



WAIKATO REGION

VOICE OF RANGATAHI

2021 Active Student Survey

Who took part?

- 9** schools took part within the Waikato region covering Hamilton, South Waikato, Thames Coromandel, Waitomo, Hauraki and Taupō (vs. 7 in 2020).
- 1,070** total responses from the nine participating schools (vs. 1,092 in 2020).
- 5,473** total responses nationwide (vs. 6,536 in 2020).

Demographics

65% of all responses were female. Therefore, females have slightly higher representation in these findings. This is a common theme across all participating schools.

Key Findings

- 1** Overall, only 27% of rangatahi are satisfied with their overall experience of physical activity at school. If rangatahi aren't satisfied with certain components of physical activity, they are more likely to not continue being physically active in their later life.
- 2** 61% of rangatahi feel confident to take part in lots of different physical activities. For rangatahi to have positive experiences of physical activity, confidence needs to be addressed.
- 3** 61% of rangatahi want to do more physical activity in school, therefore demand is high. However, only 14% are physically active enough. This shows there is a possible gap in the quality of experience of physical activity opportunities offered.

Sport Waikato Support

Our Women & Girls team lead and deliver Sport Waikato's targeted women and girls initiative, This is ME®, which works alongside schools, communities and providers to encourage, support and celebrate females to get moving their way – whatever that may look like!

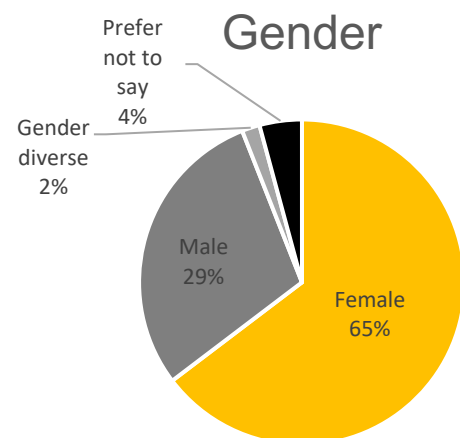
If you would like to find out more about how This is ME® can help your school, please get in touch.

Who took part?

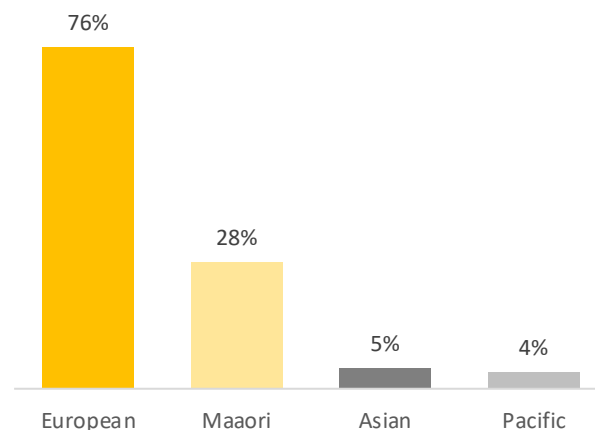
1070 rangatahi in total across 9 schools (20% response rate).



■ Year 7 ■ Year 8 ■ Year 9 ■ Year 10 ■ Year 11 ■ Year 12 ■ Year 13



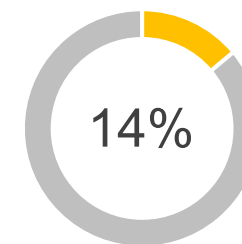
Ethnicity



How active are your rangatahi?

For rangatahi to be physically active enough to positively impact their health they need to be active for 60 minutes of moderate to vigorous activity every day.

This is a Ministry of Health guideline which in conjunction with healthy eating guidelines, will make a long-term positive impact on individual health and wellbeing.



are physically active enough¹
vs. 16% nationally

59%

are physically active for 4 days or more a week
vs. 61% nationally

Happiness

35%

of rangatahi rate their happiness
as being between 8-10
vs. 40% nationally

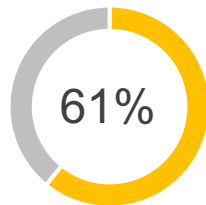
On average, rangatahi rate their
happiness at a

7

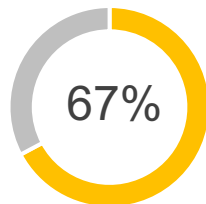
How do rangatahi take part in physical activity at school?

