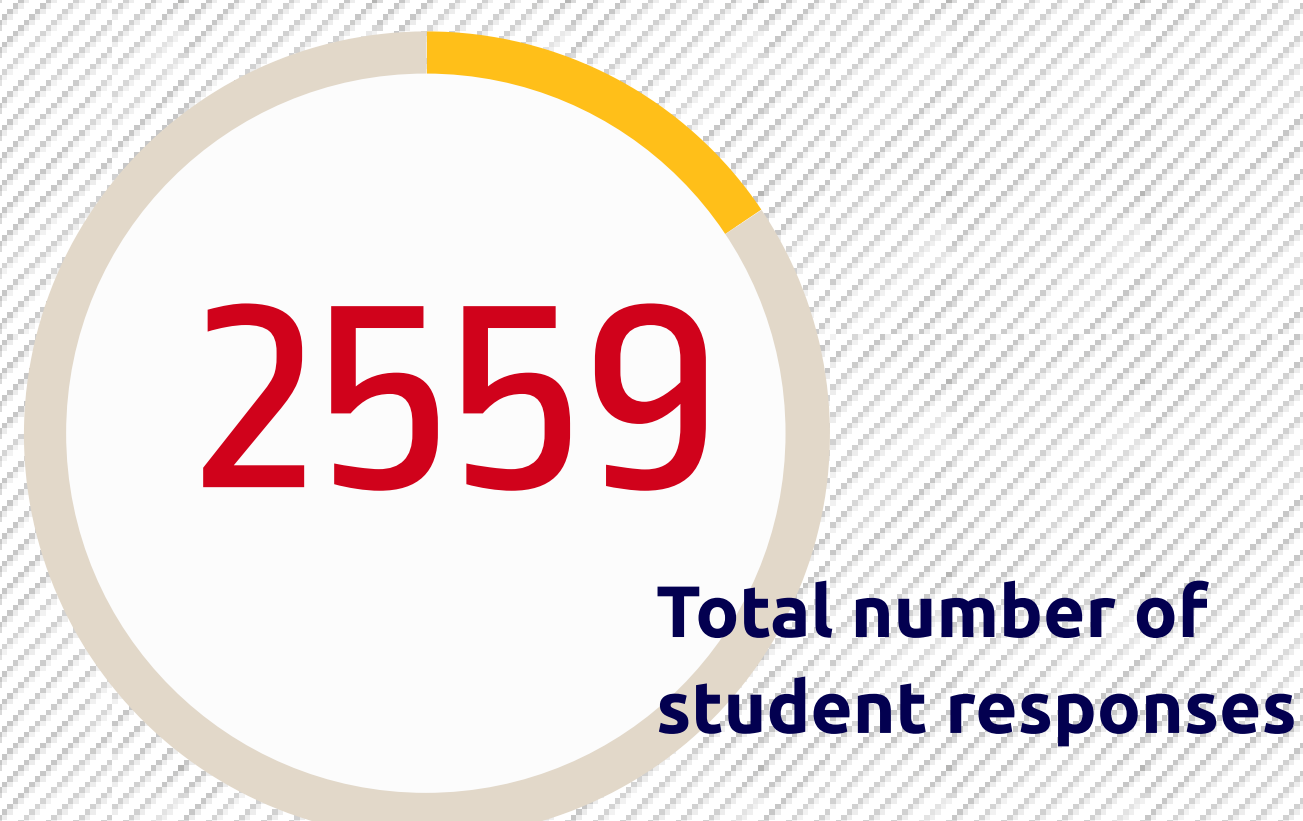


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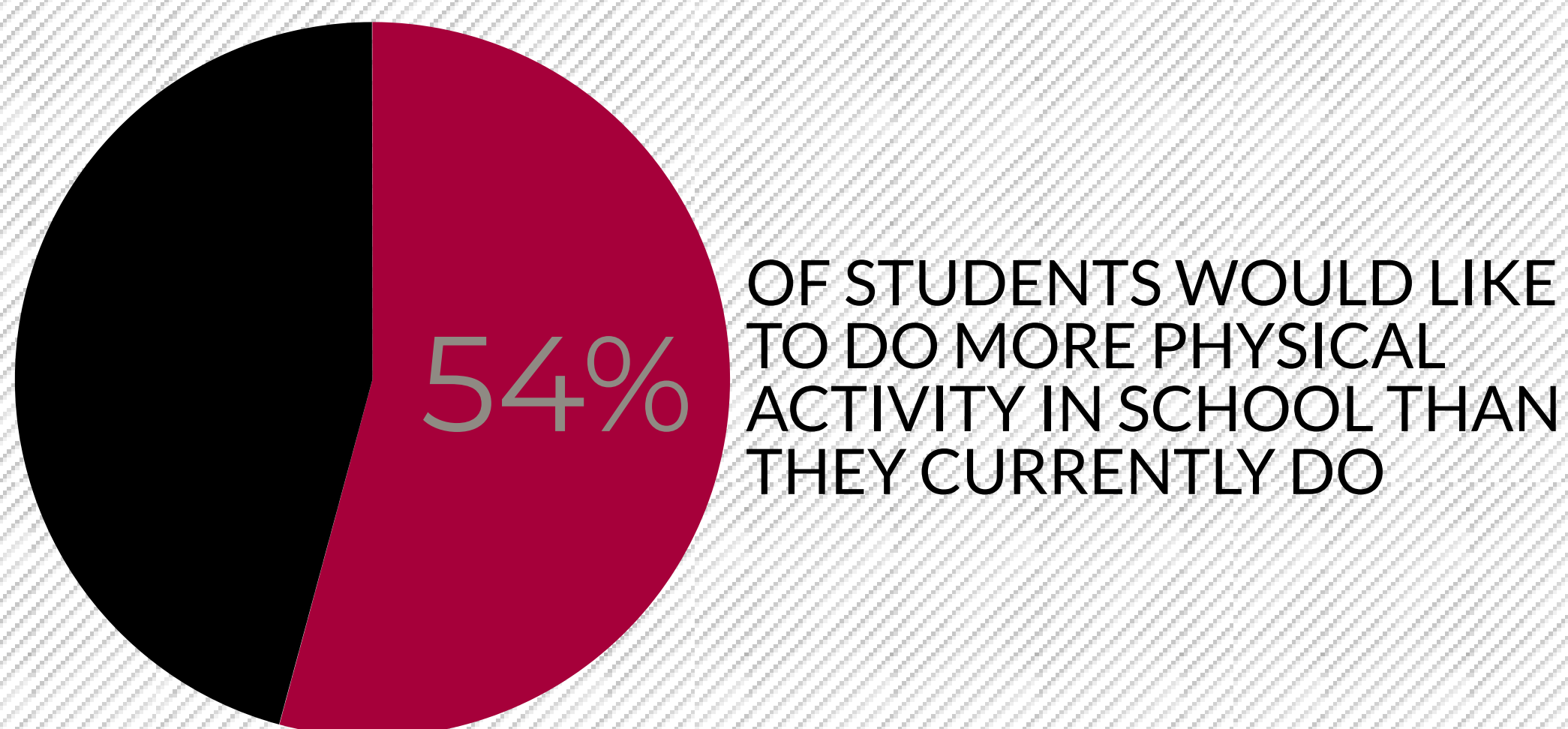
Rangatahi 2020 Harbour Report

This report looks at the results from the 2020 Voice of Rangatahi survey (VOR), which is aimed at understanding how physical activity is experienced within a secondary school setting. VOR was developed as part of an ongoing programme designed to collect the views of secondary school students, to guide quality physical activity experiences, that truly meet the needs of young people across the country. The study is a collaboration between Sport New Zealand and the Regional Sports Trust (RST) network around Aotearoa, New Zealand.



Out of the total of 24 schools in the North Harbour region, 8 schools were involved in the survey.

