

# VOICE OF RANGATAHI

Waikato Region



2020 ACTIVE STUDENT SURVEY

## Summary

**7** schools took part within the Waikato region covering Hamilton, Matamata, Otorohanga, Thames Coromandel and Waipa.

**1,092** total responses from the seven participating schools

**6,536** total responses nationwide

## Demographics

60% of all responses were females. Therefore, females have higher representation in these findings. This is a common theme across all participating schools.

## Key findings

Three key findings from the voice of Waikato rangatahi are:

1. 15% of our rangatahi are physically active enough. This is the same as the national average.
2. Males have higher levels of physical literacy, with the largest gap between females and males being **confidence**.
3. Although satisfaction of overall physical activity at school (27%) is similar to the national average (31%), satisfaction is still low. If rangatahi are unsatisfied with their experience of physical activity, they are more likely to not continue being physically active in their later life.

## Sport Waikato Support

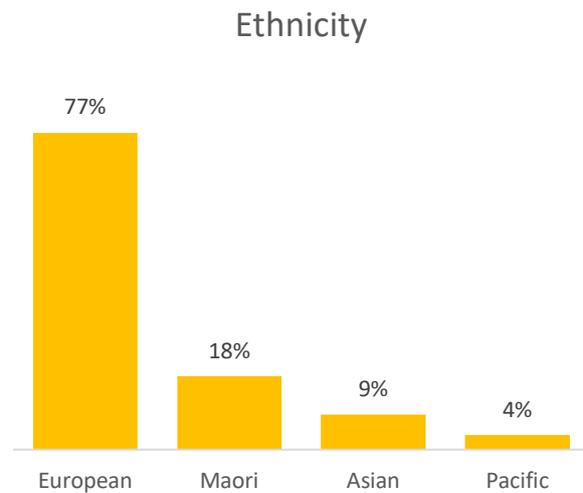
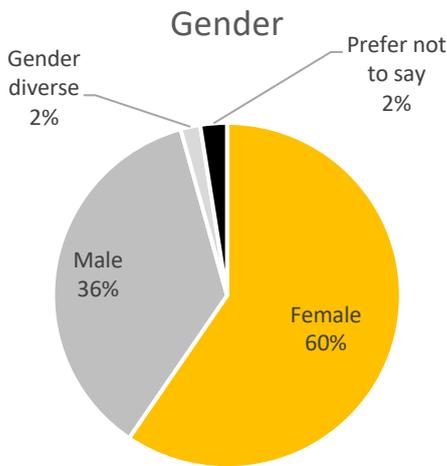
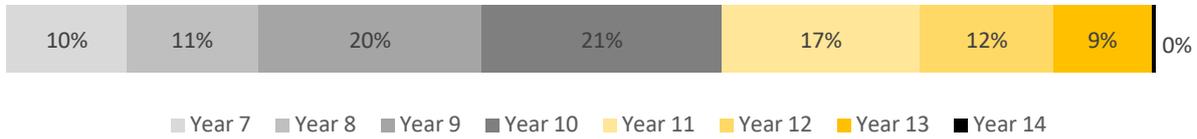
Sport Waikato have two teams that have a core focus on improving the experience of play, active recreation and sport for rangatahi.

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!

We also have two Youth Engagement Advisors that work closely with secondary schools, and key stakeholders in the youth space to provide strategic leadership to the school sport sector, with a particular focus on increasing the quality and quantity of sporting opportunities that meet the needs of the Waikato region's young people.

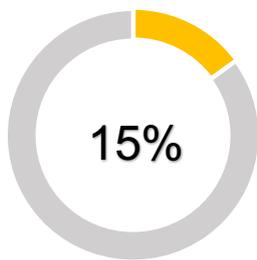
If you would like to collaborate with either of these teams to see how we can help your school, please get in touch.

### Who took part?

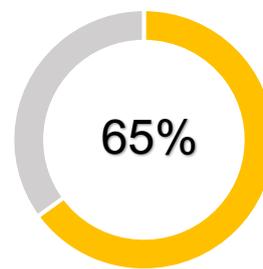


### How active are our rangatahi?

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 per 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 enough<sup>1</sup>  
(vs. 15% nationally)



were physically active for 4 days  
or more a week  
(vs. 58% nationally)

<sup>1</sup> Rangatahi are meeting the recommended 60 minutes of moderate to vigorous physical activity per day (in the last 7 days)

### Physical Activity in School

Top 10 ways rangatahi were physically active during the 2020 school year



Games (e.g. four square, tag, bull rush, dodgeball)