- 1 In PE class, or a different class at school (e.g., outdoor ed)
- 2 With mates at break or lunch times
- 3 In a one-off competition or event (e.g., athletics day)

Rangatahi want to do more:



would like to do more
physical activity in school
vs. 67% nationally



would like to do more
physical activity outside of school
vs. 65% nationally

Barriers to being physically active

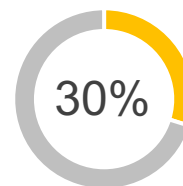
- 1 Too busy
- 2 I already do a good amount of physical activity
- 3 I'm too tired / don't have the energy
- 4 It's too hard to motivate myself
- 5 I prefer to do other things

Participation in Physical Activity

Top 10 ways rangatahi were physically active during the 2021 school year

Inside of school	Outside of school
1 Games (e.g., four square, tag, bull rush, dodgeball)	Running or jogging
2 Running or jogging	Walking for fitness
3 Netball	Swimming
4 Cross-country	Cycling or biking
5 Swimming	Workout (weights or cardio)
6 Football/soccer	Tramping or bush walks
7 Athletics or track and field	Trampoline
8 Basketball or Mini-ball	Mountain biking
9 Badminton	Games (e.g., four square, tag, bullrush, dodgeball)
10 Hockey or floorball	Skateboarding

Active Transport

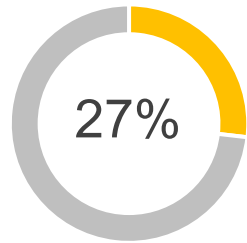


of rangatahi actively travel to school
e.g., Walk, bike, run, skateboard,
scooter or rollerblade.
vs. 30% nationally

Top reasons why rangatahi aren't actively travelling to school:

- 1 It's too far
- 2 The weather
- 3 I don't want to
- 4 Need to take too much gear to school
- 5 My parents want to take me

Rangatahi Satisfaction with Physical Activity at School



are very/extremely satisfied with their overall experience of physical activity at school
vs. 32% nationally

Rangatahi were asked why they feel this way about physical activity at school:

Extremely satisfied

"Because it just ain't about being physically fit it's about having fun in PE"
- Year 13, Male

Very satisfied

"Because it gives me the opportunity to do as much sport as I want, but give me the option of not to if I have too much else on"
- Year 11, Female

Dissatisfied

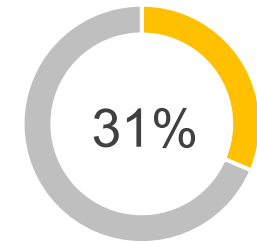
"Don't have sports for those with disabilities"
- Year 12, Female

Satisfied

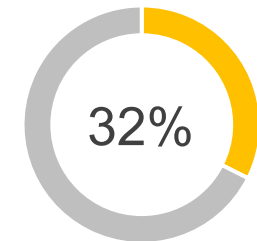
"Because I do my physical activity in dance and that's enough for me but sometimes I'd prefer to be able to go to the gym during a free/study period to relax"
- Year 13, Female

Extremely dissatisfied

"They don't listen to us and do stuff WE want. We do enjoy running and moving our bodies but not on a cold wet field in groups without friends..."
- Year 9, Gender diverse



