



Active Insight: Evidence in Action



Tip #1196: Coordinating Student-Led Consultation Opportunities

Overview

Genuine student consultation in recreation shifts program planning from a teacher-directed process to one that is shared and responsive. When students are invited to co-design recreation activities, they develop a clearer sense of what makes physical activity relevant and accessible for their peers. Embedding student voice into program decisions builds ownership, strengthens engagement, and creates environments that reflect the diverse interests and abilities present across a school community. Students who help shape what happens in recreation are far more likely to show up, participate, and bring others along with them.

Key Teaching Ideas

Consultation works best when it moves beyond a single survey or show of hands. Teachers can establish structured, ongoing dialogue by giving students defined roles in reviewing activity options, trialling new formats, and reporting back to the class. Framing consultation as a leadership skill rather than an administrative step helps students understand that proposing ideas requires considering safety, equipment, and the needs of all participants. When students negotiate differing preferences and reach a shared decision, they develop communication and critical thinking skills that extend well beyond the gym.

Practical Application

- **Recreation Action Teams:** Establish a rotating student committee to design and trial new lunchtime activities, with representation across year levels.
- **Inclusive Rule Modification:** Run structured sessions where students collaboratively adapt game rules to maximise participation across varying ability levels.
- **Feedback Walls:** Set up an interactive display in the gym where students can suggest and vote on upcoming elective units.
- **Peer Equipment Proposals:** Task student leaders with surveying peers about desired equipment and presenting a justified purchasing proposal to the HPE department.



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Next Steps

[Anywhere PD](#) has self-paced resources on building student consultation and co-design in programs. Visit the [Active Education Australia website](#) for broader tools on student voice in school physical activity.

References and Research

Australian Curriculum: Health and Physical Education – Developing personal and social capability through student voice and collaborative program design.