

A SPOTLIGHT ON YOUNG PEOPLE

In the Waikato region

WHO
TOOK
PART?

21
SCHOOLS

6726
RESPONSES

Here's what they told us:

How active are our Young People?

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53%

of young people are active
for 6+ hours per week

23%

of young people are active
for 0 - 3 hours per week

11%

of young people are active
for ZERO hours per week

7%

DROP in participation from
Middle to Secondary School/Kura

"Not all sports have a social team so I think it would be good to have more sports have social teams as well."

"I play football, handball and more, at morning tea and lunch. If I did not, then I wouldn't be getting enough exercise."

How our young people are participating

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1st
2nd
3rd
4th
5th

Games
Cross Country
Netball
Athletics
Badminton

At or for School/Kura

Walking
Netball
Football
Swimming
Dance

Outside of School/Kura
eg Club, Representative level

Walking
Running/Jogging
Swimming
Cycling/Biking
Workout

For enjoyment on my own, or with friends/family

2024 MOVING WAIKATO YOUTH SURVEY



We asked Young People in the Waikato (Y7 - Y14) about their physical activity experiences



"I enjoy doing fun activities with myself or going on adventures with my friends, in random places."

How SATISFIED are our Young People with their Physical Activity Experiences?

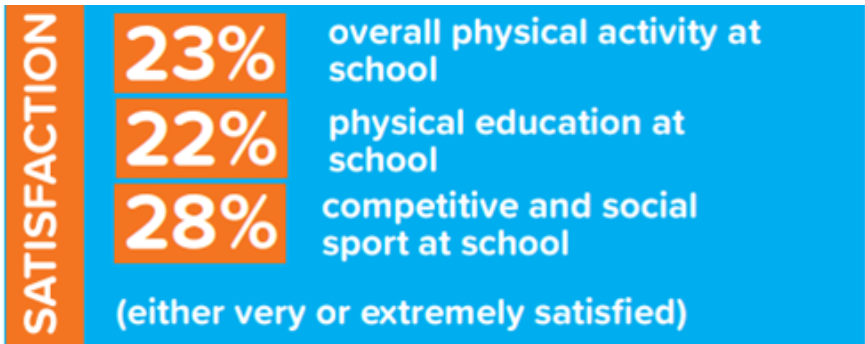
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"I don't mind the sports we play at school during PE but I would prefer if us students could get some more say in what we do."

"I want more activities, ones that are fun too. Something different instead of just running or playing a basic sport."

Top 5 Barriers to Participation > LEARN MORE

1st	Too Busy	I'm too tired / don't have the energy
2nd	I'm too tired / don't have the energy	Too Busy
3rd	It's too hard to motivate myself	I'm not confident enough
4th	I prefer to do other things	It's too hard to motivate myself
5th	I already do enough	I have no one to do it with
Male		Female



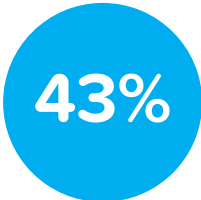
Key Influencers to Young People participating

Peers	55%
Whaanau	29%
Coaches	24%

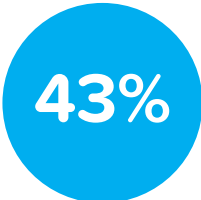
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How our Young People feel about school/kura > LEARN MORE

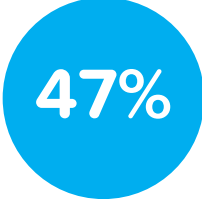
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I feel happy to go to school/kura



I feel like I belong at school



I feel welcomed and included in PA/sport at school

Those young people doing less than 6hrs PA identify 'I'm not confident enough' and 'I prefer to do other things' are significant barriers to participation, particularly in the Y9-10 age group

AS PA HOURS INCREASE, SO DOES WELLBEING!

Those young people who are not currently meeting the physical activity guidelines of 6+hrs of activity per week:

- 37% want to do more outside of school
- 35% want to do more at or for school

What would encourage participation at school/kura? ✓

- 23% Range of activities/sports on offer
 - 22% Quality of Coaches/Instructors
 - 22% Opportunity to learn new skills
 - 22% Have competitive & social options
 - 19% PE or Sports uniform
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