

Voice of Rangatahi

2022 Regional Summary



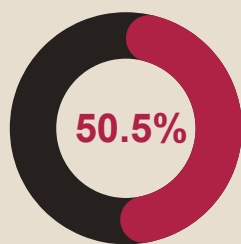
This report looks at the results from the 2022 Voice of Rangatahi (VoR), which is aimed at understanding how physical activity is experienced within a secondary school setting.

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.



9.4% response rate from students regionally

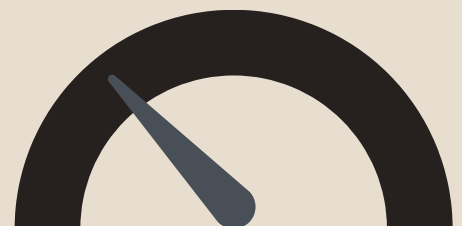
STUDENT CHALLENGES



Of students would like to do more physical activity in school than they currently do with 60.9% wanting to do more physical activity outside of school

SATISFACTION OF OVERALL EXPERIENCE (VERY/EXTREMELY SATISFIED)

Physical Activity



PE



Competitive Sport



MAIN BARRIERS

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

WHAT WE LIKE

1. Having quality spaces to do physical activity (e.g. fields, courts, etc.)
2. Ease of accessing spaces to do physical activity (e.g. fields, courts, etc.)
3. Providing a fun experience
4. The range of opportunities

ATTITUDES TOWARDS PHYSICAL ACTIVITY

1. I understand why taking part in physical activity is good for me
2. I want to take part in physical activities
3. My school provides an inclusive and safe environment to be physically active
4. School staff encourage me to be physically active

WHAT WE WANT IMPROVED

1. Facilities e.g. changing rooms, toilets
2. Range of activities on offer
3. Development opportunities or programmes
4. Playing / training venues / fields / courts

HOW WE HAVE BEEN PHYSICALLY ACTIVE AT SCHOOL

1. Games (e.g. four square, tag, bull rush, dodgeball)
2. Football/soccer
3. Netball
4. Basketball

ACTIVITIES WE WOULD LIKE TO TRY IN SCHOOL

1. Badminton (31.7%)
2. Games (e.g. four square, tag, bullrush, dodgeball) (24.5%)
3. Volleyball/beach volleyball (23.8%)
4. Football/soccer (21.7%)
5. Basketball/miniball (21%)
6. Workout (weights or cardio) (21%)
7. Netball (19.9%)
8. Diving/Snorkelling (19.6%)
9. Boxing (18.1%)
10. Tennis (17.7%)

WHAT CHANGES WE WOULD LIKE TO SEE MADE TO ORGANISED SPORT NEXT YEAR

1. I would not make any changes
2. I would like more social teams
3. I would like to play in mixed teams
4. I would only like to play against students from schools across Auckland

HOW WE PREFER TO FIND OUT ABOUT SPORTING OR PHYSICAL ACTIVITY OPPORTUNITIES

1. Email
2. Face to face
3. Social media
4. School newsletters
5. Notice boards
6. Website

WHAT DO THE STUDENTS SAY

"I would like to see more facilities so that multiple trainings can happen or people that just want to play can have an area to play. I would also like to see certain areas with more maintenance."

"I feel like my school doesn't promote some of the sports teams that much. I have talked to a few of my classmates and they said that they didn't even know there was a school team for the sport that they play."

"There are not many non-competitive versions of sports, in which I would prefer to participate in rather than a competitive competition."

"There are a number of different sports. But I feel like they don't show case as many sports options for girls."