A SPOTLIGHT ON YOUNG PEOPLE
in the Waikato region

WHO TOOK PART?

20 SCHOOLS

4900 STUDENTS

WHAT'S GOOD

53% want to do more physical activity **DURING SCHOOL**

63% want to do more physical activity **OUTSIDE OF SCHOOL**

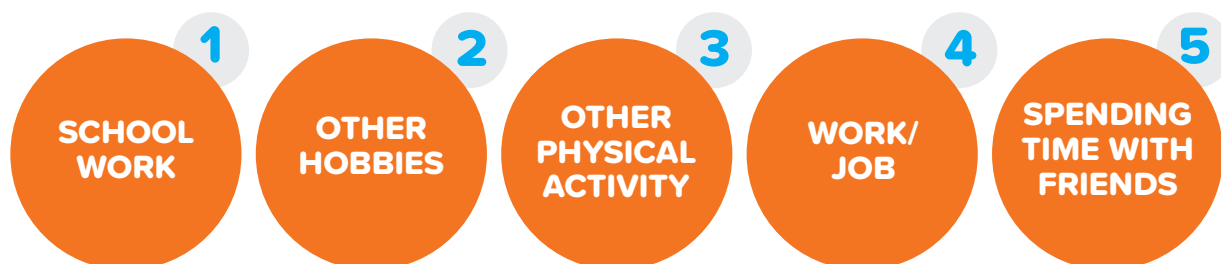**94%** understand WHY physical activity is good for them

> "My school is very welcoming and encourages every person to be able to play regardless of gender, ethinicity etc. They also allow kids with disbailities to play as well, which I think is pretty cool as it's nice to see them having fun."

BARRIERS

TOP 5 BARRIERS
for not doing as much activity as liked

TOO BUSY

1. SCHOOL WORK
2. OTHER HOBBIES
3. OTHER PHYSICAL ACTIVITY
4. WORK/ JOB
5. SPENDING TIME WITH FRIENDS

EXTREMELY DISSATISFIED | VERY DISSATISFIED | DISSATISFIED | NEUTRAL | SATISFIED | VERY SATISFIED | EXTREMELY SATISFIED

SPORT WAIKATO
Hei painga moo te iwi

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2022 VOICE OF RANGATAHI SURVEY - here's what they told us:

WHAT'S NOT SO GOOD

22% would like their school to improve **communication about opportunities**

> " In PE, we really only play 3-4 different activities, while there are so many other things we could do. Like table tennis, badminton, rugby etc "

43% are either **never, rarely** or **sometimes** encouraged and welcomed to participate in play, active recreation and sport at school

34% satisfied with **competitive sport** at school

only 22% are either very or extremely satisfied with their overall experience of **physical activity** at school (22% PE, 27% Competitive Sport)

only 27% have high levels of satisfaction with **competitive sport** at school

> " No one really encourages you but there is always the option to join other sports "

IDEAS TO CONSIDER

> " Improve the way we communicate things such as when/where trials/games are. Being more straight forward with parents and students would help relieve a lot of stress. "

> " Making sure everyone is aware of what is available "

SPORT WAIKATO
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- ✔ Make it more than just sport
- ✔ Cater for the diverse range of motivations
- ✔ Potential for co-design to offer choice
- ✔ Are any social activities/ sports student-led?
- ✔ Time is the main barrier - how can you address this?
- ✔ What is the purpose/ intended outcome?
- ✔ Is it FUN?