



SPORT
NEW ZEALAND
IHI AOTEAROA

Active NZ

Spotlight on tamariki

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Acknowledgements

This Spotlight report focuses on the participation landscape for tamariki between ages 5 and 11.

The report draws primarily on three years of data collected through the Active NZ survey between 5 January 2017 and 4 January 2020 from 10,687 tamariki. It is complemented by insights from tamariki in intermediate schools captured through Sport NZ's Voice of Rangatahi survey, from tamariki captured through the Voice of Participant survey, from the Healthy Active Learning Interim Evaluation Report and from internal analysis of Active NZ data that explored the impact of adults on the amount of time tamariki and rangatahi spend being active.

We express special thanks to the thousands of New Zealanders who have taken part in the Active NZ survey and the Voice of Rangatahi and Voice of Participant surveys.

Authors

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Glossary

Respondents	People who took part in the survey.
Adult	Respondents aged 18-plus.
Tamariki and rangatahi	Respondents aged 5 to 17.
Tamariki	Respondents aged 5 to 11.
Rangatahi	Respondents aged 12 to 17.
Participants	People who have been physically active in play, active recreation (including exercise) or sport in the past seven days, where this participation excludes any physical activity undertaken for work or chores. Participation can include physical activity undertaken to get from one place to another if the respondent considers it to be for sport or active recreation.
Non-participants	People who have not been physically active in play, exercise, active recreation, or sport in the past seven days.
Participation in competitive and non-competitive sports or activities	Competitive participation refers to participating through an organised structure, for example, in a league or club competition, a tournament or another competitive event. Non-competitive participation refers to sports or activities undertaken outside of league or club competitions, tournaments, and other competitive events.
Organised participation	Applies to children and young people only. Participation in a competition or tournament is one component of organised participation. Other organised sports and activities include being physically active in physical education or class at school, sports and activities undertaken in a competition and training or practising with a coach or instructor.
Informal participation	Applies to tamariki and rangatahi only. Informal sports and activities include being physically active through play with others, playing alone, extra training activities or practising without a coach or instructor.
Play, active recreation and sport	Play, active recreation and sport are used throughout this report for simplicity. However, participation is multi-faceted. Play and active recreation are terms used by Sport New Zealand to capture participation in activities not considered to be sport, for example, playing with friends or alone, dance and tramping. Sport can be undertaken in an organised structure, for example, in a competition or tournament, or informally outside an organised structure. Sport is associated with being competitive, but individuals differ in their degree of competitiveness, irrespective of how they participate.
Weekly participation	Refers to being physically active in play, exercise, active recreation, or sport at least once in the past seven days.
Being active	Refers to being physically active in play, active recreation, and sport.
Ethnicity	Results by ethnicity throughout this report – European, Māori, Pacific (including Samoan) and Asian (including Indian and Chinese) – are based on respondents' self-identification.
Deprivation	Low deprivation 1–3, medium deprivation 4–7, high deprivation 8–10. Based on the NZDep2013 index of socioeconomic deprivation. A value of 10 indicates the most deprived 10 percent of areas in New Zealand. Note: NZDep2013 estimates the relative socioeconomic deprivation of an area and does not directly relate to individuals.

Active NZ Spotlight on tamariki

This report focuses on the participation landscape for tamariki between ages 5 and 11 (inclusive). It complements the Spotlight on Rangatahi released in June 2021 and should be read alongside that report for a complete picture by individual age and gender for tamariki and rangatahi.

About this report

The report draws primarily on three years of data collected through the Active NZ survey between 5 January 2017 and 4 January 2020 from 10,687 tamariki.¹

It is complemented by insights from tamariki in intermediate schools captured through Sport NZ's Voice of Rangatahi survey, from tamariki captured through the Voice of Participant survey, from the Healthy Active Learning Interim Evaluation Report² and from internal analysis of Active NZ data that explored the impact of adults on the amount of time tamariki and rangatahi spend being active.

It focuses on variations by individual age between ages 5 and 11, and highlights patterns by gender relating to:

- how many and how much participation happens each week
- how tamariki participate
- motivations
- attitudes.

Patterns by age, gender and deprivation are highlighted for:

- barriers
- physical literacy.³

Commentary on differences (and similarities) by age, gender, ethnicity, and deprivation is based on statistical testing.

Reported differences between the total result and sub-groups are statistically significant at the 95 percent confidence level. Significance testing means we can be highly confident that any differences reported are not random variations that occurred because our method was a survey among a sample of the population rather than a population census.

Knowing a difference is statistically significant does not in itself mean the difference is important. This report comments only on meaningful differences.⁴

Please note that, in some cases, a significant difference may be reported between two numbers that appear to be the same, or no significant difference may be reported when it appears there should be one. This is due to rounding and variation in sample sizes.

¹ For further information on method, sample, and objectives, see the Technical Report: <https://sportnz.org.nz/activenz>. Sport NZ. *Active NZ Technical Report for Data Collected in 2019*. Wellington: Sport NZ, 2019.

² Ali, A et al. *Healthy Active Learning Interim Evaluation Report*. Massey University, 2021.

³ Physical literacy is the motivation, confidence, physical competence, knowledge and understanding that participants need to value and take responsibility for engaging in physical activity for life.

⁴ For more detail on the statistical testing, refer to the Technical Report (above note 1).

Executive summary

Introduction

This Spotlight report focuses on variation by individual age between ages 5 and 11 and highlights patterns by gender. It complements the Active NZ Spotlight on rangatahi published earlier this year. The findings draw attention to the diversity among tamariki by age and gender in relation to how much participation happens, how tamariki participate, and their experiences of and barriers to participation.

Results are primarily based on data collected through the Active NZ survey between 2017 and 2019 from 10,678 tamariki between ages 5 and 11. Sixty two percent of tamariki were involved in the responses.^{5, 6}

Although the primary focus of this Spotlight report is on an in-depth analysis by age and gender, please note that variation is also evident by ethnicity and deprivation. Commentary by ethnicity and deprivation is included in the first section on participation, and by deprivation in the barriers and physical literacy sections of this report.

Where relevant, the report includes insights from tamariki in intermediate schools captured through Sport NZ's Voice of Rangatahi survey, from tamariki in a club setting captured through the Voice of the Participant survey (which parents/caregivers complete on behalf of their tamariki), from the Healthy Active Learning Interim Evaluation Report and from internal analysis of Active NZ data that explored the impact of adults on the amount of time tamariki and rangatahi spend being active.

Key findings

1. Compared with rangatahi, more tamariki participate each week and they are more likely to spend 7-plus hours being active. Tamariki spend two-thirds of their participation time each week in informal participation and just one-third in organised participation; in contrast, rangatahi divide their time almost equally between informal and organised participation.
2. From age 6, weekly participation, time spent, number of sports and activities and meeting the physical activity guidelines through play, active recreation and sport are relatively stable by age. Tamariki aged 5 are lower on all the key participation statistics.
3. European tamariki have higher levels of weekly participation compared with all tamariki. Although Māori tamariki spend more than the average time being active, fewer participate each week. Pacific tamariki participate in fewer sports and activities. Asian tamariki have lower scores on all key participation statistics.
4. Tamariki from low deprivation areas have higher levels of weekly participation, are more likely to spend 7-plus hours a week participating, participate in more sports and activities and are more likely to meet the physical activity guidelines. In contrast, tamariki from high deprivation areas have lower levels of weekly participation, are less likely to spend 7-plus hours participating in fewer sports and activities.

⁵ By comparison, 42 percent of rangatahi involved their parent/caregiver when responding to the Active NZ survey, even though the invitation was directed at them.

⁶ For further information on method, sample, and objectives, see the Technical Report: <https://sportnz.org.nz/activenz>. *Sport NZ. Active NZ Technical Report for Data Collected in 2019*. Wellington: Sport NZ, 2019.

5. Although no overall gender difference is evident in the proportion of males and females who are active each week, males do more. They spend 10 percent more time each week being active. The gap increases to 21 percent at age 10 and is 18 percent at age 7. They also do more sports and activities each week and they are more likely to participate for 7-plus hours⁷ and to meet the physical activity guidelines⁸ than females.
6. The gender gap in time spent being active evident for tamariki, continues into teenage years and throughout adulthood.
7. Tamariki who spend 7-plus hours being active each week have higher happiness levels.
8. As tamariki get older, the rise in organised participation is steeper than the drop in informal participation. Organised participation increases by 13 percent and time spent almost doubles from 2.7 to 5.2 hours. Informal participation drops by 2 percent and time decreases by 22 percent from 7.6 hours to 5.9 hours.
9. The increase in organised participation is attributed to greater participation in competitions or tournaments – a 245 percent increase from age 5 to 11. Training or practising with a coach or instructor and team/club membership in and outside of school also increase as tamariki get older,
10. The drop in informal participation is mainly accounted for by a decrease in playing alone (19 percent less time), followed by a decrease in playing with others (6 percent less time). As time spent in play decreases, time doing extra exercise, training or practice without a coach or instructor steeply increases by 280 percent.
11. Males are more likely to participate in competitions or tournaments and spend more time doing so, especially between ages 7 and 10. They are also more likely to be team/club members outside of school, while females are more likely to be club/team members at school. Males also have higher levels of enjoyment playing sport and are more likely to agree New Zealand athletes and sports teams are good role models and make them want to be more active.
12. Data collected through Sport NZ's Voice of Participant⁹ survey showed that, between ages 5 and 12, 41 percent of tamariki join clubs to learn or improve skills and 30 percent do so for fun, with no gender difference evident. The survey also found variation in experience was determined more by individual sports than by gender.
13. Four in five tamariki like physical education (PE), although the proportion drops to three in four at age 11. The Healthy Active Learning Interim Evaluation Report¹⁰ noted that although most students like PE (73 percent), felt included in PE and physical activity opportunities and were learning lots during classes, there is significant room for improvement. For example, just one in three said they are good at PE (34 percent), one in four felt included in PE (27 percent) and one in four felt included in physical activity choices (24 percent). The report identified opportunities for improvement through developing sportsmanship, reducing repetition of activities, and increasing input into activities. Fewer than one-third of teachers reported their school had a formal process for consulting students about new physical activities or sports they would like to participate in.

⁷ One of three key result areas in Sport NZ's Every Body Active strategy is to increase the proportion of tamariki being active for 7-plus hours a week.

⁸ Meeting the physical activity guidelines requires one hour of moderate/vigorous physical activity each day of the week. The guidelines have since been updated to remove the requirement to meet that level of activity every day. Data has been analysed using the previous guidelines for consistency across the three years.

⁹ Sport NZ Voice of Participant data collected between 1 July 2020 and 30 June 2021.

¹⁰ Ali, A et al. *Healthy Active Learning Interim Evaluation Report*. Massey University, 2021.

14. Sport NZ's Voice of Rangatahi survey¹¹ found males in school years 7 and 8 were more likely to agree that they have a say when it comes to the physical activity they do at school (64 percent compared with 51 percent of females). In the same study, females were more likely to disagree they are helped to develop to their full potential at school (17 percent compared with 11 percent of males).
15. Two in five tamariki use active ways to get to school. One in three walks, which is consistent across all ages. Biking, skateboarding, scootering, and rollerblading are more popular for ages 9 and 10 and biking from age 10 compared with other age groups. Males are more likely to use active ways to get to school than females, including biking to school. This pattern follows through into rangatahi years.
16. Fun is the lead motivator for participating (four in five), followed by hanging out with family and friends (one in two), learning, or practising a new skill (two in five) and 'because I have to' (three in 10).
17. Hanging out with family and friends is a consistent motivation for all ages except age 5, where this motivation is lower. This is also true for because 'I have to'. Males are more likely to be motivated by hanging out with family and friends, and females by 'because I have to'.
18. Motivations change as tamariki get older. Fun and learning or practising a new skill are higher between ages 5 and 7, and the motivations of physical challenge or winning and 'because I'm good at it' are higher from age 9.
19. Understanding the benefits of being active is higher from age 8. This is the only physical literacy statement where a difference by gender is evident, with females more likely to know the benefits than males.
20. Nine in ten tamariki agree they are encouraged to be active,¹² which is consistent by age and gender. Tamariki from high deprivation areas are less likely to feel encouraged, to know why being active is good and to want to take part in physical activities. They are also less likely to agree they have opportunity to do activities of choice. Sport NZ's Voice of Rangatahi survey shows females are less likely to feel encouraged in intermediate school settings.
21. Four in five tamariki want to be active – this proportion is higher at age 5 and lower at age 11. Four in five tamariki have the chance to do activities of choice, especially at age 7. Competence is consistent by age and confidence is higher at age 9.
22. One in two tamariki wants to do more, especially at age 5 and tamariki from high deprivation areas. No difference by gender is evident.
23. The top barrier for tamariki who want to do more is 'too busy' (two in five), followed by 'my family can't afford it' (one in five) and not being able to fit in with other family members' activities (one in five) and too hard to get to trainings or competitions (one in six).
24. 'Too busy' is a consistent barrier by age. It is less often a barrier for tamariki from high deprivation areas.
25. Affordability is also a consistent barrier by age and more common among females. It is a barrier for tamariki from high deprivation areas. 'Difficulty getting to training, games and competitions', having no places nearby to 'do what I want to do' and not having equipment they need are all more prominent barriers for tamariki from high deprivation areas.
26. For 17 percent of tamariki who prefer to do other things rather than do more, the top alternative activities of choice are consistent by age: spending time with family or friends, reading and playing electronic games.

¹¹ Sport NZ Voice of Rangatahi, 2020.

¹² Sixty-six percent of tamariki were involved with their parents in answering survey questions. The level of parental involvement decreases as tamariki get older.

27. The top alternative activity males prefer to do is play electronic games. Almost twice as many males as females have this preference. For males, this is followed by spending time with family and friends and reading – the top two activities for females. Tamariki from high deprivation areas are more likely to prefer playing electronic games than all tamariki.

In conclusion

1. Tamariki are not a homogeneous group. There is variation by age, gender, ethnicity, and deprivation – reinforcing the need to tailor programmes and initiatives and the need to make changes to the system to encourage participation. There is more variation for tamariki than rangatahi and it appears transitions by age are impacting participation, raising interesting questions and discussion, and the potential for further research.
2. Asian tamariki, females and tamariki from high deprivation areas are specific groups to target to improve the system to better meet the diversity of needs.
3. Asian tamariki score lower on the key participation statistics and this continues throughout their life span. Access barriers are more common for tamariki from high deprivation areas, including affordability, not having the equipment needed, having no places nearby to 'do what I want to do' and having fewer opportunities to do activities of choice.
4. Gender inequity starts at an early age and is particularly apparent at age 10. Females spend less time being active, are less likely to use active ways to get to school, spend less time in play and participating in competitions and tournaments, and are less influenced by athletes as role models.
5. Improving the experience of sport and being active in a school setting should continue to be advocated for and explored. Unlike rangatahi, tamariki show no gender difference in competence and confidence or being good at sport, but females are less likely to enjoy sport, to feel they have a say in the activities they do or to feel they are encouraged to develop to their full potential.
6. Play is a vital part of tamariki's physical and cognitive development that helps to build skills and attitudes needed to be active for life.¹³ The decrease in time spent in play as tamariki get older signals advocacy for system development to support play.
7. Findings in this report signal the importance of promoting activity levels for tamariki to enhance their wellbeing. Tamariki who spend 7-plus hours being active each week have higher happiness levels.

¹³ Innovation Unit and Sport NZ Power of Play. <https://www.innovationunit.org/thoughts/5-things-weve-learnt-about-play-in-aotearoa-so-far/>

1. Key participation statistics

This section reports key participation statistics for tamariki in comparison with rangatahi. It also highlights differences by ethnicity and deprivation for tamariki.