Running or jogging



Netball



Football/soccer



Cross-country



Athletics or track and field



Badminton



Ki-o-Rahi



Volleyball or Kiwi Volley



Basketball or Mini-ball

### Physical Activity Outside of School

Top 10 ways rangatahi were physically active during the 2020 school year



Running or jogging



Cycling or biking



Walking for fitness



Workout (weights or cardio)



Swimming



Tramping or bush walks



Trampoline



Football/soccer



Mountain biking

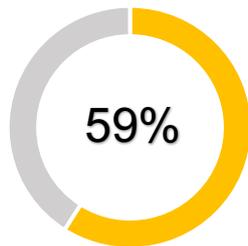


Games (e.g. four square, tag, bull rush, dodgeball)

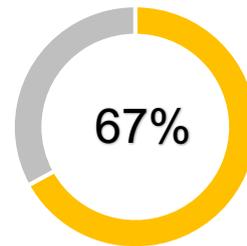
### How do rangatahi take part in physical activity at school?

- 1 In PE class or a different class at school (e.g. outdoor education)
- 2 With mates at break or lunch times
- 3 In a one-off competition or event (e.g. athletics day)
- 4 Practicing with a coach/instructor at lunchtime or after school
- 5 Training, exercising or being active on my own at school

### Would our rangatahi like to be doing more physical activity?



Would like to do more physical activity in school  
(vs. 58% nationally)



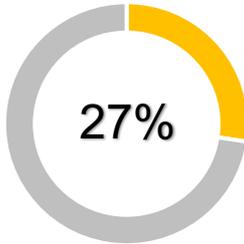
Would like to do more physical activity outside of school  
(vs. 66% nationally)

### Barriers

Top 5 reasons preventing rangatahi from doing more in AND outside of school

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

### Rangatahi satisfaction with physical activity at school



are satisfied with their overall experience of physical activity at school  
(vs. 31% nationally)

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

#### Extremely dissatisfied

“So I haven’t participated in many sports at school but when I played netball, I was not allowed a longer skirt or to wear shorts under my skirt that was exposed meaning that I was left to feel as though my [bottom] was out for everyone else’s family to see. I was extremely uncomfortable and when I expressed my concerns, I was told that I should just leave the team - so I did.”

- Year 13

#### Dissatisfied

“I like PE but my teacher this year doesn’t do much about the people that always have the ball. I am sporty but I never get passed the ball or anything its always the boys who do this. And I’m starting to not enjoy sports”

- Year 9, Female

#### Satisfied

“I don’t take PE because I didn’t have enough space in my timetable. But I did last year and enjoyed it...”

- Year 12, Male

#### Satisfied

“PE is only compulsory til year 10 (this makes sense due to NCEA) but without the school offering a wide range of sports (and making them available/affordable for students) students like myself are not able to experience the level of physical activity we should during school”

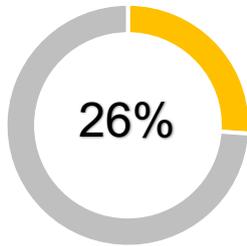
- Year 13, Female

#### Dissatisfied

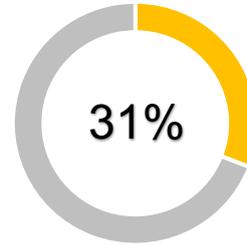
“The equipment is old, very rusty and not open to the general public of the school to use”

- Year 8, Male

### Rangatahi overall satisfaction of physical activity experience at school

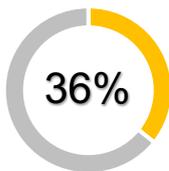


Are satisfied with their overall experience of PE at school  
*(vs. 33% nationally)*

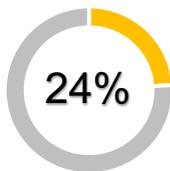


Are satisfied with your experience of competitive sport at school  
*(vs. 36% nationally)*

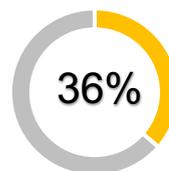
### Rangatahi satisfaction of aspects of physical activity at school



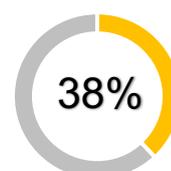
Being friendly and welcoming  
*(vs. 41% nationally)*



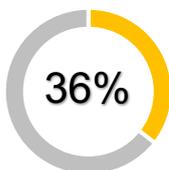
Helping me develop or fulfil my potential  
*(vs. 30% nationally)*