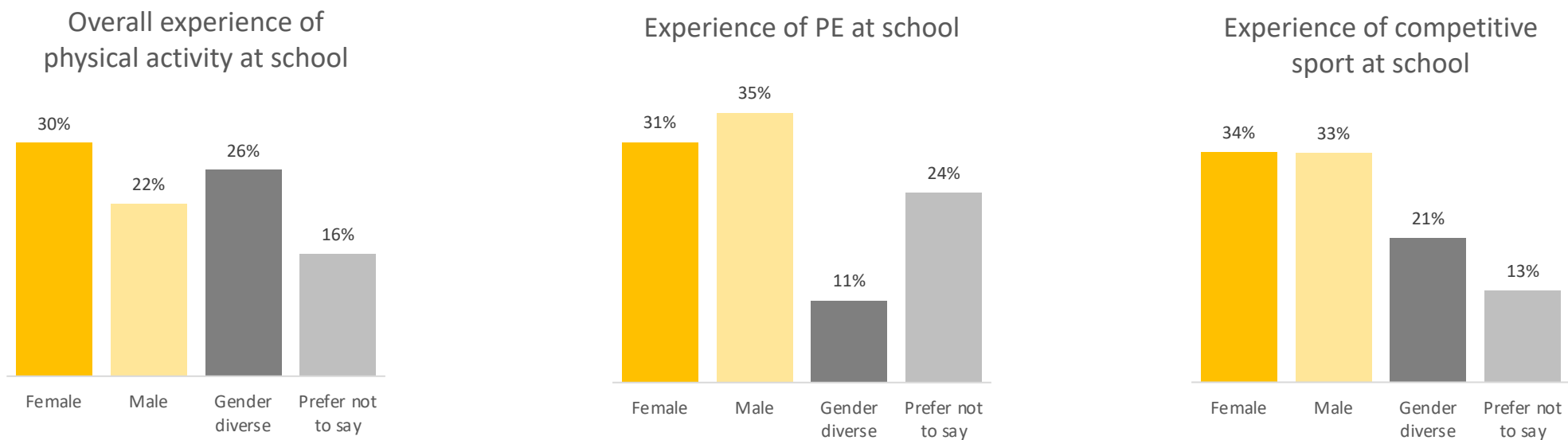
are very/extremely satisfied with their experience of physical education at school
vs. 35% nationally



are very/extremely satisfied with their experience of competitive sport at school
vs. 40% nationally

Satisfaction with Experience by Gender

Very/extremely satisfied



Rangatahi Satisfaction of Aspects of Physical Activity at School

- 48% Having quality spaces to do physical activity (e.g., fields, courts, etc)
- 40% Providing a fun experience
- 39% Ease of accessing spaces to do physical activity (e.g., fields, courts)
- 37% The quality of the coaches or instructors
- 37% Being friendly or welcoming

Gender diverse and prefer not to say are both very small sample sizes. Therefore, results are indicative only. No national comparison available for gender.

What do Rangatahi want Improved?

Rangatahi were asked what ONE thing they would like their school to focus on to improve physical activity at their school. Rangatahi were also asked to detail what it is they would like to see improved about their selection.

1 Facilities (e.g., changing room, toilets)

“Inclusive changing areas (gender diverse, more stalls for students who don’t feel comfortable showing their body, ESPECIALLY for swimming – I’m sick of girls having to wear togs under their uniform to go to school and be uncomfortable all day just because there’s not a private area to change)”
– Year 13, Female

