

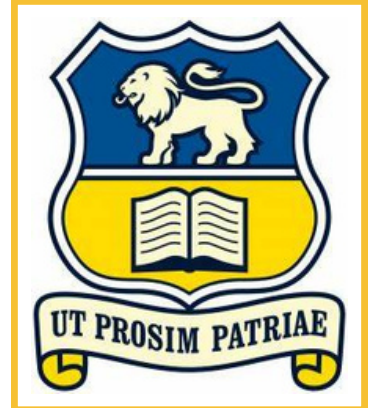
Te Kura Tuarua o Te Kauaeranga Thames High School

Increase in Participation and Quality of Physical Activity Experience for their Rangatahi

CASE STUDY

In 2022 there was an observation by the new sport coordinator that satisfaction and participation in physical activity was low. This was backed up by data from both the Sport Waikato led Voice of Rangatahi Survey and the School Sport NZ Census Data indicating very low satisfaction and only 50% of students representing the school in school sport.

The school's sports department, physical education department and senior leadership went about addressing this issue by developing a strategic sport plan to ensure a focused and coordinated approach to improving the experience in this crucial part of school life - in November 2022 the Thames High School Sports Plan was adopted and in 2023 Thames High School committed to being part of the Active As nationwide project as an additional funding source.



“ Not enough physical activity at lunch times we don't get to use our gym which would be great for many sports.

Sport is organised in a bad way.

During year 9-10 we had my choices of physical activity's but after covid and coming into year 11 the PE choices were lower such as only having 2 pe classes.

”



One of the key questions from the Board of Trustees during the sports plan adoption process was “what would it take to action this?” to which there was a clear message about investing more.

As a result more financial resource was committed to the sports department to allow a regular presence of the sport coordinator at the school during the week. This resulted in stronger relationships between the sports department and the students, creating connections and the ability for the sport coordinator to provide more social, informal and student led activities.



“ Our school has a great sports coordinator and a person who runs lunchtime activities. We always have lots of stuff going on now. ”

The development of the school’s sports plan alongside active as involvement demonstrated that focusing the efforts of the school sports staff had a significant impact in both increasing the satisfaction of the experience and participation in school sport.

The key elements to the success in this initiative include:

- The desire to be open minded and better at what they do
- Gathering of insights and data to inform decision making
- Collaboration across the whole school, Senior leadership team, sport, PE, BOT and students
- A dedicated resource in terms of personnel

IMPACT

The adoption of the plan has increased satisfaction in both PE and competitive sport between 2022 and 2024 (+30% and + 41% respectively)

Overall satisfaction doubled in 2 years

School Sport participation up by 14%



“People are doing a lot more stuff, numbers have doubled in recent weeks not just due to Xavier's activities, but due to supplying equipment. I have also seen students creating their own games”

Thames High School MTB Team 2025

