



Active Insight: Evidence in Action Tip #1217



Using Participation Journals

Overview

Participation journals provide a simple way for students to **record their involvement in recreation activities over time**. Journals can be used to **document activities, note experiences and track changes in participation** throughout a program. Keeping a record of involvement can help students **look back on their experiences** and identify **patterns, interests and areas for future participation**.

Key Teaching Ideas

Establish **simple journaling routines** that fit within recreation programs and activities. Determine **what information students will record, how often entries will be completed and how journals will be reviewed**. Use prompts that encourage students to **describe activities, identify interests and record participation experiences**. Participation journals are most useful when entries are **completed regularly** and linked to ongoing involvement in recreation activities.

Practical Application

- **Provide simple journal prompts.** Eg: Ask students to record the activities they participated in, what they enjoyed and what they would like to try next.
- **Use journals to track participation over time.** Eg: Encourage students to record recreation activities across a term or school year.
- **Review journal entries periodically.** Eg: Schedule opportunities for students to look back on previous entries and identify participation trends or changes.

Next Steps

Access [The Physical Literacy Framework resources](#) supporting reflective participation and sustainable participation 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.