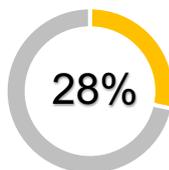
Encouraging fair play  
*(vs. 39% nationally)*



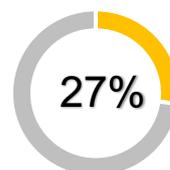
Providing a fun experience  
*(vs. 42% nationally)*



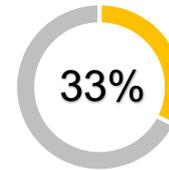
The quality of the coaches or instructors  
*(vs. 42% nationally)*



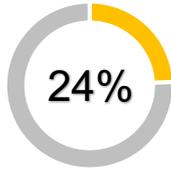
Being organised and well managed  
*(vs. 35% nationally)*



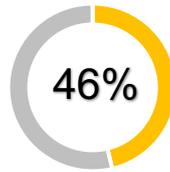
Being fair and providing equal opportunities for all  
*(vs. 33% nationally)*



The range of opportunities  
*(vs. 35% nationally)*



Having clean and well-maintained facilities  
(vs. 28% nationally)



Having quality spaces to do physical activity  
(vs. 47% nationally)



Ease of accessing spaces to do physical activity  
(vs. 41% nationally)

## 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 that they would like to see improved about their selection.

The top 5 improvements were:

1

Facilities e.g. changing rooms, toilets

2

I wouldn't improve anything

3

Range of activities on offer

4

Playing/training venues/fields/courts

5

Quality of coaches or instructors

### Range of activities on offer

"I want [to] see sports available to all year groups" - Year 9, Female

### Range of activities on offer

"I would like to see more individual sports like squash" - Year 13, Male

### Facilities

"I think there should be more space in the changing rooms rather than getting changed in front of a crowded room full of girls" - Year 12, Male

### Facilities

"I would like to see more gender-neutral options available in changing rooms and bathroom facilities" - Year 11, Male

### Development opportunities or programmes

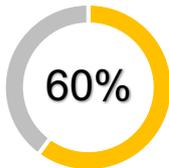
"Being able to have development programmes during lunchtime so you don't have to miss out on things after school" - Year 10, Female

### Quality of coaches or instructors

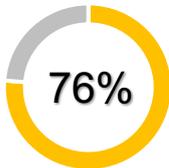
"Some of the student coaches are good but some I think should have more training so they know good drills and things" - Year 8, Female

### Physical Literacy

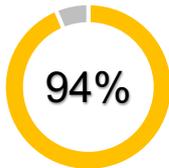
Each person has their own level of motivation, confidence, physical competence, and knowledge and understanding, that affects how they value and choose to be physically active. This is known as physical literacy.



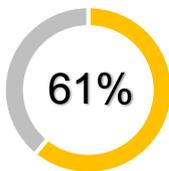
Say they are good at lots of different physical activities  
*(vs. 60% nationally)*



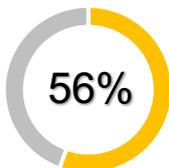
Say they want to take part in physical activities  
*(vs. 74% nationally)*



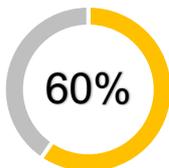
Say they understand why taking part in physical activity is good for me  
*(vs. 92% nationally)*



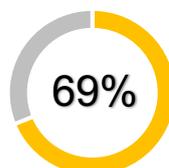
Say they feel confident to take part in lots of different activities  
*(vs. 59% nationally)*



Say they have a say in what physical activities I do at school  
*(vs. 54% nationally)*



Say school staff encourage them to be physically active  
*(vs. 59% nationally)*

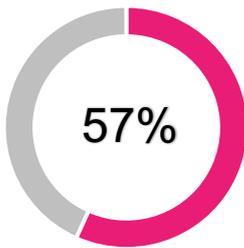


Say their school provides an inclusive and safe environment to be physically active  
*(vs. 69% nationally)*

### This is ME®

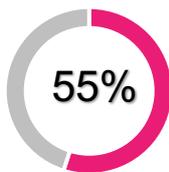
This is ME® is an initiative led by Sport Waikato that encourages, supports and celebrates women and girls of all ages getting out there and being active.

This year Sport Waikato partnered with This is ME® to include a bespoke question<sup>2</sup> around inclusive participation within the school setting.

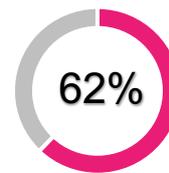


Agree or strongly agree that physical activity at their school is delivered in an inclusive and welcoming way for females (i.e. females have equal access and opportunities compared with males).