2 I wouldn’t improve anything

3 Range of activities on offer

“I would like to see more uncommon sports being prioritised”
– Year 13, Male

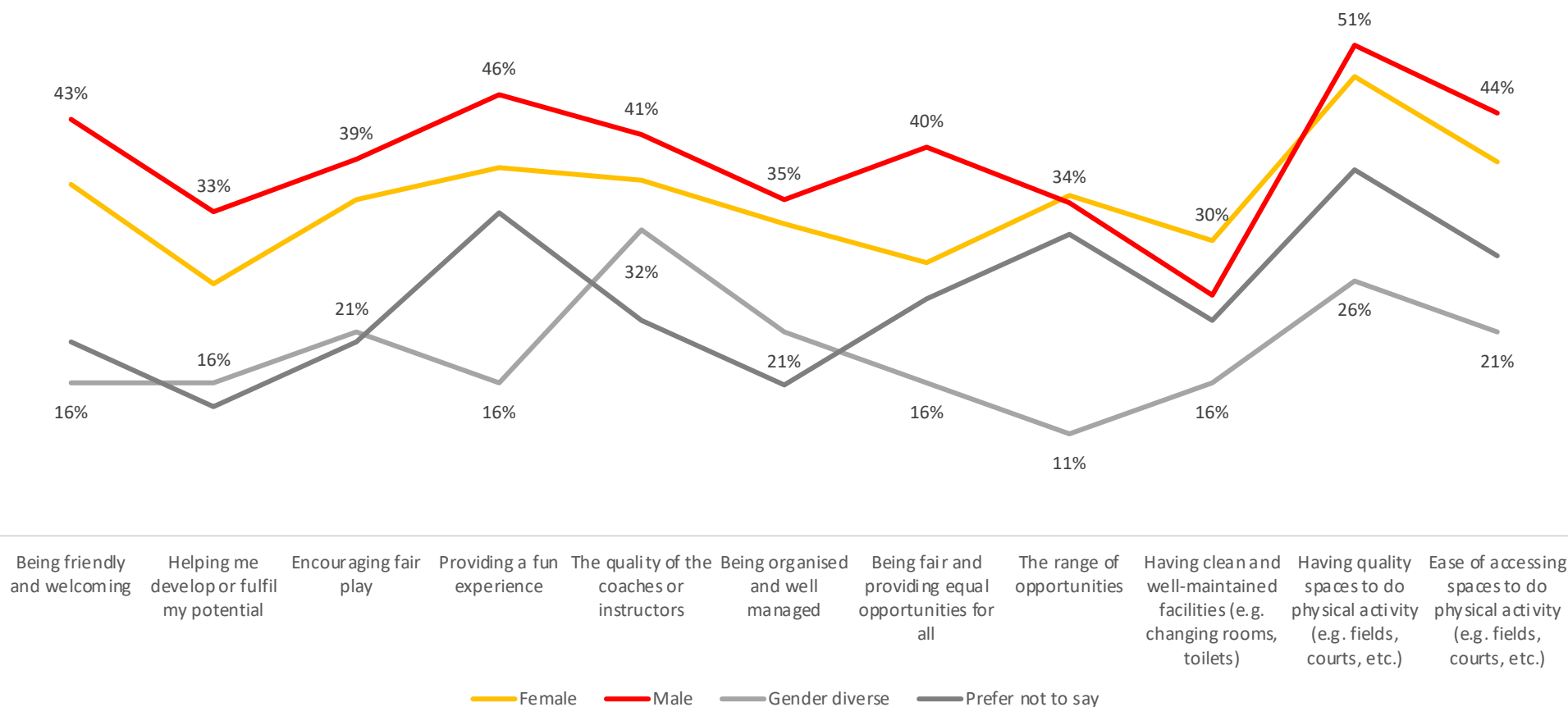
“For people who are not super sporty, there’s not many social teams. Like I would like to just join a social team, not so competitive”
- Year 10, Female

“Some of the sports on offer are only available to either only girls or only boys so it would be cool to have different types of sports available to both genders”
- Year 9, Female

Satisfaction with Aspects of Physical Activity by Gender

Very/extremely satisfied

Overall, males have higher satisfaction with all aspects of physical activity, with 'The range of opportunities' and 'Having clean and well-maintained facilities' as the exceptions.

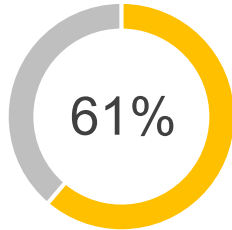


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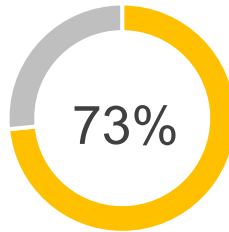
Physical Literacy

Each person has their own level of motivation, confidence, physical competence, and knowledge and understanding, that affects how they value and choose to be physically active. This is known as physical literacy.

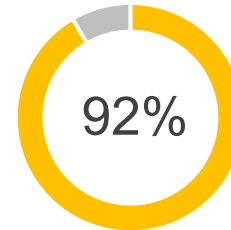
Those that indicated a little or a lot.



