



Active Insight: Evidence in Action



Tip #1162: Creating Leadership Warm-Ups Opportunities

Overview

Delegating the Unofficial Starts (warm-up before the lesson begins) to students gives every class member regular opportunity to lead communication, organisation, and movement demonstration in a low-stakes routine setting. When teachers rotate this responsibility across the class, all students have the chance to lead, not just those who volunteer. The Unofficial Start becomes a consistent vehicle for building leadership confidence alongside physical preparation, and the repetition of the role across the year builds genuine competence over time.

Key Teaching Ideas

Student-led Unofficial Starts work best when teachers provide a clear repertoire of options and simple guidelines rather than a rigid script. Giving student leaders a set of activity cards or a short list of approved movements lets them make genuine choices within a safe structure. Asking leaders to include a modification for all students builds inclusive thinking into the routine from the start, and a brief debrief after each Unofficial Start gives leaders immediate, useful feedback.

Practical Application

- **Rotating Pairs:** Use a class roster to select two students each lesson to lead the Unofficial Starts, ensuring every student gets a turn across the term regardless of confidence level.
- **Activity-Specific Preparation:** Ask student leaders to design Unofficial Starts that prepares the body for the main lesson activity, building their understanding of how movement preparation connects to performance.
- **Unofficial Start Resource Cards:** Provide a set of laminated cards showing different games, dynamic stretches, and mobility exercises so leaders have a practical reference to draw from when planning.
- **Peer Feedback Rounds:** Conclude the Unofficial Start with a brief two-stars-and-a-wish response from the class, building a culture of constructive peer support around leadership.
- **Inclusive Modification Requirement:** Require student leaders to demonstrate both a standard and a modified version of each activity, ensuring all class members can participate safely and confidently.



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Next Steps

For support with student-led Unofficial Start design and lesson structure, [Anywhere PD](#) has accessible resources for teachers at every stage. Visit the [Active Education Australia website](#) for further ideas on embedding leadership into everyday lessons.

References and Research

Australian Curriculum: Health and Physical Education (v9) – Supports routine leadership opportunities as a means of developing personal and social capability in physical education.