



Active Insight: Evidence in Action



Tip #1170: Building Recreation Leadership Teams

Overview

A recreation leadership team gives students a shared structure for planning and delivering physical activity initiatives across the school. Working as a team builds communication and collective problem-solving skills that individual leadership roles cannot develop on their own. When students share responsibility for outcomes, they develop a deeper commitment to the program and a stronger sense of what it means to lead collaboratively. A well-functioning team also distributes the workload in ways that keep the program running even when individual members are unavailable.

Key Teaching Ideas

Recreation leadership teams are built on clear roles, shared goals, and regular communication. Teachers can facilitate team-building activities that establish trust and a common understanding of each member's strengths before the group takes on a project. Giving teams genuine decision-making authority over their programs, and then reflecting on those decisions together, builds the kind of collaborative leadership that sustains a program across the year. A short weekly check-in keeps the team aligned and surfaces any issues before they affect the program.

Practical Application

- **Team Charter Development:** Guide the leadership team through creating a charter that outlines their shared purpose, individual roles, and how they will communicate and make decisions together.
- **Collaborative Event Planning:** Task the team with planning and running a school-wide recreational event, dividing responsibilities so each member has a genuine and visible contribution to the outcome.
- **Peer Coaching Within the Team:** Encourage team members to share expertise with each other, with more experienced leaders supporting newer members through specific tasks rather than taking over.
- **Problem-Solving Scenarios:** Present the team with a realistic challenge, such as adapting a planned activity for wet weather, and guide them through a collaborative problem-solving process.



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- **Team Reflection Sessions:** Hold regular short meetings where the team evaluates their recent work together, celebrates what went well, and agrees on one thing to improve in the next initiative.

Next Steps

Teachers building recreation leadership teams can access practical resources on the [Active Education Australia website](#). [Anywhere PD](#) also offers resources on collaborative leadership and team development in school contexts.

References and Research

Australian Curriculum: Health and Physical Education (v9) – Supports teamwork and collaborative leadership as expressions of personal and social capability in physical activity contexts.