



Active Insight: Evidence in Action



Tip #1189: Building Leadership Through Creative Recreation

Overview

Creative and expressive movement activities offer a distinct context for developing leadership that differs from structured sport or formal fitness programs. When students lead activities such as invented games, movement sequences, or expressive performance pieces, they draw on imagination and interpersonal skill as much as physical ability. This broadens the range of students who can step into a leadership role and creates opportunities for those who may not identify as athletes to contribute in genuine ways to the physical activity culture of their school.

Key Teaching Ideas

Creative recreation leadership develops most when teachers frame the task as an open brief rather than a set of instructions to follow. Giving students a movement concept, a time limit, and a small group to work with, then asking them to create and lead something original, builds creative decision-making alongside leadership skill. Teachers can support the process by asking questions that prompt students to consider their audience, such as how they will explain the activity, how they will include everyone, and how they will know if it is working. Sharing finished creative work with a real audience, such as another class or a school event, gives the leadership experience a genuine purpose.

Practical Application

- **Invented Game Leaders:** Ask small groups to create a new movement game using a set of available props, then lead the game for another group and gather feedback on what worked and what they would change.
- **Movement Sequence Choreographers:** Have students collaboratively choreograph a short movement sequence for a school assembly, with different groups leading different sections and teaching their part to the rest of the class.
- **Creative Fitness Circuit Designers:** Ask student groups to devise and lead a ten-minute creative fitness circuit using playground equipment, with a focus on clear communication and encouraging all participants.



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- **Community Performance Organisers:** Support senior students to plan and present a creative movement piece for a local community event, managing the logistics, roles, and peer feedback process themselves.
- **Expressive Recreation Mentors:** Ask experienced students to mentor younger peers in developing their own expressive movement activities, guiding them through the process of generating ideas and refining them for an audience.

Next Steps

For ideas on creative recreation and expressive movement in HPE, explore the [Active Education Australia website](#) for program ideas and professional learning. [Anywhere PD](#) also has resources on building student leadership through non-traditional movement contexts.

References and Research

Australian Curriculum: Health and Physical Education (v9) – Supports creative and expressive movement as a context for developing personal and social capability and leadership skills.