Gender differences between inclusive participation within the school setting.



Of female respondents agree or strongly agree



Of male respondents agree or strongly agree

Rangatahi were then asked what their school does well to include female students or what could be improved/changed to be more inclusive.

#### What does the school do well?

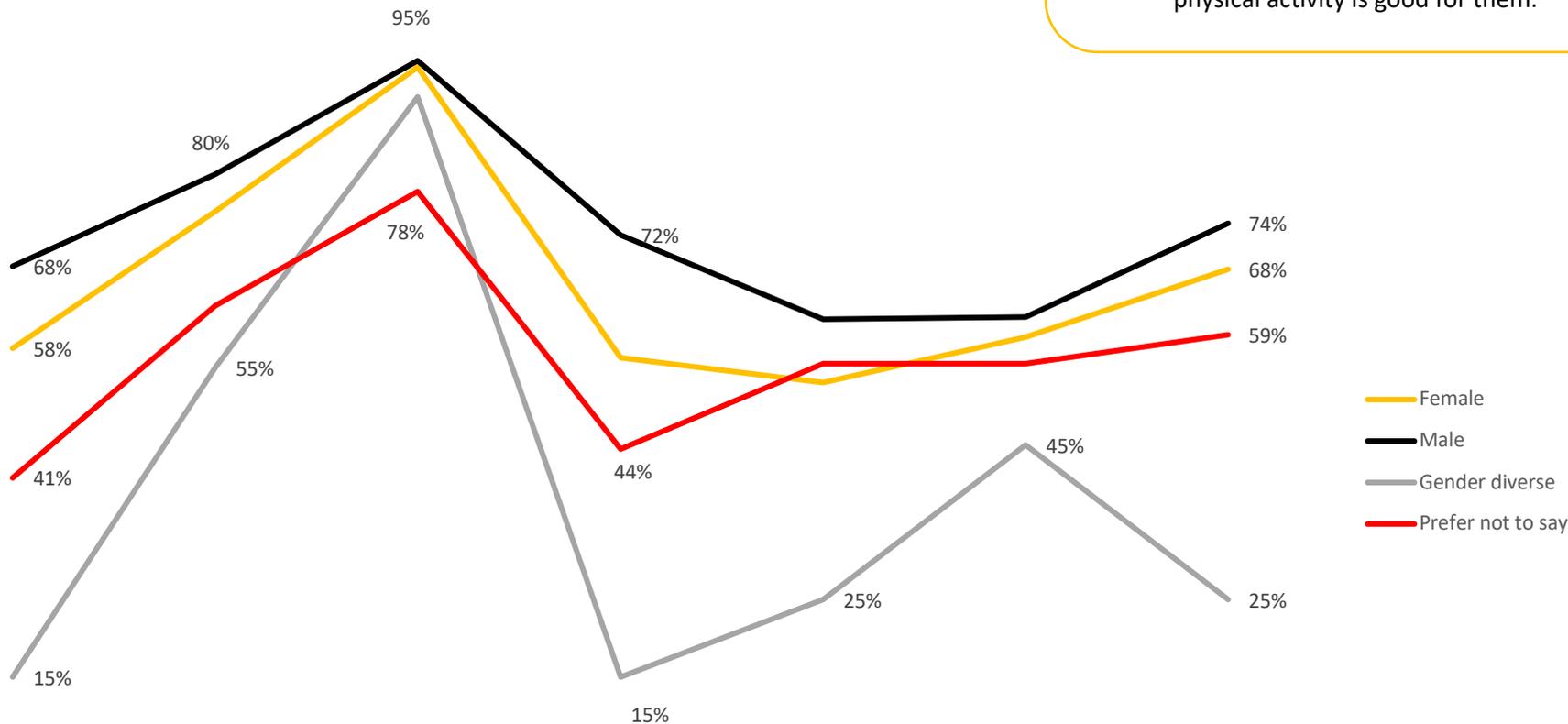
- 1 Most sports have teams available for females and males
- 2 Treatment is the same/everyone gets the same opportunities
- 3 Teachers are inclusive in PE

Key improvements rangatahi wanted to see at school are; more attention towards existing female sports teams, more opportunities for females and a more inclusive PE environment where males don't take over.

<sup>2</sup> This question was only used in the Waikato Voice of Rangatahi survey. Therefore, we do not have a comparison to a national figure.