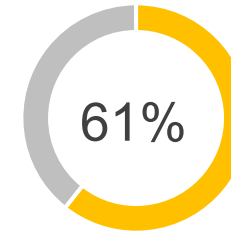
say they are good at lots of
different physical activities
vs. 62% nationally



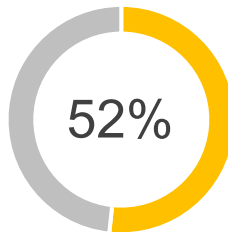
say they want to take part in
physical activities
vs. 75% nationally



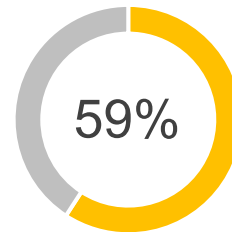
say they understand why
taking part in physical activity
is good for them
vs. 91% nationally



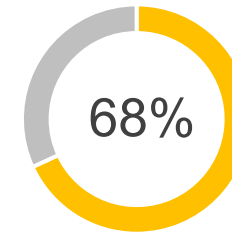
say they feel confident to take
part in lots of different
activities
vs. 61% nationally



say they have a say in what
physical activities they do at
school
vs. 53% nationally



say school staff encourage
them to be physically active
vs. 61% nationally

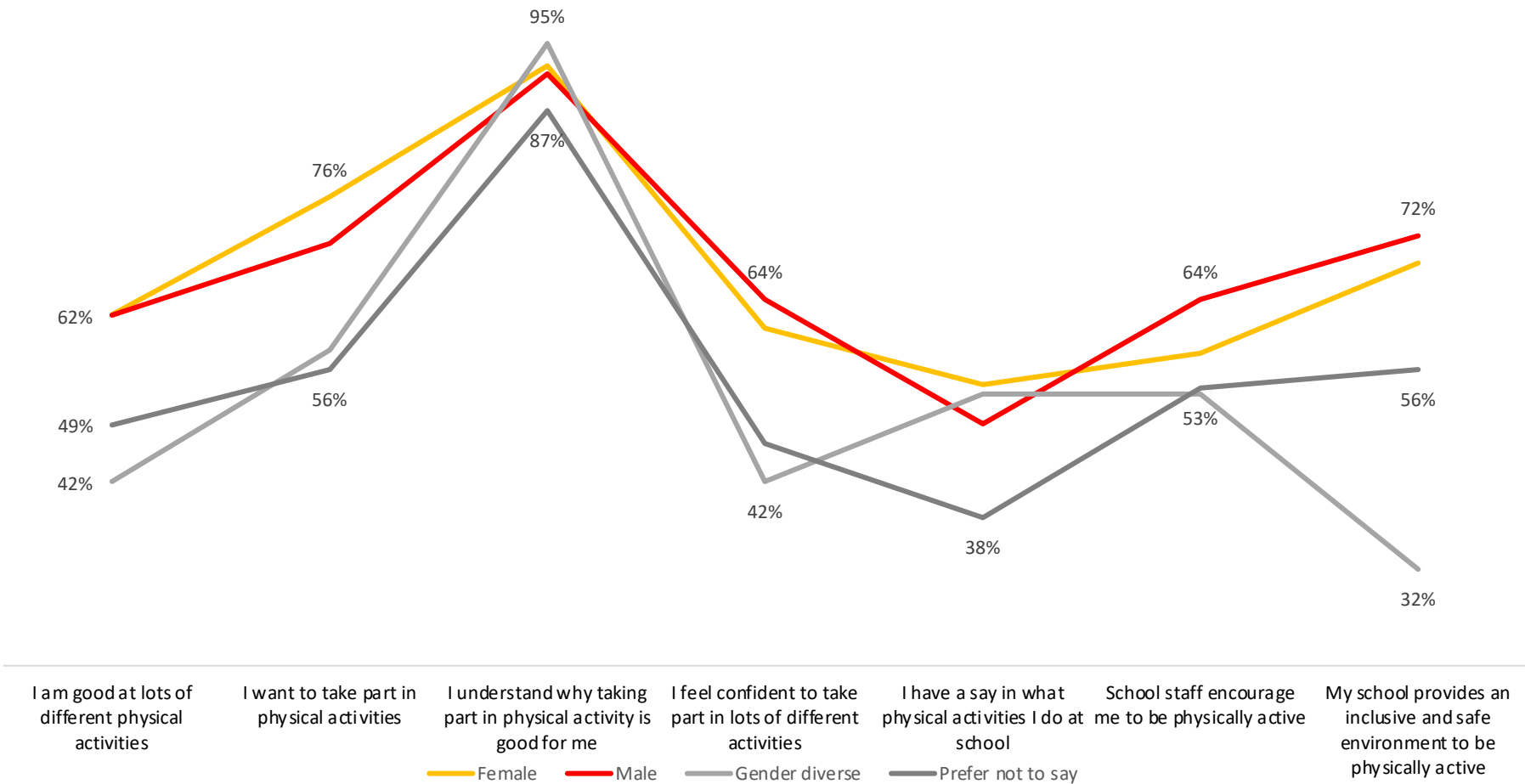


say their school provides an inclusive
and safe environment to be
physically active
vs. 68% nationally

Physical Literacy by Gender

Those that indicated a little or a lot

Overall, there is a general pattern with males and females in regard to their physical literacy. Gender diverse and those who prefer not to say have lower levels of physical literacy, in particular with confidence levels, use of their own voice and the school providing an inclusive and safe environment to be physically active.

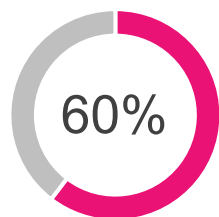


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This is ME®

This is ME® is an initiative led by Sport Waikato that encourages, supports and celebrates women and girls of all ages getting out there and being active.

This year Sport Waikato partnered with This is ME® to include a bespoke question around inclusive participation within the school setting.



Agree a little or a lot that sport, recreation and physical activity at their school is delivered in an inclusive and welcoming way for all gender identities.

What does the school do well?

“They have unisex bathrooms which most don’t. They include all genders and don’t exclude.”
- Year 9, Female

“The school does well to promote sport for males and females. For example, there has always been a first 11 girls and first 11 boys team. Same as Basketball. Sports like Rugby is strong in the male gender but there are attempts every year to promote a female Rugby team. Same goes for Netball being a female dominant sport, there are chances for a group of friends of either gender to make social teams.”
