



Active Insight: Evidence in Action



Tip #1176: Creating Leadership Team Opportunities

Overview

Student leadership teams in physical education give students a structured way to contribute to their school community beyond individual performance. When teachers design roles such as activity crew leaders, sport captains, or house representatives, students develop communication, decision-making, and organisational skills in a practical context. These teams also create a visible culture of active participation that influences peers across year levels and builds a sense of shared ownership over the school's physical activity environment.

Key Teaching Ideas

Leadership teams work best when roles are clearly defined, genuinely consequential, and rotated so that a wide range of students have the opportunity to lead. Teachers can structure team responsibilities around real tasks, such as organising lunchtime activities or coordinating equipment for carnivals, so that students experience the full cycle of planning, action, and reflection. Building in regular team meetings and brief debriefs after events keeps the group focused and gives students a structured way to improve their approach over time.

Practical Application

- **Activity Crew Roster:** Establish a rotating group of students responsible for planning and running lunchtime games each week, giving each member a specific role such as equipment manager, timekeeper, or game caller.
- **House Leader Briefings:** Ask house leaders to run a short briefing for their team before carnival events, covering the schedule, rules, and expectations for the day.
- **Cross-Year Skill Sessions:** Organise senior students to lead fundamental movement skill sessions for junior classes, with a simple observation checklist to guide their feedback.
- **Team Planning Meetings:** Schedule a fortnightly meeting for the leadership team to review what is working in the school's physical activity program and propose one improvement for the following fortnight.
- **End-of-Term Showcase:** Ask the leadership team to present a summary of their term's activities to the class or year group, reflecting on what they organised and what they would do differently.



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Next Steps

Teachers establishing student leadership teams can find practical program ideas and professional learning support on the [Active Education Australia website](#). [Anywhere PD](#) has self-paced resources on building student agency in HPE programs.

References and Research

Australian Curriculum: Health and Physical Education (v9) – Outlines the framework for HPE, emphasising personal and social capability development through leadership and movement contexts.