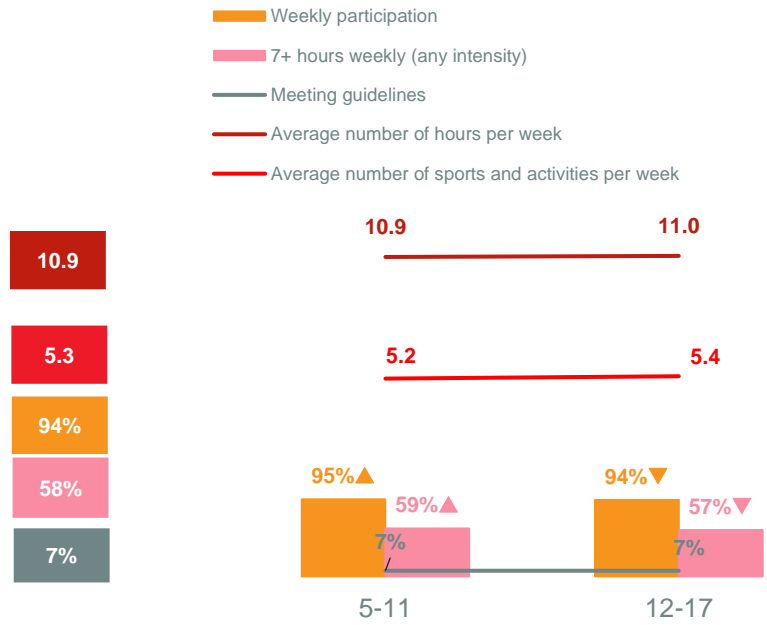
Insights

- Weekly participation is higher for tamariki when compared with rangatahi and they are also more likely to spend 7-plus hours being active.
- Although no difference between tamariki and rangatahi is evident in average time spent participating, number of sports and activities and meeting the physical activity guidelines through play, active recreation, and sport, tamariki are unique in how they spend their time being active.
- Tamariki spend two-thirds of their participation time each week in informal participation and just one-third in organised participation, while rangatahi divide this time almost equally between organised and informal participation.
- European tamariki have higher levels of weekly participation compared with all tamariki. Although Māori tamariki spend more than the average time being active, fewer participate each week. Pacific tamariki participate in fewer sports and activities. Asian tamariki have lower scores on all the key participation statistics.
- Tamariki from low deprivation areas have higher levels of weekly participation, are more likely to spend 7-plus hours participating in sports and activities – and to participate in more of them – and are more likely to meet the physical activity guidelines. In contrast, tamariki from high deprivation areas have lower levels of weekly participation, are less likely to spend 7-plus hours participating in sports and activities each week and tend to participate in fewer sports and activities.

Figure 1: Key participation statistics in context

Ninety-five percent of tamariki participate for an average of 10.9 hours in 5.3 sports and activities each week.

Although rangatahi have lower levels of weekly participation and are less likely to participate for 7-plus hours than tamariki, they match tamariki on the other key statistics (figure 1).



▲▼ Significantly higher/lower than the other age group

Base: All respondents aged 5 to 17

Physical activity guidelines young people: at least 60 minutes/day moderate/vigorous activity/7 days

Figure 2: Weekly time in organised and informal participation for tamariki¹⁴

Tamariki spent two-thirds of their participation time each week in informal participation and just one-third in organised participation (figure 2).

In comparison, rangatahi divide their time almost equally between informal (52 percent, 5.9 hours) and organised (48 percent, 5.4 hours) participation.

Ninety-seven percent of informal participation is play.

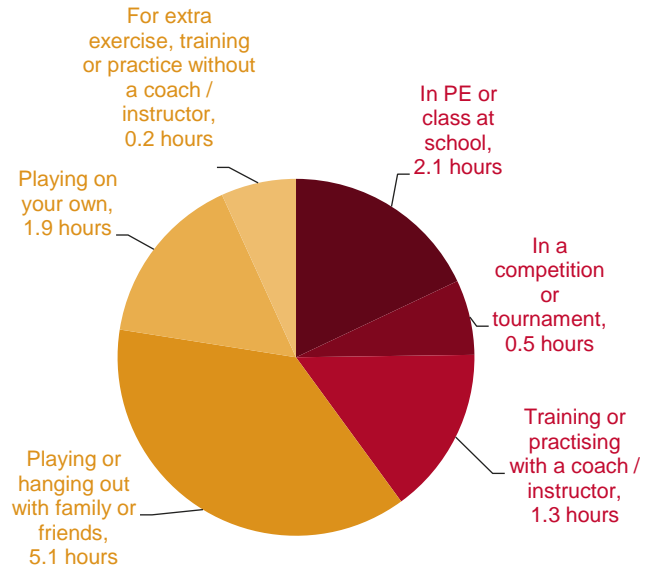
3.8 HOURS ORGANISED (35%)

AND

7.1 HOURS INFORMAL (65%)

=

10.9 HOURS



Base: All respondents aged 5 to 11

¹⁴ The individual breakdown of hours may not add to the total time spent being active due to rounding and the treatment of outliers.

European tamariki have higher levels of weekly participation compared with all tamariki.

Māori and Pacific tamariki have lower levels of weekly participation. Pacific tamariki also participate in fewer sports and activities each week and are less likely to spend 7-plus hours being active.

Māori tamariki spend above average time being active than all tamariki but are just as likely to spend 7-plus hours being active each week as all tamariki.

Asian tamariki are lower on the key participation statistics (table 1).

Table 1: Participation by ethnicity for tamariki

	Total	European	Māori	Pacific	Asian
Weekly participation	95%	97%▲	94%▼	91%▼	92%▼
Average time spent	10.9	11.6	12.1▲	10.4	7.5▼
Average number of activities	5.2	5.6	5.4	4.8▼	3.9▼
Meeting guidelines	7%	8%	7%	5%	3%▼
7-plus hours (any intensity)	59%	65%	61%	50%▼	39%▼

▲▼ Significantly higher/lower than the total
Base: All respondents aged 5 to 11

Tamariki from low deprivation areas have higher levels of weekly participation, are more likely to spend 7-plus hours participating and to meet the physical activity guidelines than all tamariki. They also participate in more sports and activities.

In contrast, tamariki from high deprivation areas have lower levels of weekly participation, are less likely to spend 7-plus hours participating and tend to participate in fewer sports and activities each week (table 2).

Table 2: Participation by deprivation for tamariki

	Total	Low deprivation	Medium deprivation	High deprivation
Weekly participation	95%	97%▲	94%	93%▼
Average time spent	10.9	10.9	11.2	10.4
Average number of activities	5.2	5.5▲	5.2	4.9▼
Meeting guidelines	7%	8%▲	7%	6%
7-plus hours (any intensity)	59%	63%▲	61%▲	50%▼

▲▼ Significantly higher/lower than the total
Base: All respondents aged 5 to 11

2. Participation

This section highlights participation differences for tamariki by age and gender. Read it alongside the Spotlight on rangatahi for the full picture of how participation changes by each age and gender for tamariki and rangatahi.

Insights

By age

From age 6, weekly participation, time spent, number of sports and activities and meeting the physical activity guidelines are relatively stable by age.

By gender

Although no overall gender difference is evident in weekly participation, males do more. They spend 10 percent more time each week being active. The gap increases to 21 percent at age 10 and is 18 percent at age 7. They also do more sports and activities each week and they are more likely to participate for 7-plus hours¹⁵ and to meet the physical activity guidelines¹⁶ than females.

The gender gap in time spent being active evident for tamariki, continues into teenage years and throughout adulthood.

Time spent and happiness levels

Tamariki who spend 7-plus hours being active each week have higher happiness levels.

¹⁵ One of three key result areas in Sport NZ's Every Body Active strategy is to increase the proportion of tamariki being active for 7-plus hours a week.

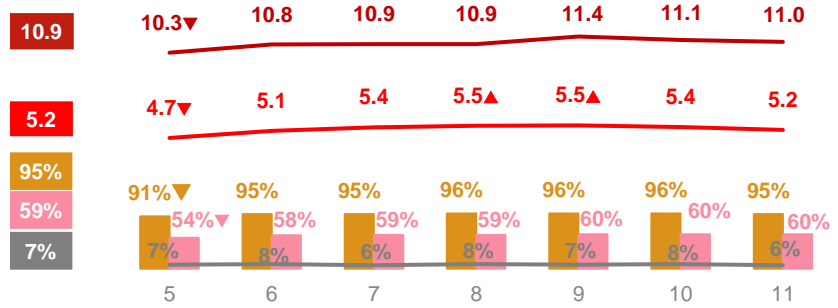
¹⁶ Meeting the physical activity guidelines requires one hour of moderate/vigorous physical activity each day of the week. The guidelines have since been updated to remove the requirement to meet that level of activity every day. Data has been analysed using the previous guidelines for consistency across the three years.

Figure 3: Participation by age

Participation is stable, except at age 5 when:

- weekly participation is lower
- less time is spent participating each week
- tamariki participate in fewer sports and activities.

Tamariki at ages 8 and 9 take part in more sports and activities each week (figure 3).



▲ ▼ Significantly higher/lower than the total
Base: All respondents aged 5 to 11

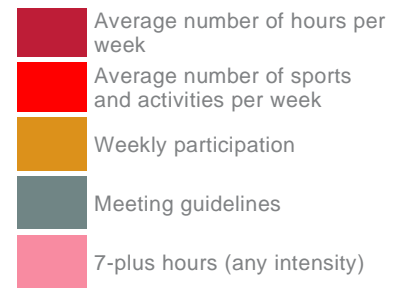
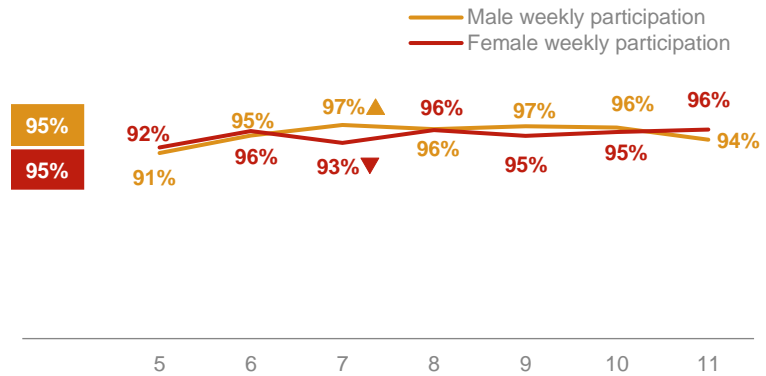


Figure 4: Weekly participation by age and gender

There is no difference in weekly participation by gender, except at age 7, when males are more likely to participate than females (figure 4).



▲ ▼ Significantly higher/lower than the other gender
Base: All respondents aged 5 to 11

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Figure 5: Average time spent participating by age and gender

Overall, males spend 10 percent more time in weekly participation than females. The gap is greater at ages 7 (18 percent) and 10 (21 percent) (figure 5).

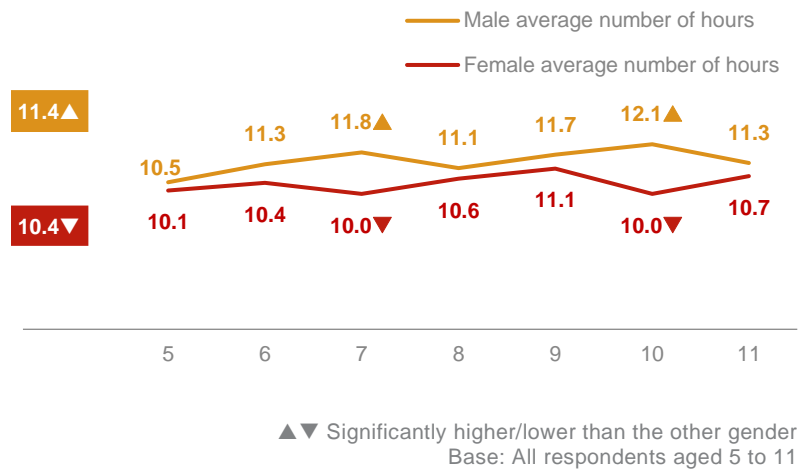


Figure 6: Average number of sports and activities by age and gender

Males participate in more sports and activities than females, especially at age 10 (figure 6).

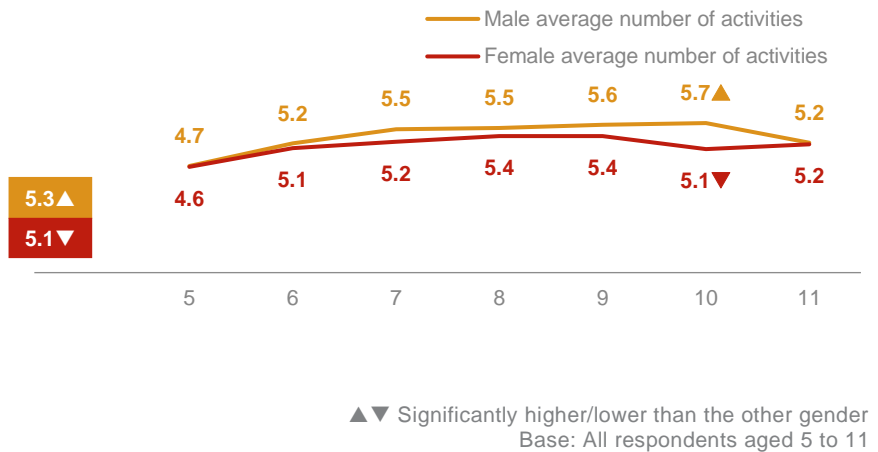


Figure 7: Time spent participating by age

Time spent participating is stable by age, except at age 5, when more tamariki participate for less than 2.5 hours (figure 7).

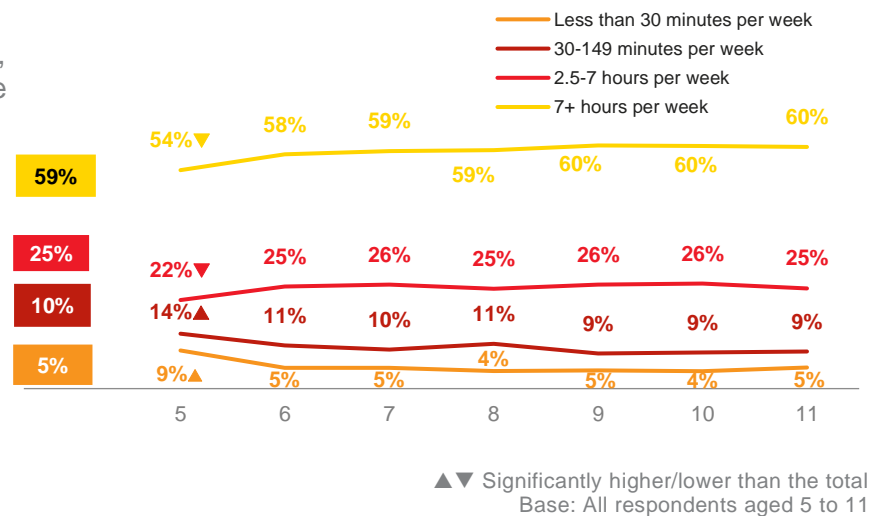


Figure 8: Time spent participating for 7-plus hours by age and gender

Males are more likely to participate for 7-plus hours each week than females, especially at ages 6 and 10 (figure 8).

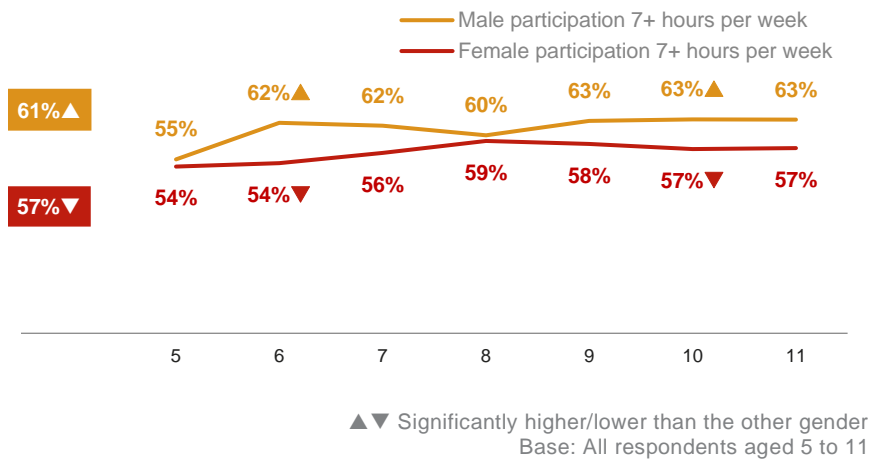


Figure 9: Time spent participating for less than 30 minutes by age and gender

Except at age 7, when females are more likely to be inactive (participate for less than 30 minutes), no difference by gender is evident (figure 9).

