reflective engagement opportunities regularly.
- Coordinate supportive participation tasks encouraging leadership confidence consistently regularly.
- Broaden active movement opportunities strengthening collaborative leadership participation consistently.
- Explore Anywhere PD resources supporting distributed leadership participation opportunities.

### Next Steps

The Physical Literacy Framework is informed by the Australian Physical Literacy Framework (Australian Sports Commission, 2019), contemporary models of holistic physical literacy development (Whitehead, 2010), and research exploring interconnected physical, psychological, cognitive, and social domains supporting lifelong engagement in movement and physical activity.

