

WAIKATO REGIONAL

Rangatahi Profile

SECONDARY-AGED PARTICIPATION (12-17 YEARS)

This profile looks at participation levels and preferences of rangatahi through play, active recreation and sport in the Waikato.

54%

of rangatahi participate in more than 420 minutes of physical activity per week (this is significantly less than tamariki).

THIS MEANS

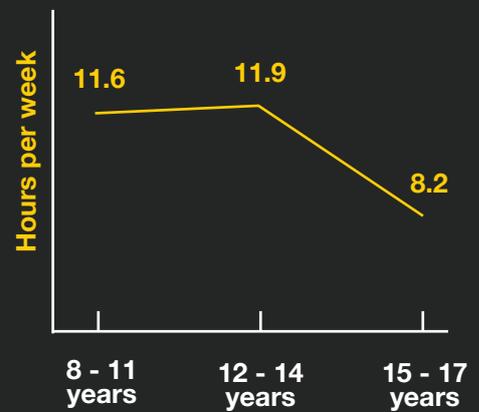
46%

of rangatahi DO NOT do enough physical activity to positively impact their health¹.

WHAT WE DO

DROP OFF IN PARTICIPATION

A steep decline in participation occurs between the ages of 12-14 years and 15-17 years.



The decline in time spent, level of intensity and frequency of being active occurs around age 15, and for most rangatahi this intensity will never recover across their lifetime.

Rangatahi are the most at-risk group of any age group when it comes to embedding and maintaining physical activity in their lives.

72%

of rangatahi want to do more physical activity

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¹Not doing more than 420 minutes of moderate to vigorous physical activity per week for sport, physical education (PE), exercise and fun. ²Source: Sport New Zealand Strategic Plan 2020-2024.

HOW WE PARTICIPATE

THE WAY RANGATAHI PARTICIPATE IN ACTIVE RECREATION AND SPORT CHANGES AS THEY AGE.

PLACES AND WAYS TO BE ACTIVE³

PLACES

58%
at home

62%
at school

15-17 year olds are significantly less likely to participate in these places.

WAYS

68%

playing or hanging out with family or friends

62%

being active in PE or class at school

MOST FREQUENT ACTIVITIES IN THE LAST 7 DAYS:



56%

Running, jogging or cross-country



44%

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



33%

Walking for fitness



27%

Playing (e.g. running around, climbing trees, make-believe)



27%

Cycling or biking

Rangatahi in the school system are often required to participate in running, jogging or cross-country via compulsory PE and school events.

26%

of rangatahi used technology for training in the last 7 days (similar to adult usage)

31%

of rangatahi aged 15-17 years currently belong to a gym or fitness centre.

ACTIVE RECREATION

Providing rangatahi with a range of active recreation opportunities that meet their needs is important to creating patterns of participation that will continue into later life.

Generally non-competitive

Contributes to wellbeing

Participate for enjoyment

Flexible

Low commitment

Social

SPORT

MOST FREQUENT SPORTS WHERE RANGATAHI ARE ACTIVE (OVER THE LAST 7 DAYS)



Football, soccer or futsal



Rugby or Rippa



Basketball



Touch



Netball



Cricket



Hockey



Kapa haka



Volleyball



Gymnastics

THE VALUE OF SPORT

The benefits of good sporting experiences are not being realised by many rangatahi due to dislocation between clubs and schools, and there is a growing trend for schools to prioritise more elite student athletes to the detriment of participatory sport.

The time spent participating in quality youth sport and physical activity opportunities is a critical variable in explaining adult participation. Young people who participate more frequently in a variety of activities, particularly outside of school, and who have greater cardiorespiratory fitness, are more likely to be active in adulthood.

15-17 YEAR OLDS HAVE SIGNIFICANTLY LOWER:



Average numbers of sports and activities a week than rangatahi overall

Males participating in 'Non-competitive sport and activities only'

12-14 YEAR OLDS HAVE SIGNIFICANTLY HIGHER:



Average numbers of sports and activities a week than rangatahi overall

Males participating in 'Non-competitive sport and activities only'

3. Based on activity during 7 days prior to survey responses.

WHY WE PARTICIPATE

MAIN MOTIVATION

Reasons for participating change across the life span.