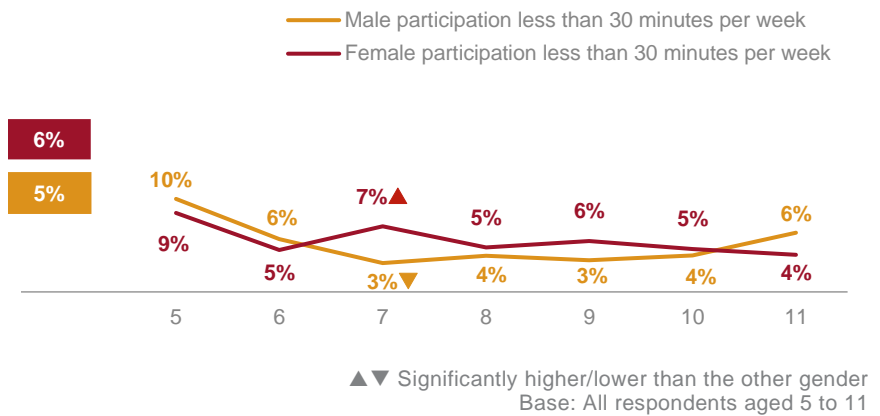


Figure 10: Meeting the physical activity guidelines by age and gender

Males are more likely to meet the physical activity guidelines than females, especially at ages 9 and 10 (figure 10).

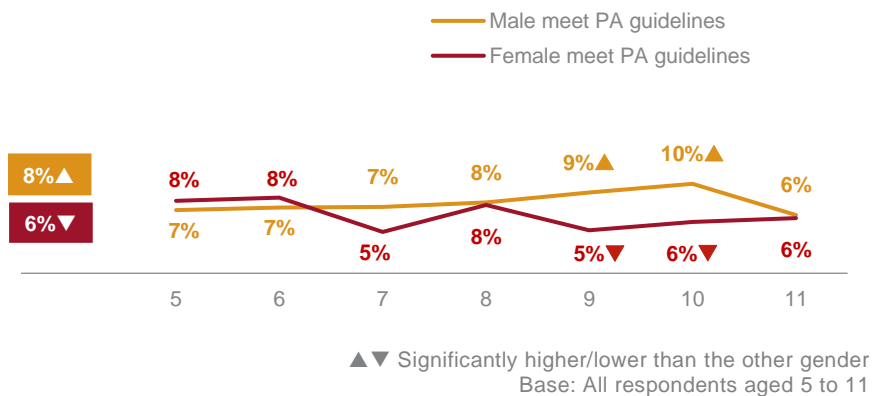
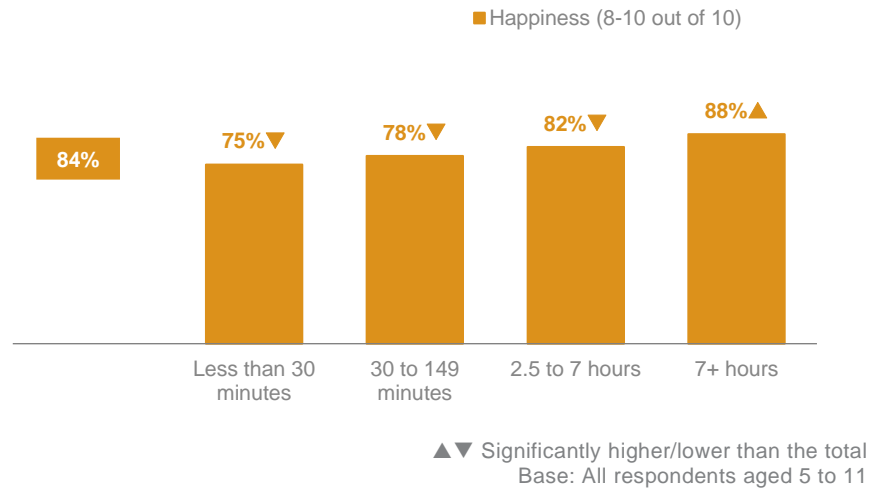


Figure 11: Time spent participating and happiness levels

Tamariki who participate for 7-plus hours a week have higher levels of happiness (figure 11).



3. How tamariki participate

This section takes an in-depth look at the ways tamariki participate by age and gender. Read it alongside the Spotlight on rangatahi for the full picture of how participation changes by each age and gender for tamariki and rangatahi.

Insights

By age

- Between ages 5 and 11, the rise in organised participation is steeper than the drop in informal participation. Organised participation increases by 13 percent, and time spent almost doubles from 2.7 hours to 5.2 hours. In contrast informal participation drops by just 2 percent and time decreases by 22 percent from 7.6 hours to 5.9 hours.
- Between ages 5 and 11, the rise in organised participation is largely accounted for by a steep increase in participation in competitions or tournaments – a 245 percent increase.
- As tamariki get older, increases are also evident in training or practising with a coach or instructor, club/team membership at or outside of school and participation through events.
- Between ages 5 and 11, the decline in informal participation is largely accounted for by a decrease in playing alone, followed by a decrease in playing with others, while doing extra exercise, training or practice without a coach or instructor steeply increases.
- It is only at age 11 that weekly informal participation and time spent on it are lower than for all tamariki. By age 11, three in four continue to play with others, one in five is doing extra exercise, training or practice without a coach or instructor and one in two is playing alone.
- One in 10 tamariki uses technology while being active; the proportion is higher from age 10.
- Two in five tamariki use active ways to get to school. One in three walks, which is consistent across all ages. Biking, skateboarding, scootering, and rollerblading are more popular for ages 9 and 10 and biking from age 10 compared with other age groups.

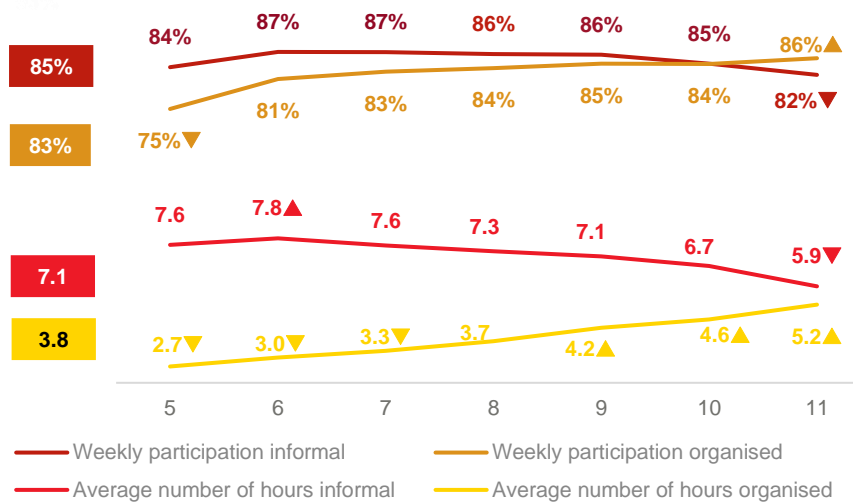
By gender

- Males are more likely to participate in competitions or tournaments and spend more time doing so, especially between ages 7 and 10. They are also more likely to be team/club members outside of school, while females are more likely to be club/team members at school.
- Males have higher levels of informal participation because they are more likely to play alone and with others, and to spend more time doing so. They are also more likely to use active ways of getting to school.
- No gender difference is evident in participating in physical education (PE), practising with a coach or instructor, participating through events, doing extra exercise, training or practice without a coach or instructor, or using technology while being active.

Figure 12: Organised and informal participation by age¹⁷

Between ages 5 and 11:

- organised participation increases by 15 percent
- time spent in organised participation almost doubles (from 2.7 hours to 5.2 hours)
- informal participation drops by just 2 percent.
- time spent in informal participation drops by 22 percent (from 7.6 hours to 5.9 hours).



85%

83%

7.1

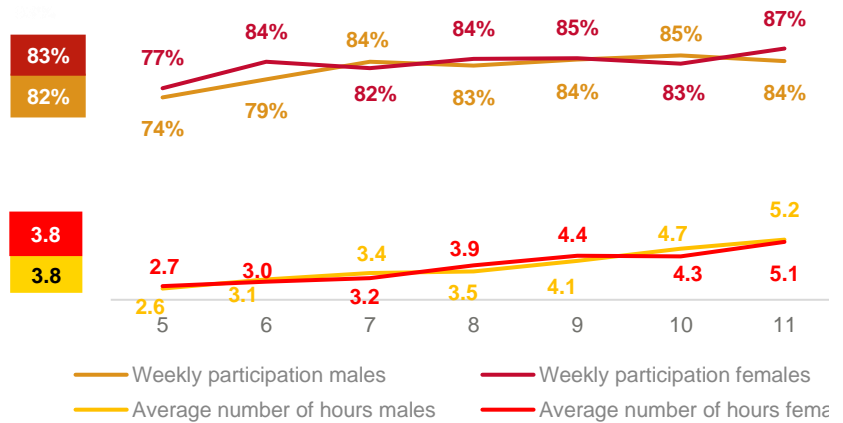
3.8

▲▼ Significantly higher/lower than the total
Base: All respondents aged 5 to 11

Only at age 11 is weekly informal participation and time spent lower than for all tamariki (figure 12).

Figure 13: Organised participation by age and gender

No difference by gender is evident in weekly organised participation and time spent (figure 13).



83%

82%

3.8

3.8

▲▼ Significantly higher/lower than the other gender
Base: All respondents aged 5 to 11

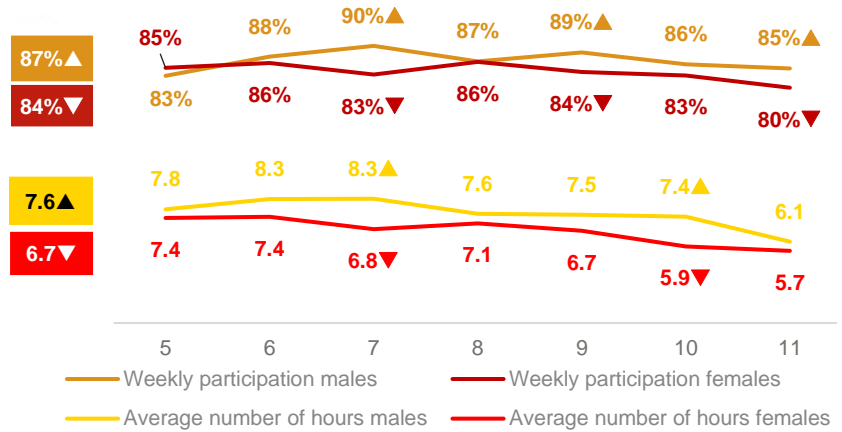
¹⁷ See Glossary on page 5 for components of organised and informal participation.

Figure 14: Informal participation by age and gender

Males are more likely to participate informally and spend 13 percent more time than females.

At age 7, 8 percent more males participate informally each week, spending 18 percent more time.

At age 10, males spend 25 percent more time in informal participation than females (figure 14).

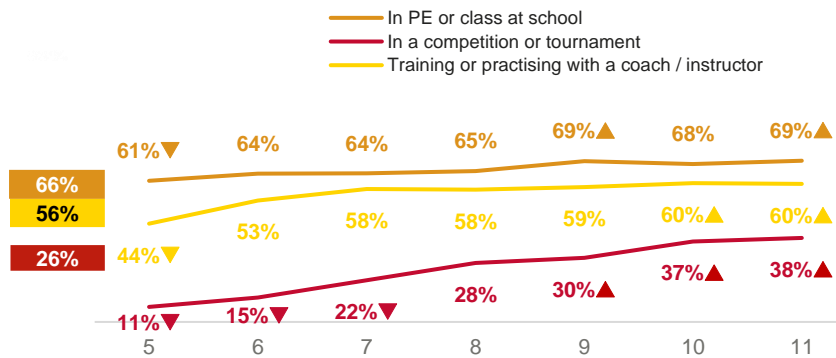


▲▼ Significantly higher/lower than the other gender
Base: All respondents aged 5 to 11

Figure 15: Different types of organised participation by age

Between ages 5 and 11:

- participating in competitions or tournaments steeply increases - a 245 percent change. Higher than for all tamariki from age 9.
- training or practising with a coach or instructor increases by 36 percent.
- participation in PE increases by 13 percent.

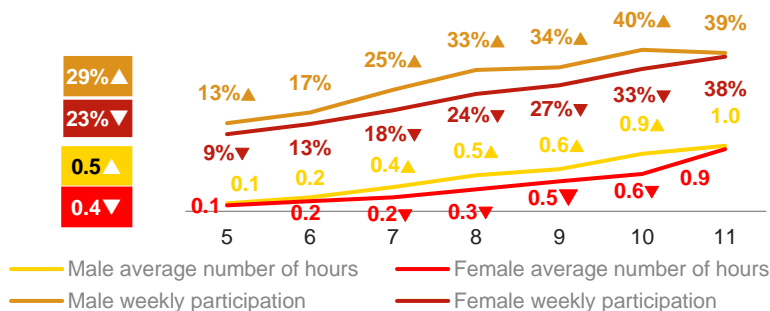


▲▼ Significantly higher/lower than the other gender
Base: All respondents aged 5 to 11

Tamariki aged 5 are less likely to be active in each of the three types of organised participation (figure 15).

Figure 16: Participation in a competition or tournament by age and gender

Males are more likely to participate in competitions or tournaments and spend more time doing so, especially between ages 7 and 10 (figure 16).



▲▼ Significantly higher/lower than the other gender
Base: All respondents aged 5 to 11

Club/team membership at or outside of school is lower for ages 6 and 7 and higher from age 9 (table 3).

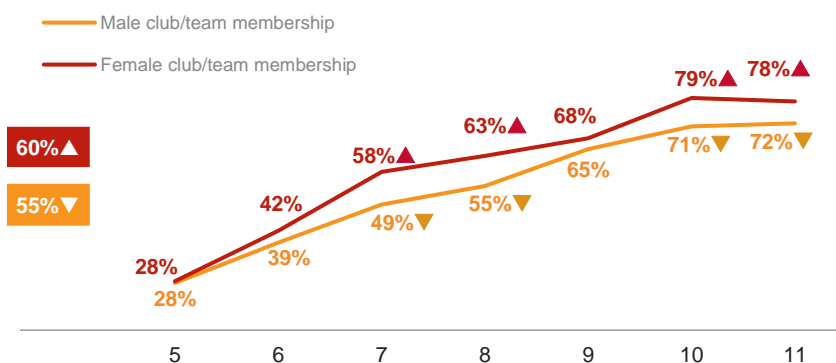
Table 3: Club/team membership at or outside of school in the past 12 months by age

	Total	Age group							
		5	6	7	8	9	10	11	
At school	57%	28%▼	41%▼	54%▼	59%	66%▲	74%▲	75%▲	
Outside of school	67%	49%▼	60%▼	67%	70%▲	73%▲	73%▲	72%▲	
At or outside of school (net)	80%	59%▼	71%▼	80%	82%	87%▲	90%▲	88%▲	

▲▼ Significantly higher/lower than the total
Base: All respondents aged 5 to 11

Figure 17: Club/team membership at school in the last 12 months by age and gender

Females are more likely to be club/team members at school, especially from age 7. This is likely to be related to netball, which is one of the top participation sports for females. By age 11, one in four females is playing netball (see appendix A)

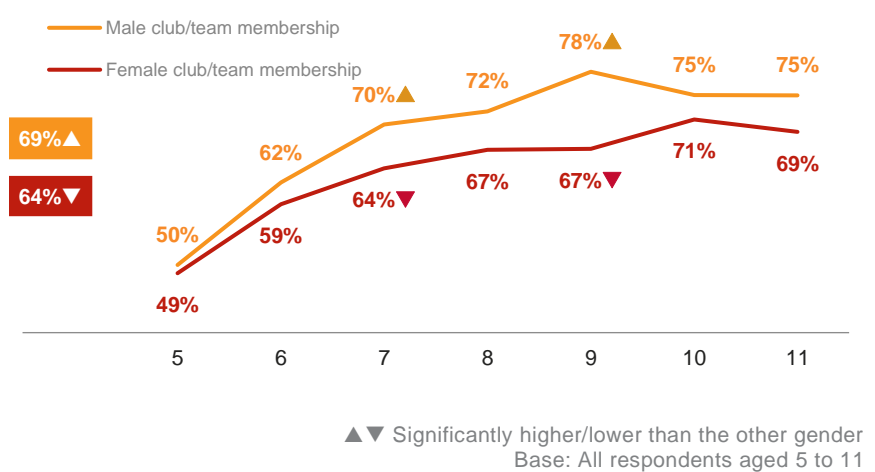


▲▼ Significantly higher/lower than the other gender
Base: All respondents aged 5 to 11

Club/team membership at school continues to increase as tamariki get older for both males and females (figure 17).