- Year 13, Male

“We treat everyone equally and appreciate everyone for who they are. the teachers are great role models in which we look up to them and by having attitudes that treat people fairly, equally and appreciate everyone makes us students feel welcome and included.”
- Year 12, Female

What could be improved?

“Although as a female many new sports have been offered and this is great, I feel that this hasn’t been balance with the variety of sports that the boys play. While girls have many sports boys at are school haven’t ended up with many choices. This could be changes if boys teams were offered the same amount that girls are”
- Year 11, Female

“Because for some sports, girls teams are not taken very seriously. My experience with the school Girls Cricket Team made me not want to play anymore because training were not trainings and games were more of a circus act...”
- Year 13, Female

“Because they do boy vs girl, unfair for people who don’t specify as a gender”
- Year 10, Female

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Implications

For a holistic approach to promoting rangatahi participation in physical activity, we should consider the combination of these three factors to develop a love of participation in play, active recreation and sport.

What to consider:

- 1 Rangatahi flourish in Physical Education environments that are safe to build their confidence and to learn.
- 2 Rangatahi will benefit from options to participate at levels with which they feel comfortable.
- 3 Rangatahi are asking for a variety of experiences beyond the traditional sporting formats and games
- 4 Rangatahi recognise their needs are best met when they are involved in the design of physical activity opportunities
- 5 Specialising early is taking its toll on rangatahi. They should be encouraged to participate in a range of activities with a focus on fun and inclusion.
- 6 All rangatahi should receive a quality sport experience, irrespective of the level at which they are involved.



Source: [What quality looks like for young people, Sport NZ](#)