Overall, males have indicated they have **higher** levels of physical literacy. The largest gap between males and females is in confidence and thinking they are good at lots of different physical activities. Gender diverse indicated lowest in all areas except for understanding why taking part in physical activity is good for them.

Physical Literacy and Gender

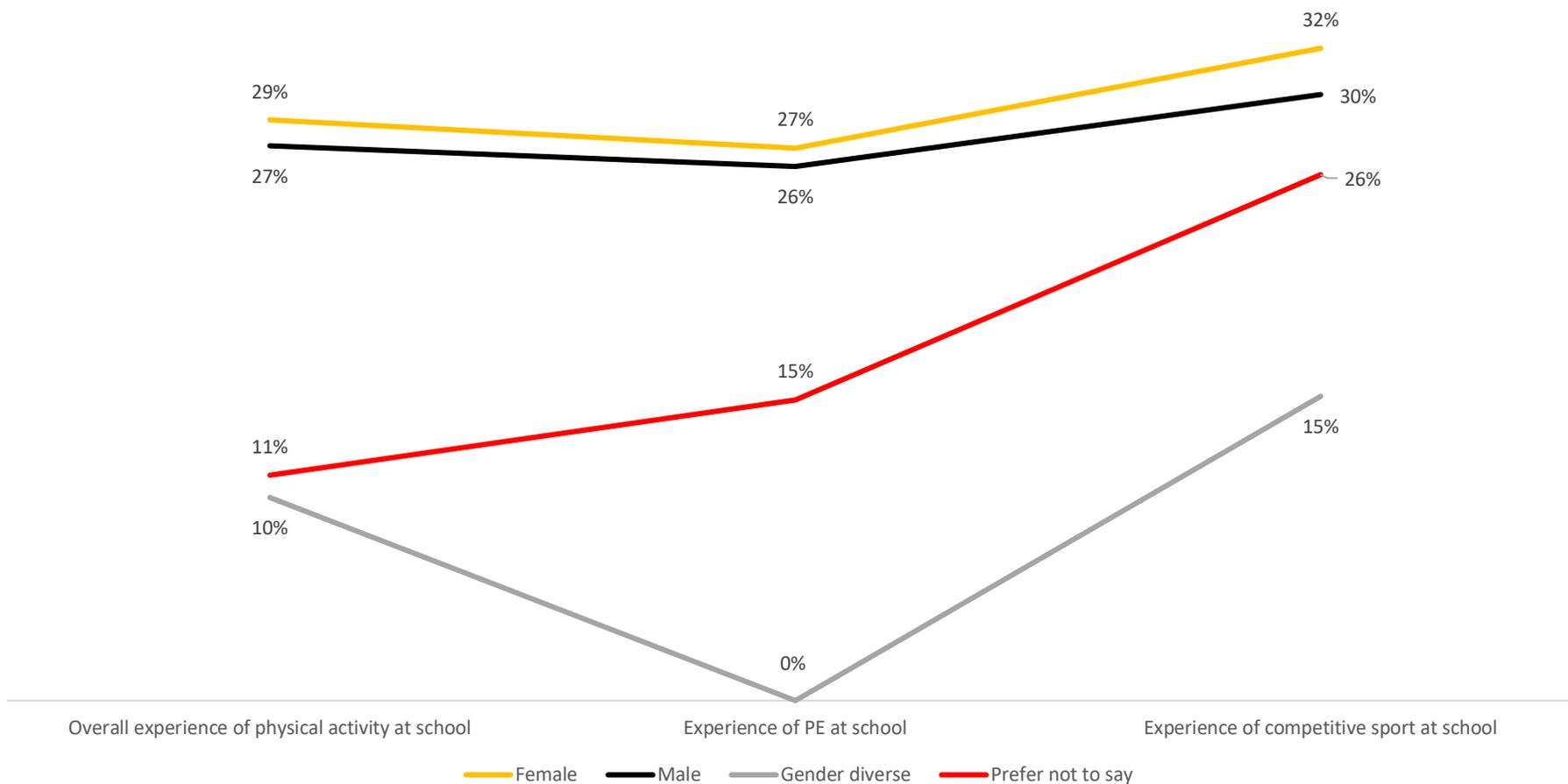


I am good at lots of different physical activities | I want to take part in physical activities | I understand why taking part in physical activity is good for me | I feel confident to take part in lots of different activities | I have a say in what physical activities I do at school | School staff encourage me to be physically active | My school provides an inclusive and safe environment to be physically active

Gender diverse and Prefer not to say were both very small sample sizes. Therefore, results are indicative only.