Figure 18: Club/team membership outside of school in the last 12 months by age and gender

Males are more likely to be club/team members outside of school, especially between ages 7 and 9. Club/team membership outside of school levels off for males and females at ages 10 and 11 (figure 18).



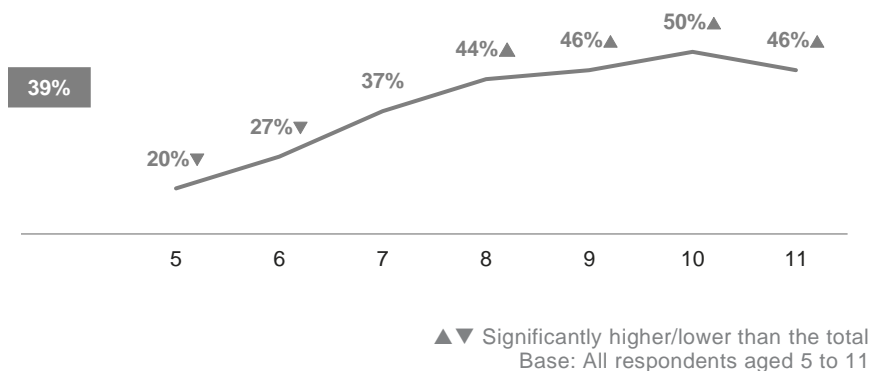
Data collected through Sport NZ’s Voice of Participant¹⁸ survey showed that, between ages 5 and 12, 41 percent of tamariki join clubs to learn or improve skills and 30 percent for fun, with no gender difference evident.¹⁹

The survey found variation in club satisfaction by different sports and by gender.

Figure 19: Participation through events in the past 12 months by age

Two in five participate through events. The proportion is lower at ages 5 and 6 and higher from age 8.

No difference by gender is evident (figure 19).

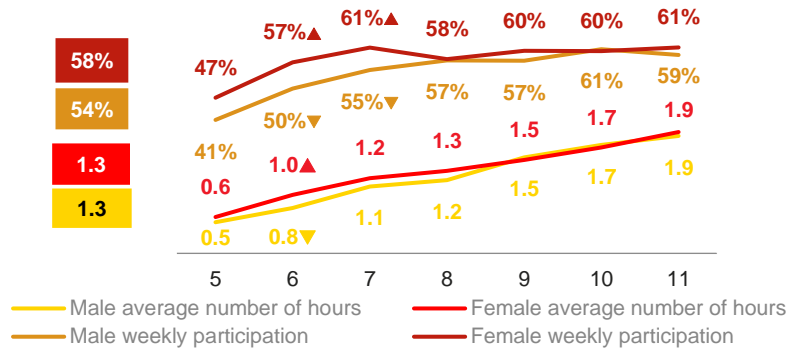


¹⁸ Sport NZ Voice of Participant data collected 1 July 2020 and 30 June 2021.

¹⁹ Parents/caregivers are invited to complete the survey on behalf of tamariki at the end of their survey and encouraged to involve tamariki when answering. Sixty-two percent of responses included tamariki. By comparison, 42 percent of rangatahi involved their parent/caregiver when completing the same survey, even though the invitation was directed at them.

Figure 20: Training or practising with a coach by age and gender

No difference by gender is evident in training or practising with a coach (figure 20).



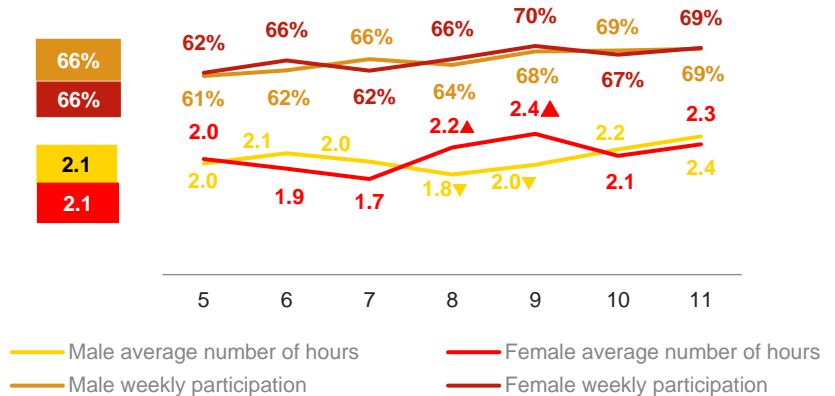
▲▼ Significantly higher/lower than the other gender
Base: All respondents aged 5 to 11

Figure 21: Participation in physical education by age and gender

No difference by gender is evident in participation in PE (figure 21).

Sport NZ’s Voice of Rangatahi survey²⁰ found no difference in levels of satisfaction with PE in school years 7 and 8. Thirty-nine percent of females and 41 percent of males were very or extremely satisfied.

No difference by gender was evident in the overall experience of physical activity in an intermediate school setting (35 percent of both males and females were very or extremely satisfied).



▲▼ Significantly higher/lower than the other gender
Base: All respondents aged 5 to 11

20 Sport NZ. Voice of Rangatahi 2020.

Figure 22: Different types of informal participation by age

Between ages 5 and 11:

- participating for extra exercise, training or practice without a coach or instructor increases by 280 percent
- playing alone drops by 19 percent – participation is highest for ages 5 and 6 and lowest for ages 10 and 11
- playing or hanging out with family and friends drops by just 6 percent, reaching its lowest by age 11 (figure 22).

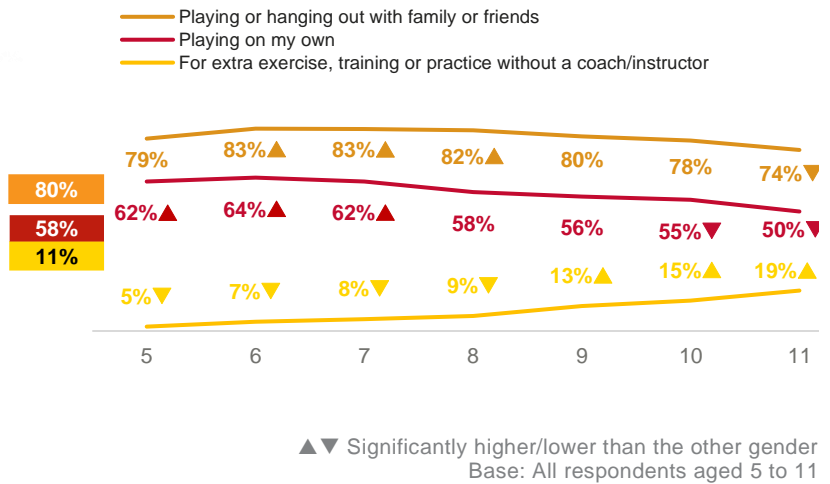


Figure 23: Playing or hanging out with family and friends by age and gender

Males are more likely to play or hang out with family and friends and spend more time doing so (figure 23).

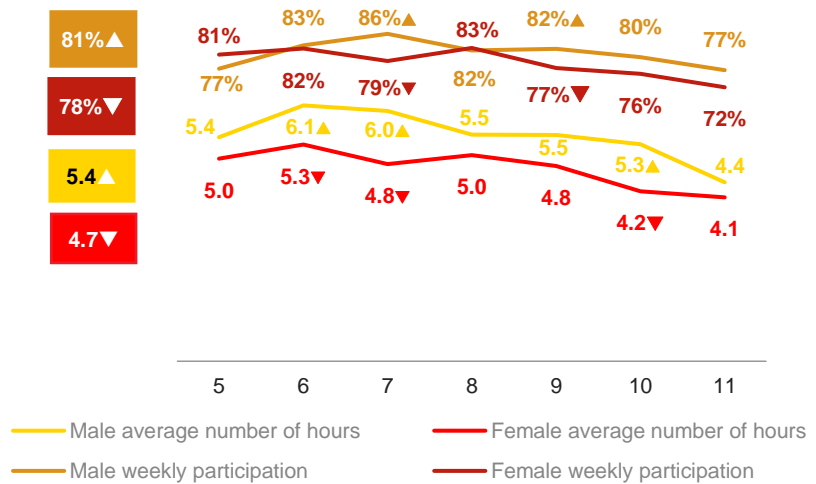
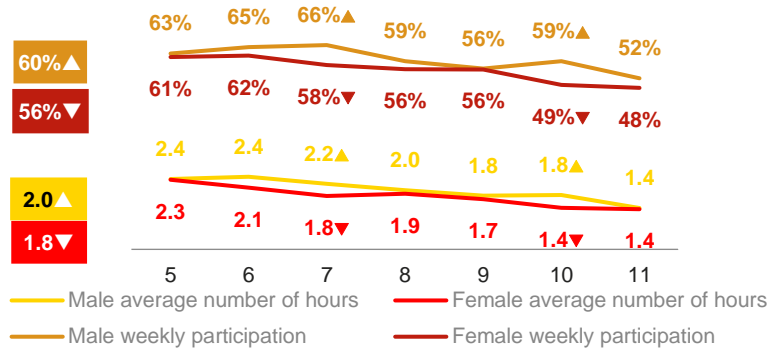


Figure 24: Playing alone by age and gender

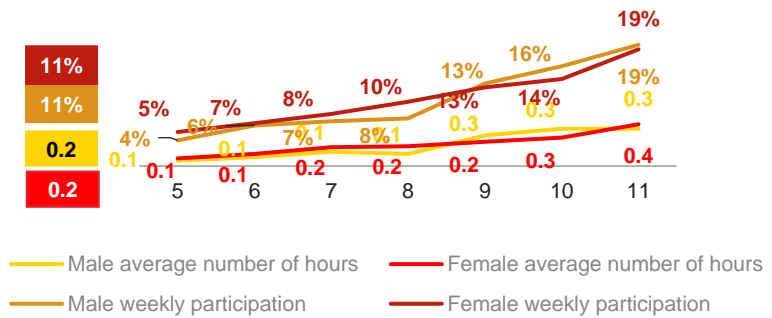
Males are more likely to play alone and spend more time doing so, especially at ages 7 and 10 - 20 (figure 24).



▲▼ Significantly higher/lower than the other gender
Base: All respondents aged 5 to 11

Figure 25: For extra exercise, training or practising without a coach/instructor by age and gender

No difference by gender is evident for extra exercise, training or practising without a coach/instructor (figure 25).



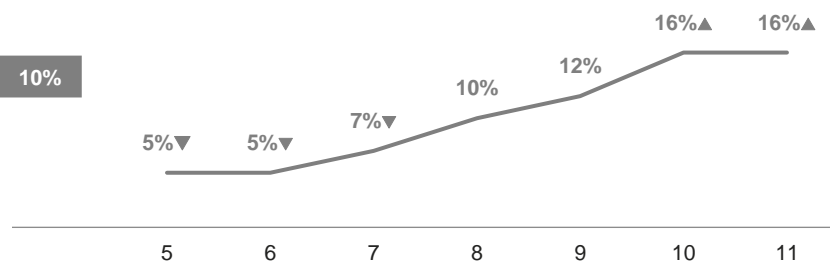
▲▼ Significantly higher/lower than the other gender
Base: All respondents aged 5 to 11

Figure 26: Use of technology by age²¹

One in 10 uses technology while being active.

Use increases as tamariki get older – it is lower between ages 5 and 7 and higher from age 10 (figure 26).

No difference is evident by gender.



▲▼ Significantly higher/lower than the total
Base: All respondents aged 5 to 11

²¹ Responses to the question: In the last 7 days have you used any technology (Fitbits, smartphone apps, pedometers etc.) when you have been physically active for sport, PE, exercise, or fun?

Two in five tamariki use active ways to get to school. One in three walks, which is consistent across all ages. Biking, skateboarding, scootering, and rollerblading are more popular for ages 9 and 10 and biking from age 10 compared with other ages. Use of active ways of getting to school is higher from age 10 (table 4).

Table 4: Getting to and from school by age

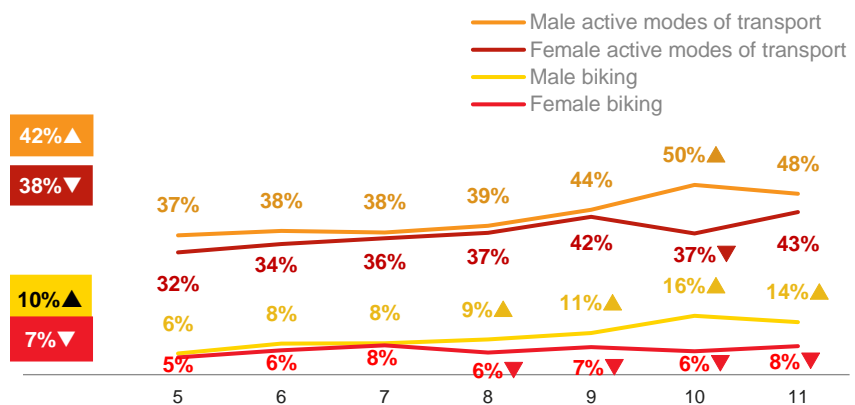
	Age group							
	Total	5	6	7	8	9	10	11
Walk	32%	30%	31%	32%	31%	34%	33%	33%
Run	1%	1%	1%	1%	2%	1%	2%	1%
Bike	9%	5%▼	7%	8%	8%	9%	11%▲	11%▲
Skateboard, scooter, or rollerblading	8%	6%▼	7%	7%	7%	10%▲	10%▲	9%
NET active transport	40%	35%▼	36%▼	37%▼	38%	43%	44%▲	45%▲
Car, van, or motorbike	63%	71%▲	71%▲	69%▲	63%	63%	60%▼	49%▼

▲▼ Significantly higher/lower than the other total
Base: All respondents aged 5 to 11

Figure 27: Biking and total active ways of getting to and from school by age and gender

Males are more likely to use active ways of getting to school.

They are also more likely to bike to school than females, especially from age 8 (figure 27).



▲▼ Significantly higher/lower than the other gender
Base: All respondents aged 5 to 11

4. Motivations²²

This section explores motivations to be active by age and gender.

Insights

By age

- Fun is the lead motivator for four in five tamariki. Although the proportion is lower from age 9, at age 11 fun continues to be the lead motivator for three in four.
- Hanging out with family and friends is the second highest motivator for all ages, except at age 5 where it is lower than for all tamariki.
- Participating for physical challenge or to win, for fitness or health, or because 'I'm good at it' are higher motivators for older than younger tamariki.
- At age 11, participating to lose or maintain weight is more motivating and participating to learn or practise a new skill is less motivating compared with all tamariki.

By gender

- Males are more likely to be motivated to be active so they can hang out with family and friends, while females are more likely to be active because 'I have to'.
- Males are also more likely to participate for physical challenge or to win, although no gender difference is evident in participating because 'I am good at it'.

²² Results are from quarter 1 2017 to quarter 2 2019. Questions on motivation were removed in quarter 3 2019 to accommodate questionnaire changes.

Fun is the lead motivator for participating (four in five), followed by hanging out with family and friends (one in two), learning, or practising a new skill (two in five) and because 'I have to' (three in 10).