STUDENT CHALLENGES



MAIN BARRIERS TO PARTICIPATING IN MORE PHYSICAL ACTIVITY

- TOO BUSY
- I ALREADY DO A GOOD AMOUNT OF PHYSICAL ACTIVITY
- IT'S TOO HARD TO MOTIVATE MYSELF
- TOO TIRED or DON'T HAVE THE ENERGY

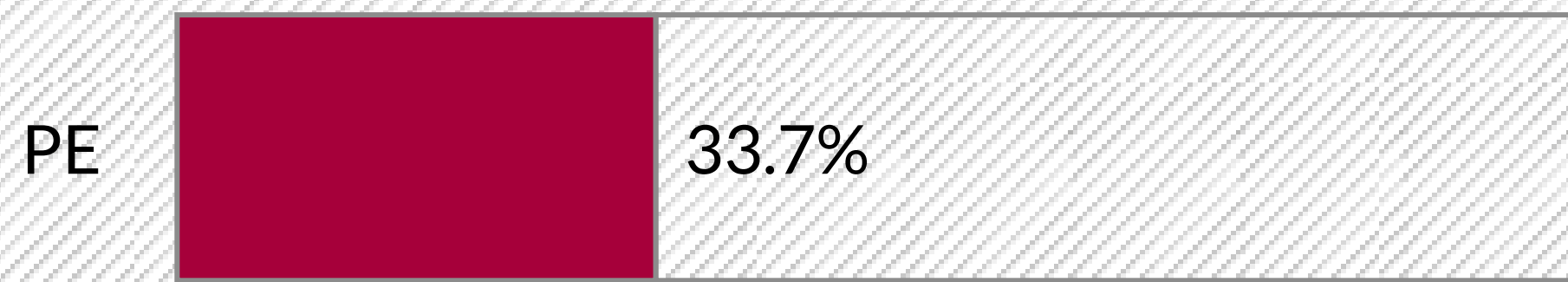
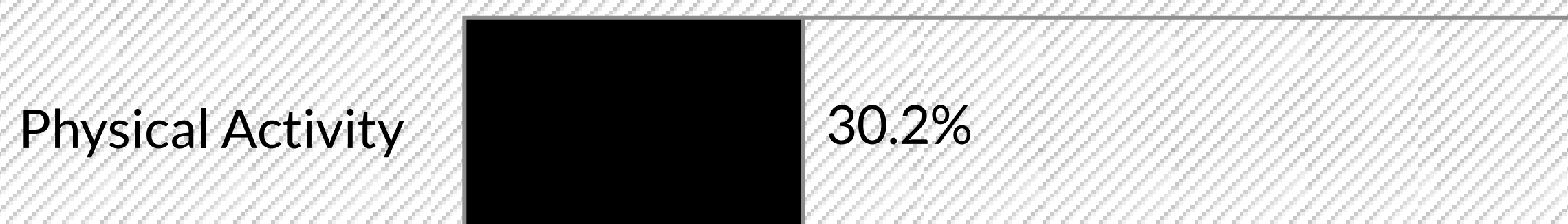
WHAT WE LIKE

- HAVING QUALITY SPACES TO DO PHYSICAL ACTIVITY
- PROVIDING A FUN ENVIRONMENT
- THE QUALITY OF THE COACHES or INSTRUCTORS
- EASE OF ACCESSING SPACES TO DO PHYSICAL ACTIVITY

ATTITUDES TOWARDS PHYSICAL ACTIVITY

- I UNDERSTAND WHY TAKING PART IN PHYSICAL ACTIVITY IS GOOD FOR ME
- I WANT TO TAKE PART IN PHYSICAL ACTIVITY
- MY SCHOOL PROVIDES AN INCLUSIVE AND SAFE ENVIRONMENT TO BE PHYSICALLY ACTIVE

SATISFACTION OF OVERALL EXPERIENCE (Very/Extremely Satisfied)



WHAT WE WANT IMPROVED

- Facilities e.g. changing rooms, toilets
- Range of activities on offer
- Playing / training venues / fields / courts