58%

OF RANGATAHI ARE ACTIVE FOR FUN.

As rangatahi age, participation becomes more about fitness and health than fun.

MAIN BARRIER

Rangatahi's lives are busy and other commitments/priorities often get in the way.

45%

OF RANGATAHI ARE TOO BUSY - THIS INCREASES WITH AGE.

36% of rangatahi who were too busy, were busy with school work

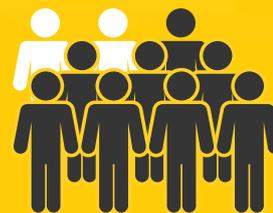
HOW WE FEEL ABOUT PARTICIPATING

95%

of rangatahi understand why taking part in physical activity is good for them



As rangatahi age, their confidence in their abilities and feelings that they are encouraged by others to participate decreases



8 OUT OF 10

rangatahi like being physically active, yet we see a decline in their participation.

THE MOVE TO SECONDARY SCHOOL



JUST OVER HALF (55%) OF RANGATAHI CONTINUED TAKING PE AFTER IT WAS NO LONGER COMPULSORY.

The move to secondary school is often associated with having an increased emphasis on competition, leading to a decline in fun. This can lead rangatahi to drop out of sport at this age.^{4,5}

HOW OUR PARENTS ENCOURAGE US:

For the most part, rangatahi want their parents to be involved in and present at their sporting activities. At the same time, they want to define and set limits for how parents are involved.¹

RANGATAHI PREFER PARENTS TO:

- Offer general support, rather than technical advice (unless they were highly knowledgeable about the sport)
- Comment on effort and attitude, rather than performance
- Not to interfere in their social relationships with teammates
- Support them to continue when motivation is low but ensure that the final decision regarding participation be their own.

VOLUNTEERING

VOLUNTEERS MAKE SPORT HAPPEN. THEY ARE THE HEART OF SPORT AND RECREATION.

46% of rangatahi have volunteered outside of PE or classes at school in last 12 months (including team captain).

72% consider they may volunteer in the next 12 months (maybe or definitely).



Coaching or instructing is the main role for rangatahi.

In the last 12 months rangatahi volunteered more than their adult counterparts.⁶

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:

- Use of a youth development and empowerment approach.
- Flexible and agile design delivery models that explore a better understanding and respond to their needs (e.g. cross country to colour run).
- Choice and inclusion are paramount for rangatahi - multiple options, pathways and stepping-stones are needed.

- Technology should be embraced where it enhances the quality of the experience.
- Identifying athletes and specialising early is taking its toll on rangatahi. Balance is better and rangatahi should be encouraged to continue to participate in a range of activities with a focus on development rather than winning.
- Time and place should be given to physical activity to fit around schoolwork.

METHODOLOGY

Active NZ replaces the previous Active NZ survey series (last conducted 2013/14) and the inaugural Young People survey (2011) conducted by Sport New Zealand. The survey uses a sequential mixed methodology and a continuous survey approach. The results in this report are based on data collected through the Active NZ survey between 5 January 2017 and 4 January 2018 from 1,137 young people (aged 5–17) and 5,563 adults (aged 18+) in the Waikato region, across ten Territorial Authorities. For more information refer to the Sport New Zealand Active NZ 2017 Participation Report.

Data presented is based on all respondents and inclusive of 7 days and 12 months unless otherwise specified.

RESOURCES / REFERENCES

- Active, 2018. Good Sports – Guide for coaches. Auckland: New Zealand.
- Ministry of Health, 2018. New Zealand Health Survey 2016/17. Ministry of Health
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- The Aspen Institute, 2017. Project Play. Sport for All, Play for Life Report. Washington DC: The Aspen Institute.

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Hamilton Office Brian Perry Sports House, 51 Akoranga Road, PO Box 46, Hamilton 3240, New Zealand
☎ 07 858 5388 | 📠 07 858 5389 | 🌐 [fb.com/sportwaikato](https://www.facebook.com/sportwaikato) | 🌐 sportwaikato.org.nz