Participating for fun is higher between ages 5 and 7 and lower from age 9. Hanging out with family and friends is a consistent motivation for all ages except age 5, where this motivation is lower. This pattern is also true for because 'I have to'.

The motivation of learning or practising a new skill is higher for ages 5 and 7 and lower at age 11.

Participating for physical challenge or to win, for fitness or health and because 'I'm good at it' are less motivating between ages 5 and 7 and more motivating between ages 9 and 11.

The motivation of participating to lose or maintain weight is higher for tamariki aged 11 (table 5).

Table 5: Motivations by age

	Age group							
	Total	5	6	7	8	9	10	11
For fun	81%	85%▲	84%▲	85%▲	81%	78%▼	78%▼	76%▼
To hang out with family or friends	45%	38%▼	43%	48%	46%	47%	48%	45%
To learn or practise a new skill	37%	41%▲	39%	42%▲	38%	35%	35%	30%▼
I must (parents/caregiver or school make me)	31%	25%▼	30%	30%	30%	32%	32%	33%
To physically challenge myself or to win	20%	8%▼	10%▼	17%▼	20%	25%▲	27%▲	30%▲
For fitness or health	14%	6%▼	7%▼	11%▼	13%	15%	19%▲	22%▲
I'm good at it	8%	3%▼	4%▼	5%▼	8%	10%▲	12%▲	11%▲
To lose or maintain weight	1%	0%	0%	1%	0%	1%	1%	2%▲
To look good	0%	0%	0%	0%	0%	0%	1%	1%

▲▼ Significantly higher/lower than the other total
Base: All respondents aged 5 to 11

Figure 28: Motivations: for fun and to hang out with family or friends, by age and gender

Except at age 10 when males are less likely to be motivated by fun, no gender difference is evident for this motivator by age. Hanging out with family and friends is more likely to motivate males to be active (figure 28).

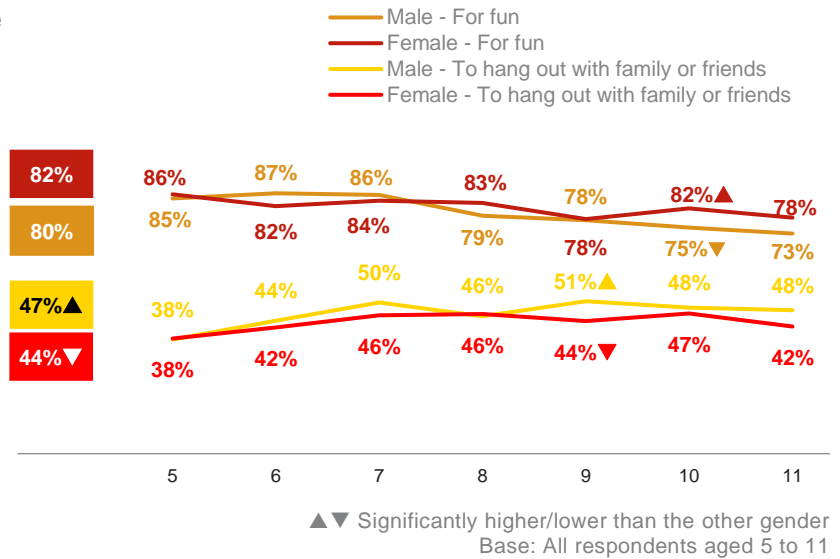


Figure 29: Motivations: to physically challenge myself and 'I am good at it', by age and gender

Males are more likely to participate for physical challenge or to win than females are.

No gender difference is evident for participating because 'I am good at it' (figure 29).

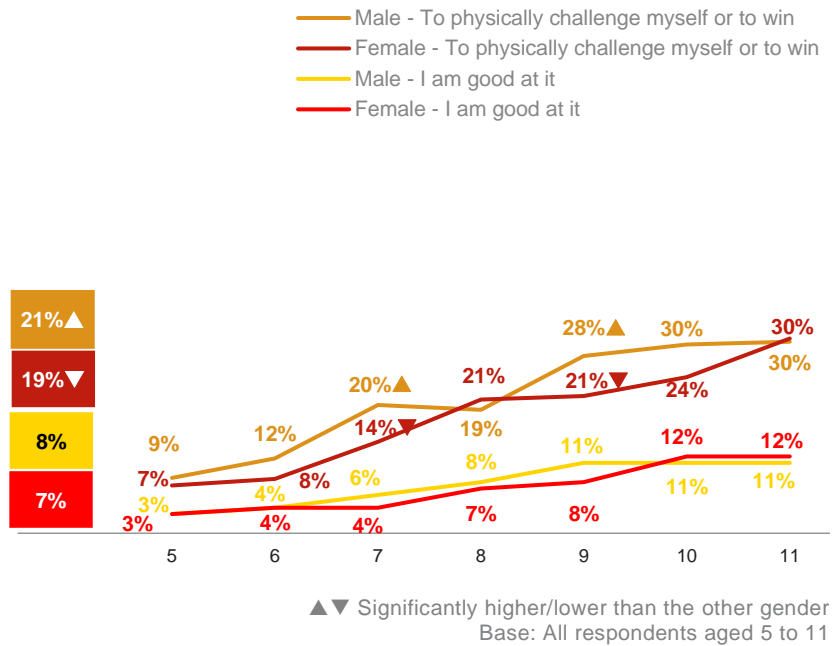
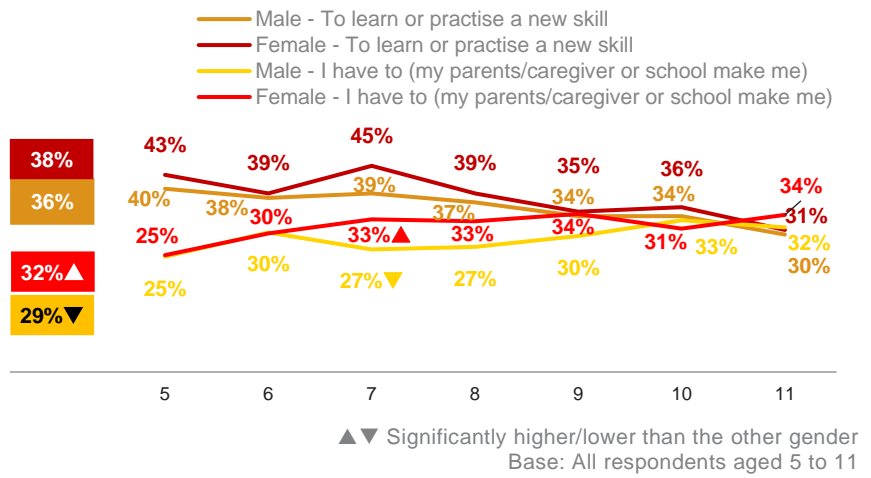


Figure 30: Motivations: to learn and practise a new skill and because 'I have to', by age and gender

No gender difference is evident in participating to learn or practise a new skill.

Females are more likely to be active 'because I have to', especially at age 7 (figure 30).



5. Barriers

This section explores appetite to participate more and barriers to increasing participation by age, gender, and deprivation. Note that questions about barriers are only asked of tamariki aged 8 to 11.

Insights

Overall

- One in two tamariki wants to participate more, especially at age 5.
- Except at age 9, when females have a greater appetite to do more, no difference by gender is evident.
- For tamariki who want to do more, the top barrier for two in five is 'too busy', followed by 'my family can't afford it' for one in five and being unable to fit it in with other family members' activities for almost one in five.
- In contrast, the main barrier for one in two tamariki who do not want to do more is 'already doing a good amount', followed by 'too busy' for three in 10 and 'prefer to do other things' for one in five.
- No difference is evident in time spent in weekly participation for tamariki who do and do not want to do more (11 hours compared with 10.8 hours). The average number of barriers is also similar (2.2 compared with 2.0 barriers).

Want to do more by age, gender, and deprivation

- 'Too busy' is a barrier that is consistent by age and for tamariki from low deprivation areas. It is a less common barrier for tamariki from high deprivation areas.
- Affordability is also a barrier that is consistent by age. It is a more common barrier for females and for tamariki from high deprivation areas.
- No places nearby 'to do what I want to do' and not having the equipment needed are more common barriers for tamariki from high deprivation areas.
- Not being able to fit in with other family members' activities is more often a barrier at age 8 and less often at age 11.
- At age 8, females are more likely than males to experience as barriers to doing more: finding it too hard to get to get to training, games, and competitions; not having the equipment they need; and having parents who prefer a focus on schoolwork or other activities.

Do not want to do more by age, gender, and deprivation

- Among those who do not want to do more, the top barriers were 'already do a good amount', 'too busy' and 'prefer to do other things', with no difference by age or gender evident.
- At age 11, struggling with motivation is a more common barrier for tamariki who do not want to do more compared with other ages.
- Tamariki at age 11 also have more barriers than the average. Parents preferring a focus on schoolwork or other activities, finding it too hard to get to training, games or competitions and not having the equipment needed are more common barriers for tamariki aged 11.
- For one in two tamariki from low deprivation areas, 'already doing a good amount' is a

barrier to doing more. This proportion drops to one in three for tamariki from high deprivation areas.

Prefer to do other things

- Seventeen percent of tamariki prefer to do other things rather than increase their participation. It is the fifth-ranked barrier for tamariki who want to do more and third-ranked for tamariki who do not.
- The top three alternative activities tamariki prefer to do are consistent by age: spending time with family or friends, reading and playing electronic games.
- The top alternative activity males prefer to do is play electronic games. Almost twice as many males as females have this preference. This is followed by spending time with family and friends and reading – the top two activities for females.
- Tamariki from high deprivation areas are more likely to prefer to play electronic games and tamariki from low deprivation areas are less likely to do so than all tamariki.

One in two tamariki wants to do more, especially tamariki at age 5 and tamariki from high deprivation areas (tables 6 and 7).

Table 6: Appetite to increase participation by age

	Age group							
	Total	5	6	7	8	9	10	11
Want to increase participation	54%	59%▲	55%	56%	53%	52%	52%	52%

▲▼ Significantly higher/lower than the total
Base: All respondents aged 5 to 11

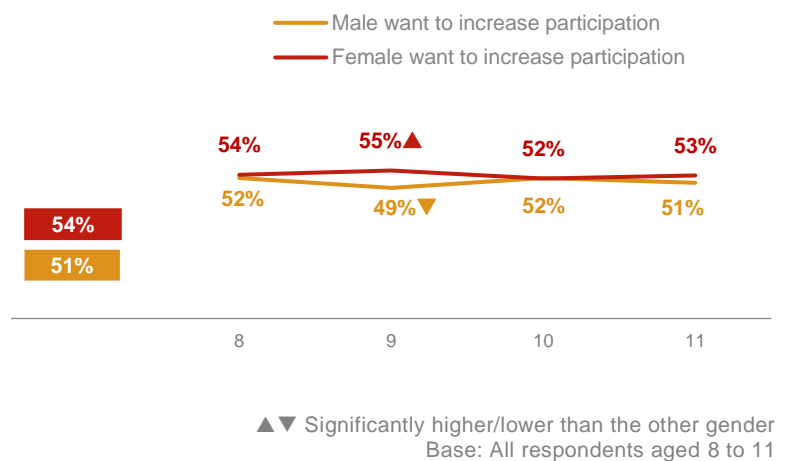
Table 7: Appetite to increase participation by deprivation

	Total	Low deprivation	Medium deprivation	High deprivation
Want to increase participation	54%	51%▼	53%	59%▲

▲▼ Significantly higher/lower than the total
Base: All respondents aged 5 to 11

Figure 31: Appetite to increase participation by age and gender

Except at age 9, when females have a greater appetite to do more, no difference by gender is evident (figure 31).



For two in five tamariki who want to do more, the top barrier is ‘too busy’, followed by ‘my family can’t afford it’ for one in five and not being able to fit in with other family members activities for almost one in five.

In contrast, the main barrier for one in two tamariki who do not want to do more is ‘already doing a good amount’, followed by ‘too busy’ for three in 10 and ‘prefer to do other things’ for one in five.

No difference is evident in time spent in weekly participation between tamariki who want to do more and those who do not (11 hours compared with 10.8 hours). The average number of barriers is also similar (2.2 compared with 2.0 barriers) (table 8).

Table 8: Barriers to participation for tamariki who want and those who do not want to increase their participation

Want to increase participation		Do not want to increase participation	
38%	Too busy	46%	I already do a good amount of physical activity
22%	My family can't afford it	28%	Too busy
19%	Can't fit it in with other family members' activities	23%	I prefer to do other things
17%	Too hard to get to training, games, or competitions	11%	I'm too tired / don't have the energy
12%	I prefer to do other things	11%	It's too hard to motivate myself
12%	No places nearby to do what I want to do	8%	I am not interested in sport or physical activity
12%	The weather	8%	My family can't afford it
8%	I'm too tired / don't have the energy	8%	Can't fit it in with other family members' activities
7%	I don't have the equipment I need	7%	I'm not confident enough
7%	It's too hard to motivate myself	5%	Too hard to get to training, games, or competitions
7%	I'm not confident enough	5%	My parents want me to focus on my schoolwork / other activities
6%	Not enough PE offered at school	5%	The weather
6%	My parents want me to focus on my schoolwork / other activities	5%	I find physical activity boring
6%	My school doesn't offer physical activities I'm interested in	4%	I don't want to fail
5%	I have no one to do it with	3%	No places nearby to do what I want to do
	2.2 barriers on average		2.0 barriers on average
	11.0 hours spent in weekly participation on average		10.8 hours spent in weekly participation on average

Base: All respondents aged 8 to 11

The average number of barriers is consistent by age and gender for tamariki who want to do more.

For one in five tamariki of all ages, affordability is a barrier.

The barrier of not being able to fit in with other family members' activities is more common at age 8 and less common at age 11.

Preferring to do other things is less common at age 8 (table 9).

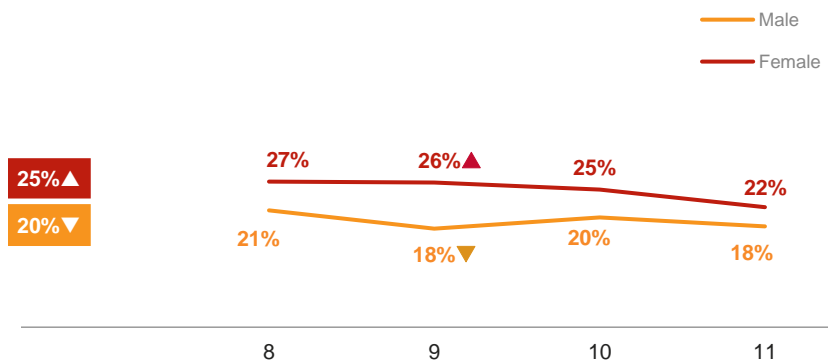
Table 9: Want to increase participation: top five barriers by age

	Age group				
	Total	8	9	10	11
Too busy	38%	39%	38%	37%	37%
My family can't afford it	22%	24%	22%	22%	20%
Can't fit it in with other family members' activities	19%	24%▲	18%	19%	16%▼
Too hard to get to training, games, or competitions	17%	16%	18%	17%	16%
I prefer to do other things	12%	10%▼	12%	14%	14%
Average number of barriers	2.2	2.1	2.2	2.2	2.2
Females – average number of barriers	2.2	2.2	2.2	2.3	2.2
Males – average number of barriers	2.2	2.1	2.1	2.2	2.2

▲▼ Significantly higher/lower than the total
Base: All respondents aged 8 to 11

Figure 32: Want to increase participation: 'my family can't afford it'

Affordability is a more common barrier for females who want to do more, especially at age 9 (figure 32).



▲▼ Significantly higher/lower than the other gender
Base: All respondents aged 8 to 11

Among tamariki aged 8 who want to do more, females are more likely than males to have the following barriers to doing more:

- too hard to get to training, games, and competitions (19 percent compared with 12 percent)
- not having the equipment they need (9 percent compared with 4 percent)
- parents preferring a focus on schoolwork or other activities (8 percent compared with 3 percent).

Almost one in two tamariki from low deprivation areas are too busy to do more compared with one in four from high deprivation areas.