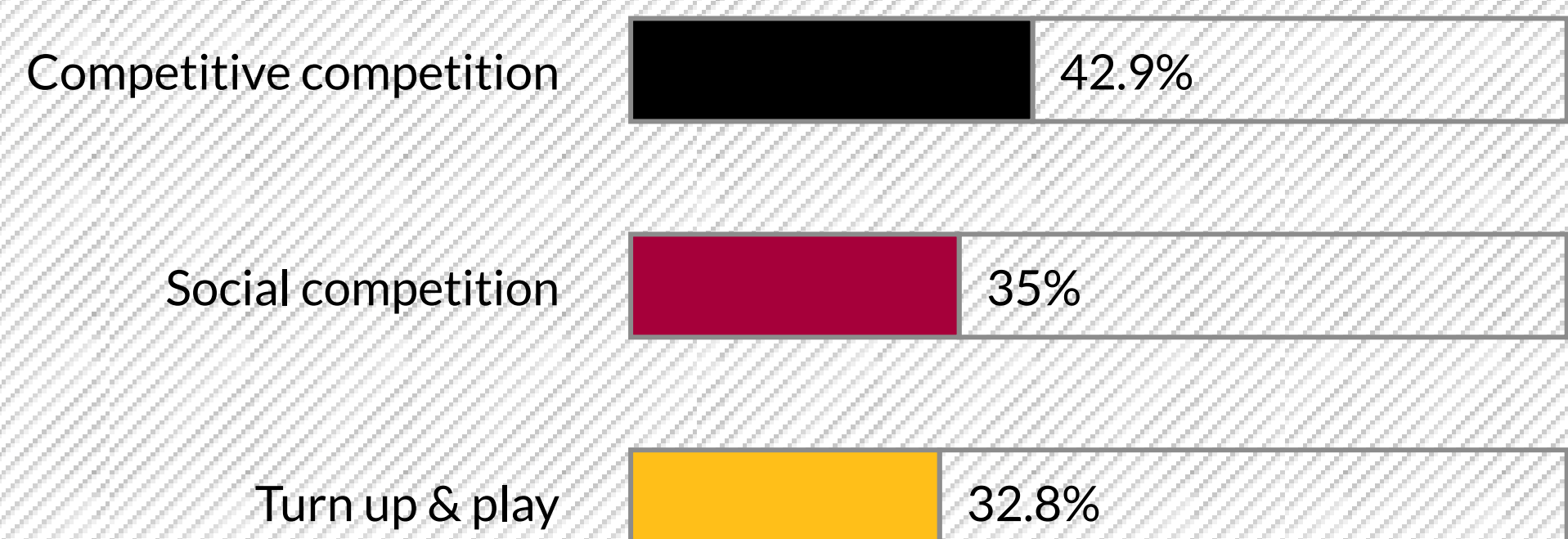
HOW WE HAVE BEEN PHYSICALLY ACTIVE AT SCHOOL

- Games (e.g. four square, tag, dodgeball)
- Nothing during this school year
- Basketball
- Netball
- Football

WHAT DO YOU LIKE ABOUT SPORT/PHYSICAL ACTIVITY

- It helps keep me fit
- Hanging out with friends
- Feeling healthy

HOW WE LIKE TO PLAY SPORT AT SCHOOL



WHAT DO THE STUDENTS SAY

Good quality coaches that are motivating and supportive. Training's that are fun but also hard working.

I think adjusting fees to participate in sports could be reduced and also continue to have a supportive environment where everyone feels accepted.

Better communication on how to join certain sports. It can be difficult having to pursue a busy teacher or search through the notices.

What keeps me playing sport at my school is the sense of belonging and how supportive the team is of one another.

A programme that helps you get back into shape, exercise & food habits. Something to help us when we are worried (not at our best self) and need to help enhance our physical wellbeing. Build resilience and get back on track to a healthy lifestyle.

More student choice on what sports we do.