Overall, females have **higher** satisfaction with overall physical activity, PE and competitive sport at their school.

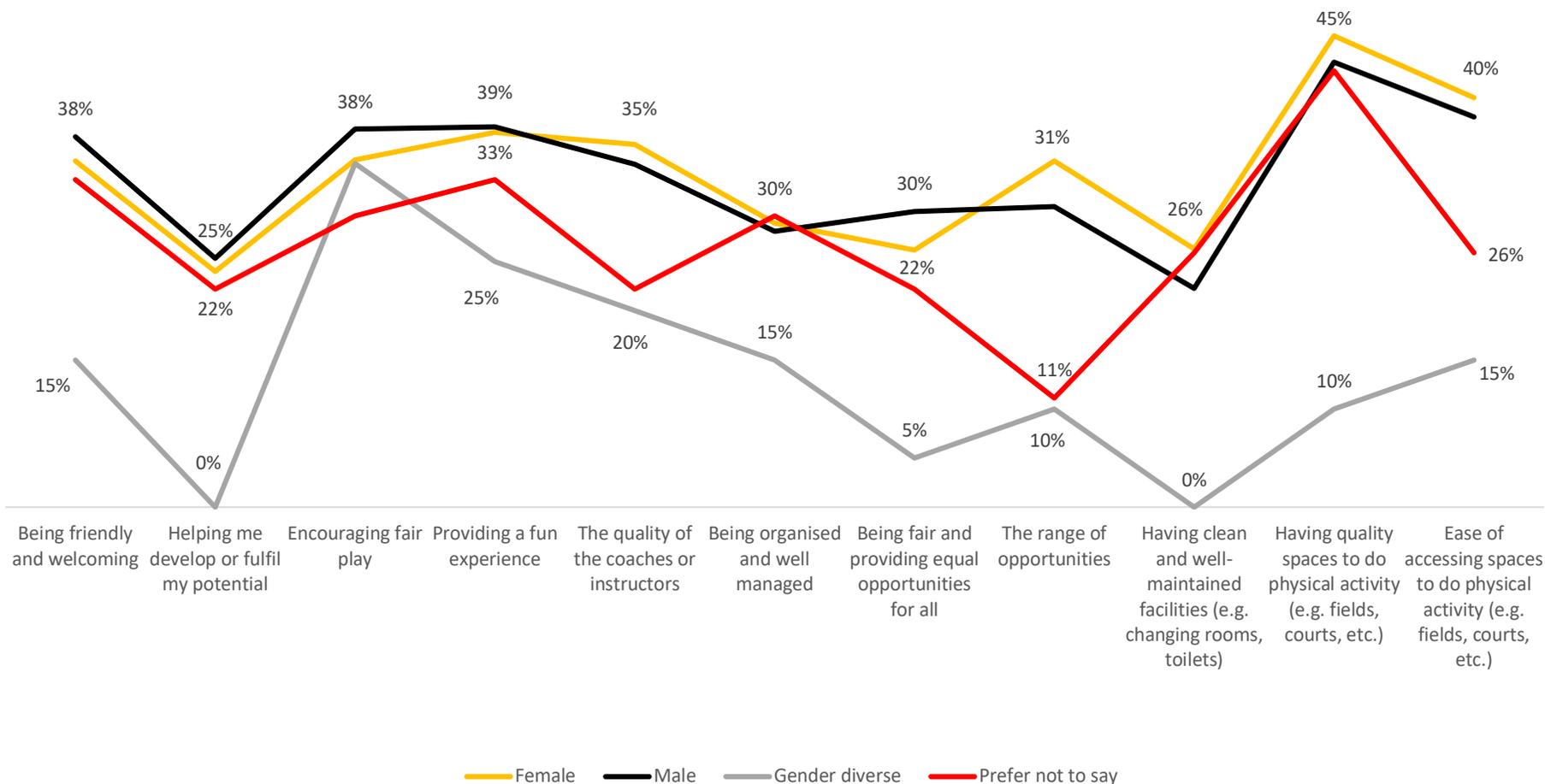
### Satisfaction and Gender



*Gender diverse and Prefer not to say were both very small sample sizes. Therefore, results are indicative only.*

Overall, males and females have **similar** levels of satisfaction with different aspects of physical activity at their school. Gender diverse have the lowest satisfaction with all aspects excluding encouraging fair play.

### Satisfaction and Gender



Gender diverse and prefer not to say were both very small sample sizes. Therefore, results are indicative only.