Affordability is a more common barrier for tamariki from high deprivation areas, while not being able to fit in with other family members' activities is a more common barrier for tamariki from low deprivation areas (table 10).

Table 10: Want to increase participation: top five barriers by deprivation

	Total	Low deprivation	Medium deprivation	High deprivation
Too busy	38%	45%▲	39%	25%▼
My family can't afford it	22%	17%▼	23%	27%▲
Can't fit it in with other family members' activities	19%	22%▲	18%	17%
Too hard to get to training, games, or competitions	17%	15%▼	18%	20%
I prefer to do other things	12%	11%▼	12%	13%
Average number of barriers	2.2	2.1	2.3▲	2.1

▲▼ Significantly higher/lower than the total
Base: All respondents aged 8 to 11

For tamariki who do not want to increase their participation, no difference by age is evident on the top four barriers. At age 11, struggling with motivation is more likely to be a barrier (table 11).

Table 11: Do not want to increase participation: top five barriers by age

	Total	Age group			
		8	9	10	11
I already do a good amount	46%	45%	46%	46%	46%
Too busy	28%	26%	28%	31%	28%
I prefer to do other things	23%	22%	24%	20%	26%
I'm too tired / don't have the energy	11%	11%	10%	11%	12%
It's too hard to motivate myself	11%	8%	10%	11%	14%▲
Average number of barriers	2.0	1.9▼	2.0	2.0	2.2▲
Females – average number of barriers	2.0	1.8	2.0	1.9	2.2
Males – average number of barriers	2.0	1.9	2.0	2.1	2.1

▲▼ Significantly higher/lower than the total
Base: All respondents aged 8 to 11

At age 11, the following barriers are also more common:

- parents preferring a focus on schoolwork or other activities (7 percent compared with 5 percent)
- too hard to get to training, games, or competitions (7 percent compared with 5 percent)
- not having the equipment needed (5 percent compared with 2 percent)
- no one to do it with (3 percent compared with 1 percent).

No difference for the top five barriers is evident by gender among tamariki who do not want to do more.

'Already doing a good amount' is less likely to be a barrier for tamariki from high deprivation areas and more likely to be a barrier for tamariki from low deprivation areas (table 12).

Table 12: Do not want to increase participation: top five barriers by deprivation

	Total	Low deprivation	Medium deprivation	High deprivation
I already do a good amount of physical activity	46%	53%▲	45%	35%▼
Too busy	28%	29%	30%	24%
I prefer to do other things	23%	23%	22%	26%
I'm too tired / don't have the energy	11%	11%	8%▼	12%
It's too hard to motivate myself	11%	9%	9%	12%
Average number of barriers	2.0	2.0	2.0	2.1

▲▼ Significantly higher/lower than the total
Base: All respondents aged 8 to 11

Seventeen percent of tamariki prefer to do other things rather than increase their participation. It is the fifth-ranked barrier for tamariki who want to do more (12 percent) and third-ranked for tamariki who do not want to do more (23 percent) (table 8 above).

The top three alternative activities tamariki prefer to do rather than participate more are consistent by age: spending time with family or friends, reading and playing electronic games.

By age 11, more tamariki prefer activities to do with food, theatre and travel rather than increase their participation (table 13).

Table 13: What tamariki prefer to do rather than increase their participation by age

	Total	Age group			
		8	9	10	11
Spending time with family or friends	63%	64%	62%	63%	62%
Reading	53%	53%	51%	52%	55%
Electronic games	52%	48%	50%	54%	54%
Music	36%	36%	34%	36%	36%
Art	28%	31%	31%	24%▼	27%
Crafts	24%	27%	26%	21%	21%
Film	12%	13%	10%	10%	14%
Food	11%	7%▼	8%▼	10%	18%▲
Theatre	6%	3%▼	4%	6%	11%▲
Travel	4%	3%	3%	2%	7%▲
Comedy	2%	1%	2%	3%	3%

▲▼ Significantly higher/lower than the total
Base: All respondents aged 8 to 11

The top alternative activity males prefer to do is play electronic games. Almost twice as many males as females have this preference (67 percent compared with 35 percent).

For males, this is followed by spending time with family and friends and reading – the top two activities for females (table 14).

Table 14: What tamariki prefer to do rather than increase their participation by gender

	Total	Male	Female
Spending time with family or friends	63%	58%▼	67%▲
Reading	53%	46%▼	60%▲
Electronic games	52%	67%▲	35%▼
Music	36%	29%▼	42%▲
Art	28%	17%▼	40%▲
Crafts	24%	12%▼	37%▲
Film	12%	12%	11%
Food	11%	9%▼	13%▲
Theatre	6%	4%▼	9%▲
Travel	4%	3%▼	5%
Comedy	2%	3%	2%

▲▼ Significantly higher/lower than the total
Base: All respondents aged 8 to 11

Tamariki from low deprivation areas are more likely to prefer crafts over increasing their participation.

Tamariki from high deprivation areas more likely to prefer electronic games,²³ art, film, and theatre (table 15).

Table 15: What tamariki prefer to do rather than increase their participation by deprivation

	Total	Low deprivation	Medium deprivation	High deprivation
Spending time with family and friends	63%	62%	63%	63%
Reading	53%	53%	53%	55%
Electronic games	52%	48%▼	48%▼	64%▲
Music	36%	35%	37%	34%
Art	28%	27%	27%	29%▲
Crafts	24%	27%▲	22%	21%
Film	12%	10%	10%	18%▲
Food	11%	9%▼	13%	13%
Theatre	6%	6%	6%	11%▲
Travel	4%	3%	4%	6%
Comedy	2%	1%▼	2%	5%

▲▼ Significantly higher/lower than the total
Base: All respondents aged 8 to 11

²³ Note: there is no difference by ethnicity on preferring to do electronic games for rangatahi.

6. Attitudes

This section explores selected attitudes, highlighting levels of engagement with being active by age and gender.

Insights

By age

- As tamariki get older, their connection with sport grows. Tamariki aged 9 and 10 have higher levels of enjoyment playing sport and tamariki aged 10 are more likely to agree they are good at sport.
- The influence of New Zealand athletes and sports teams as role models and making tamariki want to be active is higher from age 8.
- Tamariki at age 11 are less likely to enjoy PE and being physically active compared with all tamariki.
- One third of tamariki worry ‘they will get hurt’ when being active. The proportion is lower at age 11.,
- Around one in two tamariki finds it easier to concentrate on schoolwork after being active. The proportion is higher at age 8 and lower at age 5.

By gender

- Although no gender difference is evident in liking being active, liking PE or being good at sport, males are more likely to agree they enjoy playing sport.
- The influence of New Zealand athletes and sports teams as role models and making tamariki want to be active is higher for males than females.
- Females are more likely to worry they will get hurt when being active, especially at ages 5 and 6, and they are more likely to like school.

Almost 9 in 10 tamariki like school and enjoy being active, and four in five like PE. These proportions are all lower at age 11.

Four in five tamariki enjoy playing sport, especially at ages 9 and 10. Tamariki aged 10 are also more likely to agree that they are good at sport.

Two-thirds of tamariki agree New Zealand athletes and sports teams make good role models, and more do from age 8. One in two agrees successful New Zealand athletes and sports teams make them want to be more active, especially from age 8.

One in two finds it easier to concentrate on schoolwork after being active and one in three agrees they worry they might get hurt when being active, especially at age 7 (table 16).

The Healthy Active Learning Interim Evaluation Report concluded most students are eager to learn, are positively engaged and focused when in the classroom, and like being active. Students' desire to learn and be active is a key enabler for the Healthy Active Learning initiative.²⁴

It also reported most students like PE (73 percent), felt included in PE and physical activity opportunities and are learning lots during classes. However, the report identified significant room for improvement. This is demonstrated by the findings that one in three say they are good at PE (34 percent), one in four feel included in PE (27 percent) and one in four feel included in physical activity choices (24 percent).

Table 16: Selected attitudes by age

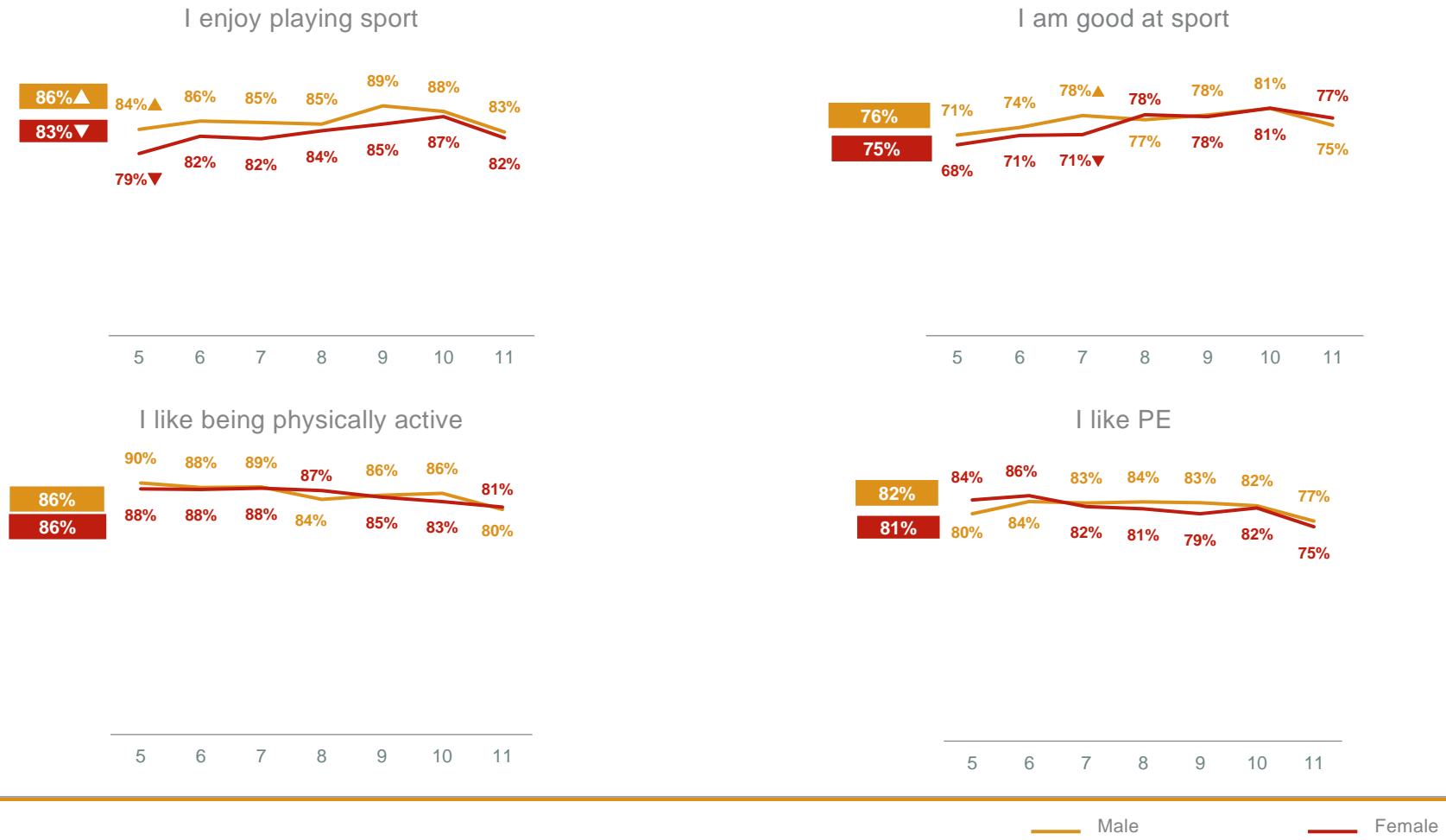
	Age group							
	Total	5	6	7	8	9	10	11
I like school	87%	91%▲	90%▲	89%	88%	85%▼	85%▼	84%▼
I like being physically active	86%	89%▲	88%	88%▲	86%	85%	85%	81%▼
I enjoy playing sport	84%	81%▼	84%	84%	84%	87%▲	87%▲	83%
I like PE	82%	82%	85%▲	83%	82%	81%	82%	76%▼
I am good at sport	76%	70%▼	72%▼	75%	77%	78%	81%▲	76%
NZ athletes and sports teams make good role models	65%	53%▼	55%▼	65%	68%▲	68%▲	72%▲	70%▲
Successful NZ athletes or sports teams make me want to be more physically active	52%	38%▼	42%▼	52%	57%▲	57%▲	61%▲	59%▲
After doing physical activity, I find it easier to concentrate on schoolwork	48%	41%▼	45%	50%	52%▲	46%	49%	49%
I worry I might get hurt when I do physical activity	32%	35%	33%	35%▲	30%	33%	31%	29%▼

▲▼ Significantly higher/lower than the total
Base: All respondents aged 5 to 11 (% agree)

²⁴ Healthy Active Learning is a joint government initiative between Sport NZ, the Ministry of Health, and the Ministry of Education for tamariki and rangatahi between ages 5 and 12. It seeks to improve the wellbeing of tamariki and rangatahi through healthy eating and drinking and quality physical activity. The three long-term outcomes are improvement in positive choices of food and drink in educational settings, increased physical activity in educational settings and the community, and positive engagement in learning.

No difference by gender is evident for liking being physically active, liking PE or being good at sport, but males are more likely to agree they enjoy playing sport, especially at age 5 (figure 33).

Figure 33: Attitudes to playing sport, being physically active and PE by age and gender



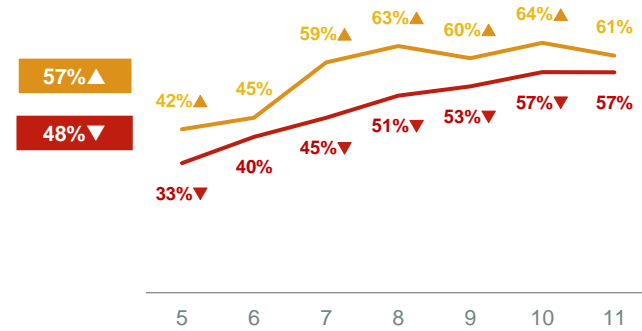
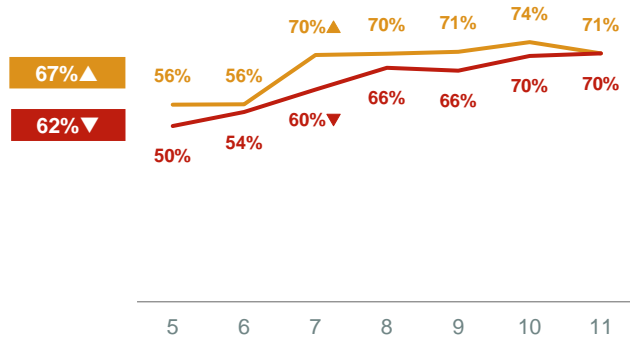
▲▼ Significantly higher/lower than the other gender
Base: All respondents aged 5 to 11

Males are more likely than females, especially at age 7, to agree that New Zealand athletes make good role models, and that successful New Zealand athletes or sports teams make them want to be more active (figure 34).

