



Active Insight: Evidence in Action



Tip #1202: Coordinating Leadership Mentoring Opportunities

Overview

Formal mentoring structures create reciprocal learning environments that benefit both the mentor and the mentee. When older students are paired with younger peers to guide skill development and fair play, both parties develop movement confidence and interpersonal capability. Mentoring relationships break down social barriers across year levels, foster a sense of school belonging, and give younger students access to relatable role models who demonstrate what engaged, inclusive participation looks like in practice.

Key Teaching Ideas

Effective mentoring requires deliberate preparation. Older students need to be explicitly taught coaching fundamentals, how to give constructive feedback, and how to adjust their communication for a younger audience before they begin. Teachers can shift their role from direct instructor to facilitator, guiding mentors to focus on effort and skill development rather than competitive outcomes. Building regular reflection into the mentoring role allows students to process their leadership experiences and identify what is working. Over time, this reflective habit deepens the social and emotional skills they are modelling for their mentees.

Practical Application

- **Cross-Age Coaching Clinics:** Pair senior students with junior classes for a term to assist in delivering specific sports units, focusing on small-group skill development.
- **Buddy Warm-Ups:** Implement a buddy system where older students lead younger students through dynamic activities at the start of whole-school sports days.
- **Peer Officiating Programs:** Train student leaders to umpire junior school matches, focusing on teaching the rules and encouraging fair play.
- **Mentor Reflection Logs:** Provide mentors with a brief log to record their mentee's progress and reflect on their own communication strategies.
- **Transition Support Activities:** Use student mentors to run cooperative physical activities designed to help new students settle into the school environment.



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Next Steps

[Anywhere PD](#) offers resources on cross-age mentoring structures and peer coaching opportunities. Visit [Active Education Australia](#) for broader program support.

References and Research

Australian Curriculum: Health and Physical Education – The role of cross-age mentoring in developing personal and social capability.