

# HAURAKI DISTRICT

## Sport and Active Recreation

PARTICIPATION PROFILE YOUNG PEOPLE<sup>1</sup>  
(AGED 5-17 YEARS)

Physical activity makes a positive contribution to health and wellbeing.

### WHAT WE DO

**65%** do more than 420 minutes of physical activity<sup>2</sup> a week – enough to positively impact their health

**96%** of young people have been physically active (specifically for sport, physical education (PE), exercise and fun) over the last 7 days

## WHERE WE PARTICIPATE

### TOP 5 PLACES

WHERE AND HOW YOUNG PEOPLE HAVE BEEN ACTIVE<sup>3</sup>



**82%**

School or in the school grounds



**77%**

Home



**67%**

Playground, park, field, astroturf or outdoor pool



**41%**

Beach, lake, bush, footpath

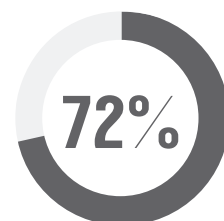


**37%**

Gym, community hall, church, marae or indoor pool



of young people have been active for extra exercise



of young people want to do more physical activity

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Due to a small sample size, all results in this profile are indicative only.

<sup>1</sup>Young people defined as those aged 5-17 years unless otherwise stated.

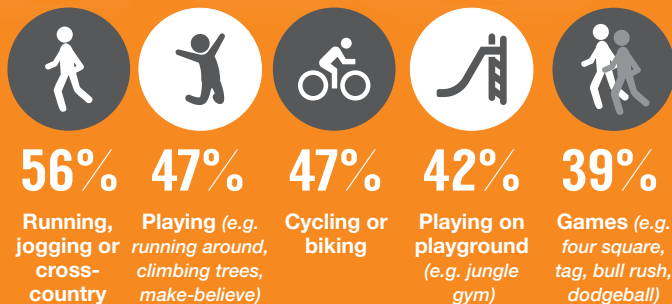
<sup>2</sup>Moderate to vigorous physical activity for sport, physical education (PE), exercise and fun.

<sup>3</sup>Based on those that have been active in the last 7 days - "participant".

# HOW WE PARTICIPATE

## PARTICIPATION VARIES BY GENDER, AGE AND ETHNICITY

### TOP 5 ACTIVITIES OVER LAST 7 DAYS



### TOP 10 SPORTS WHERE YOUNG PEOPLE ARE ACTIVE (OVER THE LAST 7 DAYS)

- 1 Rugby or rippa rugby
- 2 Touch
- 3 Football, soccer or futsal
- 4 Gymnastics
- 5 Hockey or floorball
- 6 Athletics and track and field
- 7 Netball
- 8 Horse riding
- 9 Basketball or mini-ball
- 10 Handball

### ACTIVE TRANSPORT TO SCHOOL

**35%**  
↓ COMPARED TO NATIONAL

young people are physically active to get to school

52% are driven to school

30% walk, 9% bike  
7% skateboard, scooter or rollerblade, <1% run

### AT SCHOOL IN PE CLASSES

**84%**

continued taking PE as a subject at school when it was no longer compulsory

### CLUB/TEAM/GROUP MEMBERSHIP

**54%**

belong to 1 sports team, recreational club/group both at school and outside of school

43% belong to 2 (team/club/group), 13% belong to 3, 14% belong to 4+, 10% belong to none

### EVENTS

**45%**  
VS 48% REGIONALLY

have participated in events in last 12 months

### TOP 5 ACTIVITIES FOR EVENTS ARE

- Running/walking events (anything up to 10kms)
- Swimming events (e.g. Ocean Swims)
- Triathlon/duathlon events (e.g. Weet-Bix Triathlon)
- Biking events (e.g. The Kids' Bike Jam)
- Sailing or yachting events

### GYM OR FITNESS CENTRE

**39%**

of young people aged 15-17 years currently belong to a gym or fitness centre

Of those that belong to a gym or fitness centre, 38% had not visited the gym in the last 7 days

# QUALITY EXPERIENCES ARE DEFINED BY:

Societal change means the landscape for delivery of sport, recreation and physical activity is changing. For sport and active recreation providers it will be critical to understand these changes and what can be done to keep people engaged.

### DRIVERS FOR A GOOD CLUB EXPERIENCE ARE<sup>4</sup>:

- Social environment
- Fulfilling potential
- Quality of coaches
- Being friendly & welcoming
- Fair & equal opportunities
- Providing information when needed
- Professional & well managed
- Clean & well maintained facilities

### COACHING AND INSTRUCTION<sup>5</sup>

**20%**

of young people have used technology over the last 7 days to measure/help physical activity

VS 15% REGIONALLY

**56%**

of young people have received group coaching over the last 7 days, 7% one-on-one, 1% online (you-tube, apps etc)

<sup>4</sup>Source: Sport New Zealand. Voice of participant survey 2017. <sup>5</sup>Indicative only due to small sample size.

