



Active Insight: Evidence in Action



Tip #862: Creating Leadership Implementation Through Movement

Overview

Developing student leadership through movement gives students the opportunity to take genuine ownership of physical activity in their school community. When students lead activities, facilitate games, officiate competitions, and mentor younger peers, they develop the communication, empathy, and organisational skills that underpin effective leadership in any context. A well-designed student leadership program in HPE and across the school community creates a sustainable model where students become the primary drivers of an active, inclusive school culture.

Key Teaching Ideas

It is important to carefully scaffold student roles, moving from simple facilitation tasks to complex peer teaching and program coordination as students develop confidence and capability. Teachers need to explicitly teach the skills of facilitation, including how to give clear instructions, provide constructive feedback, and adapt activities for different ability levels. Integrating leadership roles into everyday lessons, rather than reserving them for special events creates a sustainable model of student-led movement-based learning and physical activity.

Practical Application

- **Peer-Led Activities:** Assign rotating student pairs to design and lead the class active break, focusing on specific muscle groups and safety, developing planning and facilitation skills through regular practice.
- **Student Umpiring and Officiating:** With a HPE program, integrate officiating roles into gameplay to develop decision-making and conflict resolution skills, with non-playing students acting as referees in small-sided games using a simplified rule set.
- **Cross-Age Mentoring Programs:** Implement a buddy system where senior students plan and deliver fundamental movement skill activities for junior students during lunchtime programs, developing planning and adaptive teaching skills.
- **Equipment and Resource Management:** Give students responsibility for organising and maintaining PE equipment, appointing sports captains who ensure all adaptive equipment is set up and packed away correctly for inclusive lessons.



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Next Steps

[Anywhere PD](#) has resources on student leadership implementation and peer coaching in a school setting. The [Active Education Australia website](#) also offers tools for scaffolding student officiating, mentoring, and team management roles.

References and Research

1. Australian Curriculum, Assessment and Reporting Authority. *Australian Curriculum: Health and Physical Education, Version 9.0*. Establishes curriculum expectations for developing movement competence, health literacy, personal and social capability, and lifelong participation in physical activity.
2. Australian Professional Standards for Teachers. Provides the national framework for effective teaching practice, safe learning environments and ongoing professional learning.
3. Australian Sports Commission. (2019). *Australian Physical Literacy Framework*. Defines physical literacy as the development of physical, psychological, social and cognitive capabilities that support lifelong participation in physical activity.