Figure 34: Attitudes to New Zealand athletes and sports teams by age and gender

NZ athletes and sports teams make good role models

Successful NZ athletes or sports teams make me want to be more physically active



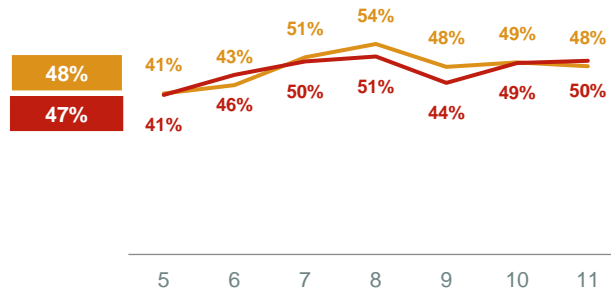
Male Female

▲▼ Significantly higher/lower than the other gender
Base: All respondents aged 5 to 11

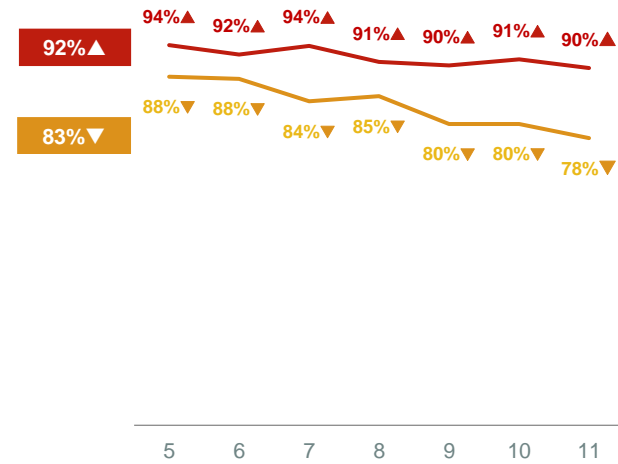
No difference by gender is evident for finding it easier to concentrate on schoolwork after being active. In contrast, the Spotlight on rangatahi reported females are more likely to find it easier to concentrate on schoolwork after being active. Female tamariki are more likely to like school, an attitude that follows into rangatahi years (figure 35).

Figure 35: Attitudes to school and concentration on schoolwork by age and gender

After doing physical activity, I find it easier to concentrate on schoolwork



I like school

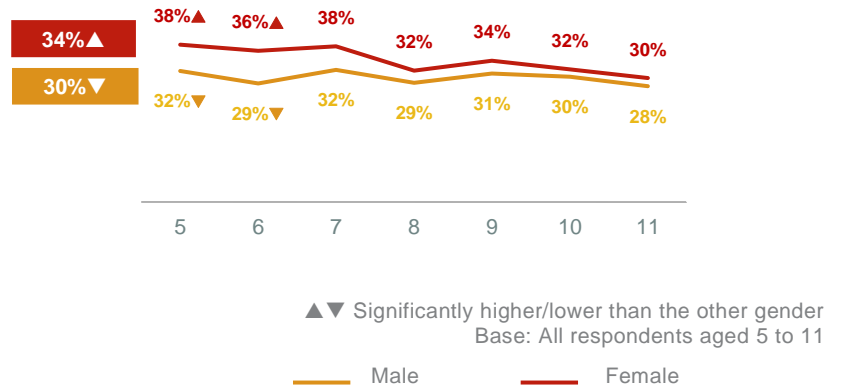


Male Female

▲▼ Significantly higher/lower than the other gender
Base: All respondents aged 5 to 11

Figure 36: I worry I might get hurt when I do physical activity

Females are more likely to worry they will get hurt when being active, especially at ages 5 and 6 (figure 36).



7. Physical literacy

This section covers the six indicators of physical literacy by age, gender, and deprivation.

Insights

By age

- Nine in ten tamariki feel encouraged to be active. The proportion is higher at age 7, when tamariki are also more likely to agree they have the chance to do activities of choice.
- Understanding why being active is good is higher from age 8 and lower at ages 5 and 6.
- Four in five want to be active; the proportion is higher at age 5 and lower at age 11. At age 11, struggles with motivation are emerging.
- Three in four tamariki feel confident and have the competence to be active. Confidence is higher at age 9.

By gender

- No gender difference is evident for five physical literacy statements. The exception is for understanding why 'being active is good for me', to which females are more likely to agree than males. This greater awareness of the benefits carries on to female rangatahi.

By deprivation

- Tamariki from low deprivation areas score higher on all six physical literacy statements.
- Tamariki from medium and high deprivation areas are less likely to have the opportunity to do activities of choice, and just as likely to have the confidence and competence to be active as all tamariki.
- Tamariki from high deprivation areas are less likely to feel encouraged, to want to take part in physical activities and to understand why being active is good for them.

Nine in ten tamariki feel encouraged to be active. The proportion is higher at age 7, when tamariki are also more likely to agree they have the chance to do activities of choice.

Four in five tamariki want to be active. The proportion is higher at age 5 and lower at age 11.

Understanding why being active is good is higher from age 8 and lower at ages 5 and 6.

Three in four tamariki feel confident and have the competence to be active. Confidence is higher at age 9 (table 17).

Although it found tamariki experience high levels of encouragement, the Healthy Active Learning Interim Evaluation Report identified opportunities for improvement through developing sportsmanship, reducing repetition of activities, and increasing input into activities. Fewer than one-third of teachers reported their school had a formal process for consulting students about new physical activities or sports they would like to participate in.

In the same study, 75 percent of students felt they were good at lots of different physical activities and 75 percent had the confidence to take part in lots of different activities.

Teachers reported student confidence can impact on trying PE or a new sport and identified initiatives that help to overcome a lack of confidence. These included schools supporting each student to reach their full potential, supporting their sense of achievement, and encouraging sport outside of school to help build their confidence.

Table 17: Proportion of tamariki who agree with physical literacy indicators by age

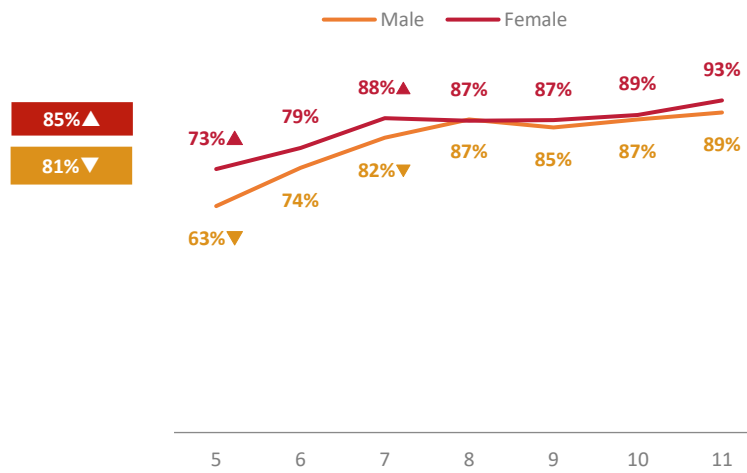
	Age group							
	Total	5	6	7	8	9	10	11
People in my life encourage me to take part in physical activities	92%	90%	91%	94%▲	91%	92%	92%	92%
I understand why taking part in physical activity is good for me	83%	68%▼	77%▼	85%	87%▲	86%▲	88%▲	91%▲
I want to take part in physical activities	83%	85%▲	84%	85%	83%	82%	82%	79%▼
I have the chance to do the physical activities I want	82%	83%	83%	85%▲	82%	82%	80%	82%
I am good at lots of different physical activities	74%	71%	74%	75%	77%	75%	75%	72%
I feel confident to take part in lots of different physical activities	73%	72%	73%	72%	73%	76%▲	75%	71%

▲▼ Significantly higher/lower than the total
Base: All respondents aged 5 to 11 (% agree)

Figure 37: I understand why taking part in physical activity is good for me

Females are more likely to understand why being active is good for them.

No difference by gender is evident on the other five physical literacy statements (figure 37).



85% ▲
81% ▼

▲ ▼ Significantly higher/lower than the other gender
Base: All respondents aged 5 to 11

No gender difference is evident on encouragement, the highest-scoring physical literacy statement for tamariki. However, Sport NZ’s Voice of Rangatahi survey²⁵ found males in school years 7 and 8 were more likely to agree and strongly agree that they have a say when it comes to the physical activity they do at school (64 percent compared with 51 percent of females).

In the same study, females were more likely to be extremely dissatisfied and dissatisfied that their school was helping them to develop or fulfil their potential at school when being physically active (17 percent compared with 11 percent of males).

While Sport NZ’s internal analysis of Active NZ data²⁶ found adult females have a greater influence on the amount of time male rangatahi spend being active, adult influence on the amount of time tamariki spend being active is not evident.

25 Sport NZ Voice of Rangatahi 2020.

26 Sport NZ’s internal analysis of Active NZ data on the impact of adults on tamariki activity 2020.

Tamariki from low deprivation areas score higher on all six physical literacy statements.

Tamariki from medium and high deprivation areas are less likely to have the opportunity to do activities of choice and are just as likely to have the confidence and competence to be active as all tamariki.

Tamariki from high deprivation areas are less likely to feel encouraged, to want to take part in physical activities and to understand why being active is good for them (table 18).

Table 18: Where physical literacy indicators vary by deprivation

	Total	Low deprivation	Medium deprivation	High deprivation
People in my life encourage me to take part in physical activities	92%	94%▲	91%	88%▼
I want to take part in physical activities	83%	86%▲	82%	79%▼
I understand why taking part in physical activity is good for me	83%	86%▲	83%	79%▼
I have the chance to do the physical activities I want	82%	87%▲	80%▼	77%▼
I am good at lots of different physical activities	74%	76%▲	73%	74%
I feel confident to take part in lots of different activities	73%	76%▲	72%	74%

▲▼ Significantly higher/lower than the total
Base: All respondents aged 5 to 11 (% agree)

Appendices

Appendix A: Choices of sports and activities

Table 19: Sports and activities tamariki participated in the past 7 days by age*

Sport or activity	Total	Age group							
		5	6	7	8	9	10	11	
Playing (eg, running around, climbing trees, make-believe)	53%	56%▲	59%▲	57%▲	54%	53%	47%▼	43%▼	
Playing on playground (eg, jungle gym)	52%	58%▲	60%▲	57%▲	54%	52%	48%▼	40%▼	
Running, jogging or cross country (net) (data from 2017 onward)	51%	47%▼	47%▼	51%	51%	54%	54%▲	52%	
Running or jogging (data from 2018 onward)	49%	48%	45%▼	52%	50%	50%	51%	50%	
Running, jogging or cross country (data for 2017 only)	47%	40%▼	45%	43%	45%	53%▲	53%▲	48%	
Swimming	43%	45%	49%▲	49%▲	47%▲	41%	40%▼	34%▼	
Cycling (net)	37%	42%▲	41%▲	44%▲	41%▲	34%▼	32%▼	29%▼	
Cycling or biking	35%	41%▲	40%▲	42%▲	38%▲	31%▼	29%▼	25%▼	
Games (eg, four square, tag, bull rush, dodgeball)	34%	26%▼	31%	31%	34%	37%	38%▲	39%▲	
Scotering	30%	34%▲	37%▲	33%▲	31%	30%	26%▼	22%▼	
Trampoline	30%	32%	35%▲	34%▲	32%	29%	27%▼	23%▼	
Walking for fitness	18%	17%	16%	19%	18%	17%	18%	19%	
Football/soccer or futsal (data for 2017 only)	17%	10%▼	16%	18%	14%	20%	22%▲	19%	
Football/soccer or futsal (net) (data from 2017 onward)	17%	11%▼	13%▼	17%	18%	19%▲	21%▲	19%	
Football/soccer (data from 2018 onward)	17%	11%▼	12%▼	17%	18%	19%	20%▲	18%	
Dance/dancing (eg, ballet, hip hop)	16%	14%	16%	16%	16%	17%	16%	15%	
Cross country (data from 2018 onward)	10%	5%▼	9%	8%	11%	12%	12%▲	11%	
Gymnastics (eg, rhythmic, artistic)	10%	10%	11%	12%▲	12%▲	10%	7%▼	7%▼	
Group exercise class (eg, aerobics, CrossFit, Jump Jam)	9%	7%▼	9%	10%	9%	11%	11%	9%	
Tramping or bush walks	9%	8%	11%▲	8%	9%	9%	9%	8%	
Rugby or Ripa Rugby	9%	6%▼	6%▼	8%	10%	10%	11%▲	10%	
Athletics or track and field	8%	5%▼	7%	7%	8%	9%	8%	12%▲	
Netball	8%	2%▼	4%▼	5%▼	8%	9%	11%▲	14%▲	
Basketball or mini-ball	8%	4%▼	4%▼	5%▼	8%	8%	10%▲	12%▲	
Kapa haka	7%	5%	6%	6%	7%	7%	8%	8%	
Touch	6%	3%▼	3%▼	5%	6%	7%	8%▲	8%▲	
Cricket	6%	3%▼	4%▼	6%	5%	6%	7%	7%▲	
Hockey or floorball	5%	2%▼	2%▼	4%	5%	5%	7%▲	7%▲	
Skateboarding	5%	4%	3%▼	4%	5%	5%	6%	4%	

▲▼ Significantly higher/lower than the total

Base: All respondents aged 5 to 11

* Sports and activities done by over 5% of tamariki

Table 20: Sports and activities tamariki participated in the last 7 days by age and gender*

Sport or activity	Total	Age group						
		5	6	7	8	9	10	11
Playing (eg, running around, climbing trees, make-believe)	53%	55%	61%▲	59%▲	54%	53%	47%▼	43%▼
Running, jogging or cross country (net) (data from 2017 onward)	53%	48%▼	48%▼	53%	53%	57%▲	56%	52%
Running or jogging (data from 2018 onward)	52%	48%	50%	55%	53%	52%	55%	50%
Playing on playground (eg, jungle gym)	51%	56%▲	60%▲	58%▲	52%	49%	45%▼	37%▼
Running, jogging or cross country (data for 2017 only)	47%	43%	41%	44%	45%	58%▲	50%	47%
Swimming	42%	45%	45%	48%▲	46%	43%	38%▼	32%▼
Cycling (net)	41%	45%▲	43%	48%▲	44%	38%	36%▼	34%▼
Cycling or biking	38%	44%▲	41%	46%▲	41%	33%▼	32%▼	28%▼
Games (eg, four square, tag, bull rush, dodgeball)	36%	26%▼	36%	33%	35%	39%	39%▲	40%▲
Scootering	34%	35%	39%▲	34%	34%	35%	32%	27%▼
Trampoline	29%	33%	33%▲	32%	33%▲	27%	27%	20%▼
Football/soccer or futsal (net) (data from 2017 onward)	26%	16%▼	22%▼	27%	28%	31%▲	31%▲	28%
Football/soccer or futsal (data for 2017 only)	26%	15%▼	23%	27%	23%	31%	33%▲	29%
Football/soccer (data from 2018 onward)	26%	16%▼	21%▼	27%	29%	30%	29%	28%
Walking for fitness	17%	16%	16%	20%▲	16%	16%	18%	16%
Rugby or Rippa Rugby	14%	9%▼	10%▼	14%	16%	14%	17%▲	15%
Basketball or mini-ball	10%	6%▼	7%▼	8%▼	12%	11%	13%	16%▲
Cross country (data from 2018 onward)	10%	5%▼	9%	7%	12%	12%	13%▲	10%
Tramping or bush walks	9%	9%	11%	9%	11%	9%	8%	9%
Cricket	9%	4%▼	6%▼	10%	9%	10%	9%	11%▲
Group exercise class (eg, aerobics, CrossFit, Jump Jam)	9%	7%	7%	9%	8%	10%	11%▲	7%
Touch	8%	4%▼	5%▼	6%	8%	10%	12%▲	11%▲
Athletics or track and field	8%	5%▼	7%	7%	6%	10%	9%	11%▲
Skateboarding	7%	6%	4%▼	6%	8%	8%	8%	7%
Mountain biking	5%	3%▼	4%	5%	5%	6%	7%	8%▲
Kapa haka	5%	4%	5%	5%	3%	6%	8%▲	7%