# WHY WE PARTICIPATE

## AND HOW WE FEEL ABOUT IT

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

**74%** of young people understand why taking part in physical activity is good for them

**85%** of young people like being physically active

**77%** of young people like or liked PE fitness classes at school

**SCREEN TIME 24%** of young people would be lost without their mobile phone

TURN IT OFF TO BE ACTIVE AND CONNECT WITH YOURSELF AND OTHERS

## REASONS FOR BEING ACTIVE (12-17 YEARS)



- 80% participate for fun
- 51% participate to hang out with family and friends
- 34% I have to (my parents/caregiver/school make me)
- 24% to physically challenge myself or to win
- 23% to learn or practice a new skill
- 22% for fitness or health
- 15% I am good at it
- 11% to lose or maintain weight
- 6% to look good

## WELLBEING

**85%** say people in my life encourage me to take part in activities

**48%** say they find it easier to concentrate after physical activity

**91%** of all young people (all ages) are satisfied with their life

## TOP 5 BARRIERS TO WAIKATO YOUNG PEOPLE (8-17 YEAR OLDS) ARE:

55% of 8-17 year olds want to do more

**53%**  
too busy

**19%**  
can't fit with other family members activities

**17%**  
no places nearby to do what I want to do

**17%**  
too hard to get to training, games or competition

**16%**  
prefer to do other things

Hauraki district young people are more likely to say barriers are; can't fit it in with other family member's activities, would like to do more sport but can't fit it in with other sports commitments, PE / fitness classes at school are not fun and not wanting to fail.

## SPORT AND PHYSICAL ACTIVITY ENABLES HAPPIER AND HEALTHIER PEOPLE AND BETTER CONNECTED COMMUNITIES<sup>6</sup>

- reduces rates of non-communicable disease (cancer, heart disease, type 2 diabetes and obesity) and improves life expectancy
- reduces rates of mental health conditions such as depression and anxiety
- participation early in life is positively associated with maintaining active and healthy behaviours later in life
- participation is positively associated with better cognitive function and academic achievement
- participation can help develop important life skills including teamwork, self-confidence and leadership
- participation has the potential to strengthen social networks and build a sense of belonging for participants
- participation has the potential to bring communities together, contributing to community identity and reducing antisocial behaviour

<sup>6</sup>Source: Sport New Zealand Value of Sport 2018.

# VOLUNTEERING 12-17 YEAR OLDS<sup>7</sup>

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

41%

OF 12-17 YEAR OLDS HAVE VOLUNTEERED IN THE LAST 12 MONTHS OUTSIDE OF PE OR CLASSES

71%

CONSIDER THEY MAY VOLUNTEER IN THE NEXT 12 MONTHS

## OF THOSE THAT DID VOLUNTEER OUTSIDE OF SCHOOL IN THE LAST 12 MONTHS



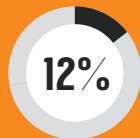
Team captain



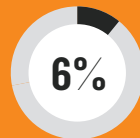
Official  
(e.g. Referee, Umpire, Scorer)



Helper  
(e.g. Ball Boy/Girl)



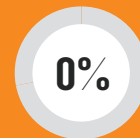
Coach or assistant coach



Lifeguard



Event organiser  
Club administrator

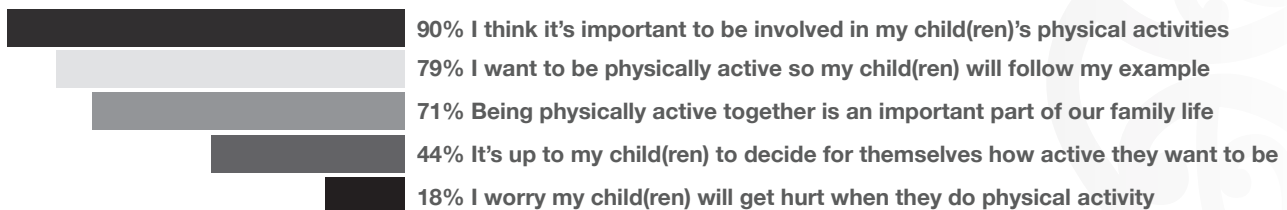


Activity leader  
(e.g. Kapa haka leader)

Team/assistant manager

## HOW OUR PARENTS ENCOURAGE US:

Parents have an important part to play in a child's level of physical activity. Parents surveyed as part of the Active NZ survey said:



## IMPLICATIONS FOR PROVIDERS

### WHAT TO CONSIDER:

- Provide more time to develop all kids regardless of ability or age
- Cater for the diverse range of young people's motivations
- Make it more than just sport
- Find creative ways to re-engage the disengaged
- Provide inclusive offers
- Cater for differences in gender, ethnicity and age
- Think beyond competitive sport
- A focus on developing not winning
- Consider the barriers and how to overcome them
- **Make it fun!**

#### METHODOLOGY

Active NZ survey 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 10 Territorial Authorities. For more information contact Sport Waikato. Data presented is based on all respondents and inclusive of 7 days and 12 months unless otherwise specified. \*Rounding differences between Sport Waikato's modelled results and Sport New Zealand's data may mean some percentages are different by 1-2%.

#### RESOURCES / REFERENCES

- Ministry of Health, 2018. New Zealand Health Survey 2016/17.
- Sport New Zealand, 2018. Active NZ 2017 Participation Report. Wellington: Sport New Zealand.
- Sport New Zealand, 2018. The Value of Sport Main Report. Wellington: Sport New Zealand.
- Sport New Zealand, 2017. The Voice of the Participant 2016/17 Full Report. Wellington: Sport New Zealand.

<sup>7</sup>Can select more than one volunteer activity - therefore percentages do not add up to 100%.

Proudly brought to you by **Sport Waikato**

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