



Active Insight: Evidence in Action

Tip #1152



Expanding Student Participation Opportunities

Overview

Expanding student participation opportunities involves providing a **wider range of activities, roles and experiences** across the school. Offering different options can help students **discover new interests, develop skills** and become involved in activities they may not have considered previously. Schools can increase participation by **regularly reviewing what is available** and identifying opportunities to **broaden student choice**.

Key Teaching Ideas

Review existing activities to identify **gaps in what is currently offered**. Consider whether students have opportunities to participate in **different types of recreation, leadership and group activities**. Introduce **new options based on student interests** and review participation patterns over time. Schools that offer a **variety of opportunities** are more likely to cater for a broader range of interests and preferences.

Practical Application

- **Review what is currently available.** Eg: Identify activities that attract large numbers of students and areas where additional options may be needed.
- **Introduce new activity choices.** Eg: Trial a different recreation activity each term based on student interests and feedback.
- **Ask students what they would like to see.** Eg: Use surveys or class discussions to gather ideas for future recreation activities.

Next Steps

[Discover The Physical Literacy Framework resources](#) supporting student participation and recreation engagement opportunities.

The Physical Literacy Framework is informed by the Australian Physical Literacy Framework (Australian Sports Commission, 2019), contemporary models of holistic physical literacy development (Whitehead, 2010), and research exploring interconnected physical, psychological, cognitive, and social domains supporting lifelong engagement in movement and physical activity.