Sport or activity	Total	Age group						
		5	6	7	8	9	10	11
		Females						
Playing on playground (eg, jungle gym)	54%	60%▲	60%▲	55%	55%	56%	50%	43%▼
Playing (eg, running around, climbing trees, make-believe)	52%	58%▲	57%▲	55%	54%	53%	47%▼	42%▼
Running, jogging or cross country (net) (data from 2017 onward)	49%	45%▼	47%	49%	50%	50%	52%	52%
Running or jogging (data from 2018 onward)	47%	47%	41%▼	48%	47%	47%	45%	51%
Running, jogging or cross country (data for 2017 only)	46%	36%▼	48%	42%	45%	48%	55%▲	49%
Swimming	44%	45%	52%▲	49%▲	48%	40%▼	42%	35%▼
Cycling (net)	34%	38%▲	40%▲	40%▲	37%▲	31%	27%▼	24%▼
Games (eg, four square, tag, bull rush, dodgeball)	32%	26%▼	27%▼	30%	33%	35%	37%▲	38%▲
Cycling or biking	32%	37%▲	38%▲	39%▲	36%	29%	25%▼	22%▼
Trampoline	31%	32%	36%▲	36%▲	31%	31%	27%▼	26%▼
Dance/dancing (eg, ballet, hip hop)	27%	24%	26%	28%	29%	29%	28%	25%
Scootering	27%	33%▲	35%▲	32%▲	28%	25%	20%▼	17%▼
Walking for fitness	19%	18%	16%	17%	19%	19%	18%	22%
Gymnastics (eg, rhythmic, artistic)	16%	16%	18%	20%▲	19%	19%	11%▼	13%▼
Netball	15%	4%▼	7%▼	10%▼	14%	17%	23%▲	26%▲
Group exercise class (eg, aerobics, CrossFit, Jump Jam)	10%	7%▼	11%	11%	10%	12%	10%	11%
Cross country (data from 2018 onward)	10%	6%▼	9%	10%	10%	13%	11%	12%
Athletics or track and field	8%	6%▼	7%	8%	9%	8%	7%	13%▲
Tramping or bush walks	8%	7%	11%	8%	8%	9%	9%	8%
Kapa haka	8%	7%	7%	8%	10%	9%	8%	9%
Football/soccer or futsal (data for 2017 only)	8%	5%	8%	8%	6%	9%	8%	9%
Football/soccer or futsal (net) (data from 2017 onward)	7%	5%	5%▼	8%	6%	8%	9%	9%▲
Football/soccer (data from 2018 onward)	7%	6%	4%▼	7%	6%	7%	8%	9%
Hockey or floorball	5%	3%▼	2%▼	4%	6%	6%	8%▲	7%▲

▲▼ Significantly higher/lower than the total
Base: All respondents aged 5 to 11

* Sports and physical activities done by over 5% of tamariki

Table 21: Sports and activities tamariki would like to try or do more of by age*

Sport or activity	Total	Age group						
		5	6	7	8	9	10	11
Swimming	38%	48%	51%▲	48%	40%	26%	32%	23%▼
Cycling or biking	35%	36%	34%	49%▲	39%	31%	30%	27%
Trampoline	29%	28%	38%	32%	35%	30%	17%▼	28%
Playing on playground (eg, jungle gym)	26%	37%▲	35%▲	40%▲	23%	15%	16%▼	16%
Scootering	25%	30%	29%	28%	30%	25%	17%	18%
Football/soccer	25%	26%	24%	21%	26%	22%	32%	18%
Playing (eg, running around, climbing trees, make-believe)	24%	38%▲	30%	25%	23%	16%	17%	18%
Dance/dancing (eg, ballet, hip hop)	22%	29%	35%▲	24%	27%	12%	11%▼	17%
Gymnastics (eg, rhythmic, artistic)	21%	23%	29%	27%	23%	13%	18%	16%
Running or jogging	21%	21%	23%	23%	15%	15%	23%	25%
Indoor climbing	21%	14%	24%	21%	22%	24%	16%	26%
Games (eg, four square, tag, bull rush, dodgeball)	20%	32%▲	26%	17%	17%	15%	13%	21%
Tramping or bush walks	19%	13%	16%	15%	27%▲	18%	19%	26%
Fishing	15%	18%	12%	10%	25%▲	12%	15%	11%
Horse riding (eg, pony club)	15%	17%	26%▲	6%▼	21%	13%	6%▼	16%
Netball	15%	14%	14%	17%	15%	11%	15%	16%
Skateboarding	14%	12%	12%	11%	21%▲	22%	14%	8%
Touch	14%	11%	6%▼	19%	12%	16%	18%	13%
Rugby or Ripa Rugby	13%	13%	14%	17%	15%	7%	16%	11%
Basketball or mini-ball	13%	14%	13%	17%	9%	9%	20%	9%
Athletics or track and field	13%	9%	20%▲	14%	6%▼	9%	17%	15%
Mountain biking	12%	5%▼	8%	15%	13%	15%	16%	14%
Skiing	12%	10%	10%	15%	13%	9%	14%	12%
Tennis	12%	8%	13%	11%	18%	15%	9%	11%
Karate	12%	10%	14%	16%	14%	12%	7%	10%
Cross country	11%	6%	13%	17%	11%	9%	16%	9%

▲▼ Significantly higher/lower than the total
 Base: All respondents aged 5 to 11
 * Top 26 sports and activities

Table 22: Sports and activities tamariki would like to try or do more of by age and gender*

Sport or activity	Total	Age group						
		5	6	7	8	9	10	11
		Males						
Cycling or biking	36%	35%	34%	48%	44%	24%	36%	26%
Football/soccer	33%	39%	35%	26%	43%	27%	40%	16%
Swimming	32%	48%▲	51%▲	34%	31%	17%	29%	17%
Scootering	29%	35%	35%	25%	25%	37%	23%	24%
Trampoline	26%	27%	32%	23%	28%	35%	21%	23%
Playing on playground (eg, jungle gym)	22%	34%	41%▲	33%	18%	11%	10%▼	12%
Playing (eg, running around, climbing trees, make-believe)	21%	36%▲	34%	21%	17%	13%	13%	12%
Running or jogging	21%	24%	28%	25%	16%	16%	19%	16%
Games (g, four square, tag, bull rush, dodgeball)	20%	37%▲	28%	13%	14%	19%	15%	16%
Touch	19%	14%	10%	26%	19%	30%	27%	6%
Basketball or mini-ball	19%	24%	24%	13%	11%	18%	30%	9%
Rugby or Rippa Rugby	19%	20%	22%	18%	21%	14%	23%	13%
Skateboarding	18%	18%	21%	12%	17%	30%	18%	12%
Indoor climbing	18%	19%	23%	17%	21%	15%	16%	15%
Fishing	17%	19%	13%	9%	32%▲	11%	22%	11%
Mountain biking	16%	4%▼	8%	17%	19%	20%	24%	16%
Tramping or bush walks	16%	11%	15%	11%	21%	12%	18%	20%
Cricket	15%	8%	18%	12%	13%	16%	24%	12%
Athletics or track and field	13%	13%	21%	11%	6%	7%	22%	9%
Tennis	13%	12%	16%	12%	15%	11%	12%	10%
Parkour	12%	9%	5%	8%	11%	16%	21%▲	6%
Skiing	12%	12%	9%	11%	10%	9%	19%	7%
Karate	11%	9%	14%	14%	20%▲	2%	11%	11%
Golf	11%	17%	11%	8%	12%	4%	14%	8%
Surfing	10%	9%	12%	3%	16%	4%	16%	10%
Cross country	9%	4%	13%	12%	11%	8%	12%	6%
		Females						
Swimming	44%	48%	52%	64%▲	49%	33%	36%	30%
Dance/dancing (eg, ballet, hip hop)	38%	44%	53%▲	44%	54%▲	20%▼	21%▼	34%
Gymnastics (eg, rhythmic, artistic)	36%	36%	45%	48%	45%	23%▼	33%	27%
Cycling or biking	34%	36%	35%	50%▲	33%	36%	23%	29%
Trampoline	32%	29%	43%	42%	44%	27%	12%▼	33%
Playing on playground (eg, jungle gym)	30%	41%	31%	48%▲	29%	18%	23%	20%

	Age group							
	Total	5	6	7	8	9	10	11
Playing (eg, running around, climbing trees, make-believe)	27%	40%	27%	29%	30%	17%	22%	24%
Netball	26%	27%	24%	31%	28%	16%	26%	31%
Horse riding (eg, pony club)	24%	28%	37%▲	12%	31%	21%	11%▼	31%
Indoor climbing	23%	10%▼	25%	24%	24%	30%	16%	38%▲
Tramping or bush walks	22%	15%	17%	21%	35%	22%	19%	32%
Scootering	21%	25%	24%	30%	35%▲	16%	8%▼	13%
Running or jogging	21%	18%	19%	22%	13%	14%	27%	34%▲
Games (eg, four square, tag, bull rush, dodgeball)	20%	28%	25%	22%	21%	11%	11%	26%
Football/soccer	16%	13%	15%	16%	8%	18%	23%	20%
Rollerblading	16%	6%	20%	26%	26%	15%	9%	15%
Cross country	14%	7%	13%	22%	11%	9%	23%	11%
Skiing	12%	8%	11%	20%	17%	9%	8%	16%
Athletics or track and field	12%	4%	20%	16%	5%	10%	12%	21%
Group exercise class (eg, aerobics, CrossFit, Jump Jam)	12%	10%	17%	14%	13%	9%	10%	14%
Fishing	12%	16%	11%	12%	18%	12%	6%	11%
Karate	12%	12%	14%	18%	8%	21%	2%	10%
Kapa haka	12%	13%	12%	9%	25%▲	13%	8%	4%
Hockey or floorball	12%	12%	14%	6%	16%	12%	7%	16%
Walking for fitness	12%	6%	5%	9%	13%	12%	17%	20%
Tennis	11%	4%	11%	9%	21%	17%	6%	12%

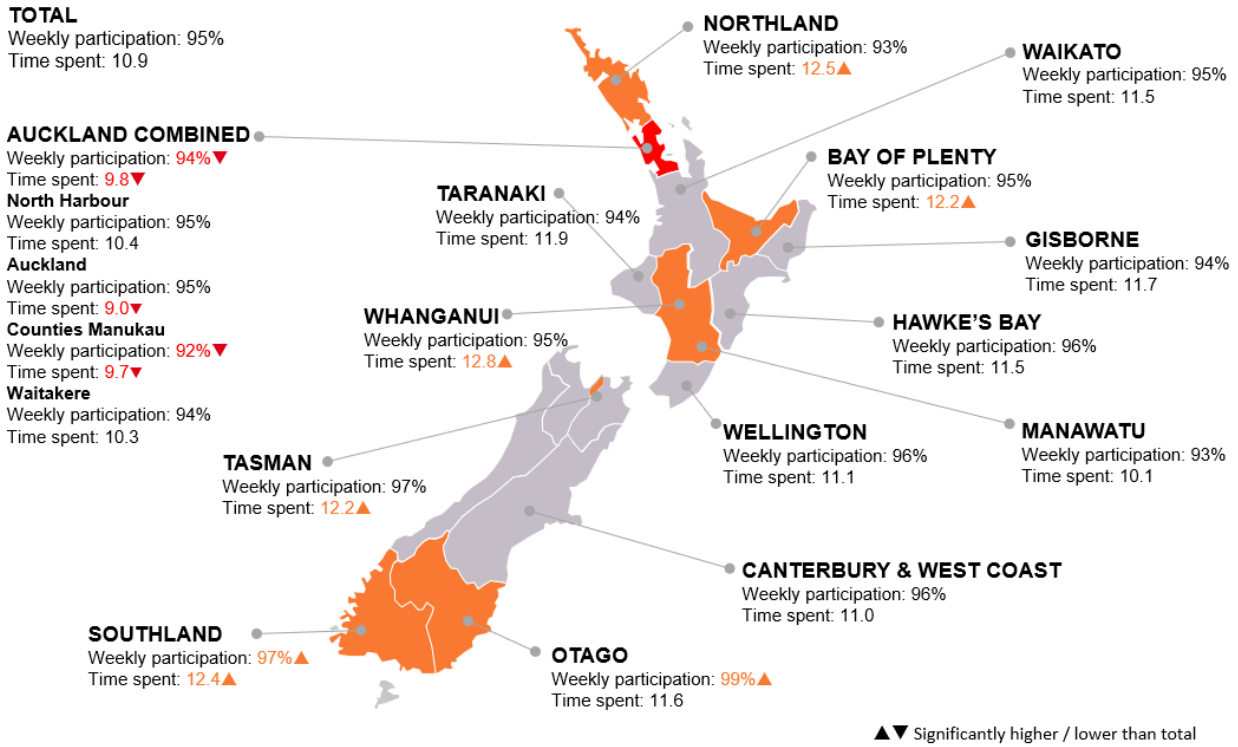
▲▼ Significantly higher/lower than the total
 Base: All respondents aged 5 to 11
 * Top 26 sports and activities

Appendix B: Regional differences

Commentary for regional differences in participation

Tamariki in Northland, Bay of Plenty, Whanganui, Tasman, and Southland spend more time (hours) participating each week than all tamariki.

Figure 38: Weekly participation and time spent participating by region



Appendix C: Base sizes and margin of error

Table 23: Base sizes and margin of error

	Base size	Margin of error %
Total	10,687	0.9
Age		
5	1,455	2.6
6	1,444	2.6
7	1,534	2.5
8	1,442	2.6
9	1,591	2.5
10	1,621	2.4
11	1,600	2.5
5–7	4,433	1.5
8–11	6,254	1.2
Gender		
Male	5,518	1.3
Female	5,169	1.4
Gender within age		
Male 5	778	3.5
Female 5	677	3.8
Male 6	728	3.6
Female 6	716	3.7
Male 7	796	3.5
Female 7	738	3.6
Male 8	740	3.6
Female 8	702	3.7
Male 9	796	3.5
Female 9	795	3.5
Male 10	897	3.3
Female 10	724	3.6
Male 11	783	3.5
Female 11	817	3.4
Male 5–7	2,302	2.0
Female 5–7	2,131	2.1
Male 8–11	3,216	1.7
Female 8–11	3,038	1.8

Base: All respondents aged 5 to 11

Appendix D: Ages per school year

Table 24: Ages per school year

School year	Age group						
	5	6	7	8	9	10	11
Year 3 and below	98%	99%	93%	29%	1%	0%	0%
Years 4–6	1%	1%	7%	69%	98%	95%	29%
Years 7–8	–	0%	0%	1%	0%	5%	70%
Years 9–10	–	–	–	0%	0%	0%	0%
Years 11–13	–	–	–	–	–	–	0%
Not at school	1%	0%	0%	0%	0%	–	0%

Base: All respondents aged 5 to 11

Appendix E: Method and sample

This research aims to:

- collect information on ‘who’, ‘how’ and ‘where’ tamariki, rangatahi and adults participate and ‘what’ they participate in
- identify and describe links between participation (and non-participation) and other influential factors; the ‘why’ and ‘why not’ people participate
- measure the quality of participation and how participation contributes to an individual’s health and wellbeing
- understand the value people in New Zealand place on participation.

Survey method

Through online and postal self-completion using sequential mixed methods, we are targeting 20,000 adults and 5,000 young people per annum.

Fieldwork period

The 2017 survey was conducted between 5 January 2017 and 4 January 2018. The 2018 survey was conducted between 5 January 2018 and 4 January 2019. The 2019 survey was conducted between 5 January 2019 and 4 January 2020.

Completed responses

Across the three years, responses have been received from n=74,160 adults aged 18-plus and n=16,398 tamariki and rangatahi aged between 5 and 17.

Weighting

Results have been weighted to the total New Zealand Regional Sports Trust population using 2013 census statistics.

A sequential mixed methodology is used for this research

Electoral roll	Invitation letter	Reminder postcard 1	Survey pack	Reminder postcard 2
Sample selected from Electoral Roll	<p>Invitation letters are sent to the named adults (aged 18-plus) inviting them to complete the questionnaire online (with instructions and log-in provided).</p> <p>A postcard is included to encourage young people aged 12 to 17 to complete the young people’s questionnaire online.</p> <p>An 0800 number and email address are provided for questions.</p>	<p>About a week later, a reminder postcard is sent thanking respondents and acting as a reminder to those who are still to complete the questionnaire.</p> <p>This communication is targeted to adults only.</p>	<p>A week after the postcard, non-respondents are sent a survey pack with a hard copy of the questionnaire, a cover letter, and a reply-paid envelope.</p> <p>A flyer is included for ages 12 to 17 to complete the survey online (no paper questionnaire is available for the tamariki and rangatahi survey).</p>	A final reminder is sent to adults who have not yet taken part in the survey.

Note: Parents or caregivers are asked to respond on behalf of tamariki aged 5–11 in their household (and encouraged to do it with their child and/or check responses with them). Sixty-three percent of tamariki were involved in answering. Rangatahi (aged 12–17) are invited to respond. Forty-two percent of rangatahi involved their parent/caregiver when completing the survey.