

A young woman with dark hair, wearing a bright pink t-shirt, is climbing a rope on an indoor climbing wall. She is looking towards the camera with a slight smile. The background is a blue wall with various climbing holds and ropes. The lighting is bright, highlighting the woman and the rope.

Bay of Plenty

**Voice of Rangatahi
report**

March 2022



Sport Bay of Plenty
more people, more active, more often



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Data note

This report focuses on Waiariki-Bay of Plenty rangatahi aged 10 to 18. Data in the report is drawn from Voice of Rangatahi surveys conducted by Sport Bay of Plenty and Sport New Zealand in terms 2 and 3 of 2021. Eleven Bay of Plenty schools participated in the survey, with representation from the three sub-regions of Central, Eastern and Western Bay of Plenty.

Executive summary

The aim of the 2021 Voice of Rangatahi survey was to gain insights into the physical activity patterns of Bay of Plenty rangatahi, and understand how they participate in and out of school.

Regional and national data shows time spent being active typically peaks at age 12 before dramatically declining and failing to rebound throughout a person's life.¹ A key strategic focus for Sport Bay of Plenty is therefore to support rangatahi aged 15 to 17 to be more active.

The Voice of Rangatahi report highlights:

- Weekly participation (based on time)
- The activities rangatahi are currently doing or would like to try
- Insights into the school environment such as communication methods, engagement in various physical activities at school and levels of satisfaction
- Attitudes, barriers and experiences.

The survey had a sample size that overall represented 15 per cent of Waiariki-Bay of Plenty's rangatahi population. Seventeen per cent of Central Bay rangatahi were surveyed, 14.5 per cent across Western Bay of Plenty and 18 per cent in Eastern Bay. This was a statistically significant sample size with a 95% confidence level.

Thank you to the following schools for taking part: Aquinas College, Mount Maunganui College, Otumoetai College, Tauranga Girls' College, John Paul College, Reporoa College, Rotorua Lakes High School, Tarawera High School, Edgumbe College, Ōpōtiki College and Whakatāne High School.

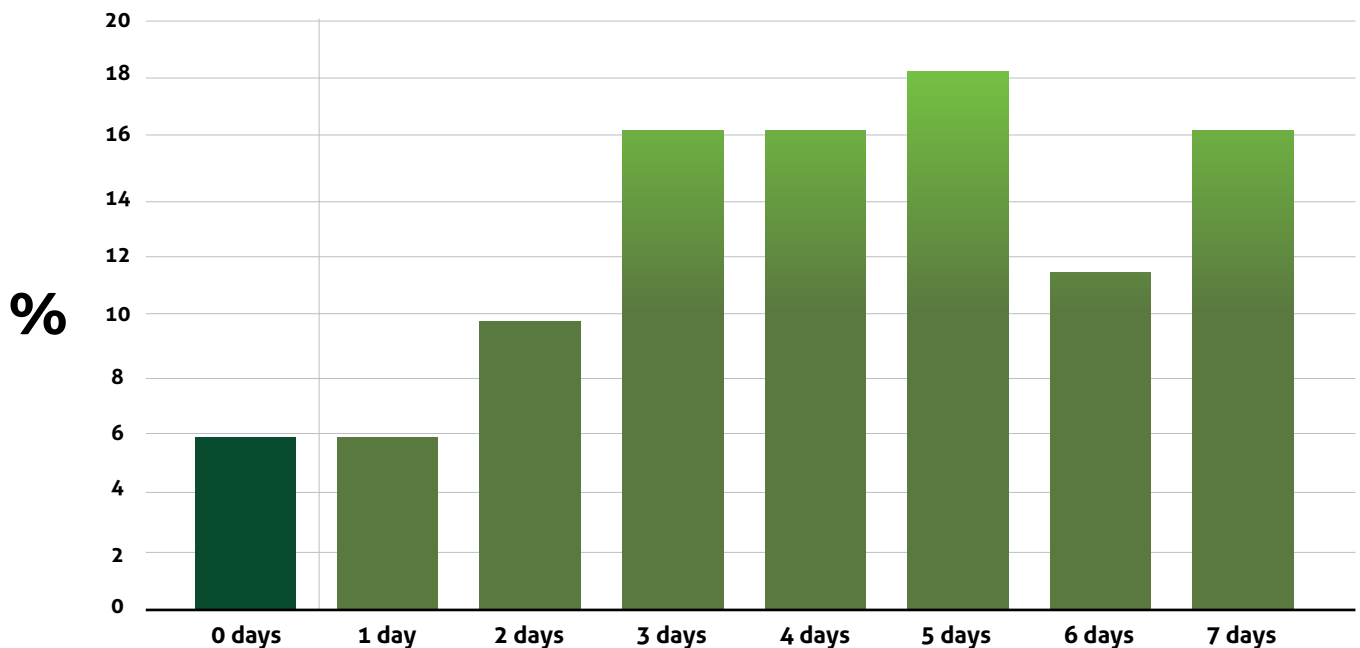
Key findings

- Only 16 per cent of Bay of Plenty rangatahi are meeting physical activity guidelines (active for at least 60 minutes every day)
- Male rangatahi are far more likely to participate in physical activity compared to their female peers
- Rangatahi physical activity levels decline in years 11, 12 and 13
- Rangatahi mostly use passive transport (like a car or bus) to get to and from school
- There is a high level of satisfaction with school P.E. and physical activities
- 14 per cent of rangatahi would like to have a greater range of activities on offer at school
- Activities that young people want (dance, tennis, workouts, trampoline and surfing) don't feature as the top activities that rangatahi participate in at school
- Young people are just as likely to be active with their friends during break time as they are to participate in one-off school events like athletics days
- High levels of confidence, competence and motivation have big impacts on rangatahi's physical activity levels.

1. Sport New Zealand. Active NZ survey, 2019. www.sportnz.org.nz/resources/active-nz-survey-2019/

Time spent being active

Only 16% of Waiariki-Bay of Plenty rangatahi are meeting physical activity guidelines.



Over the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?

Although higher than the national average of seven per cent, there is still a large proportion of rangatahi (84 per cent) who are not active enough to meet physical activity guidelines.

Six per cent of our region's rangatahi are non-participants or inactive (0 days spent being active) - on par with national levels.

Ministry of Health physical activity guidelines for young people



An accumulation of at least 60 minutes of moderate to vigorous physical activity every day

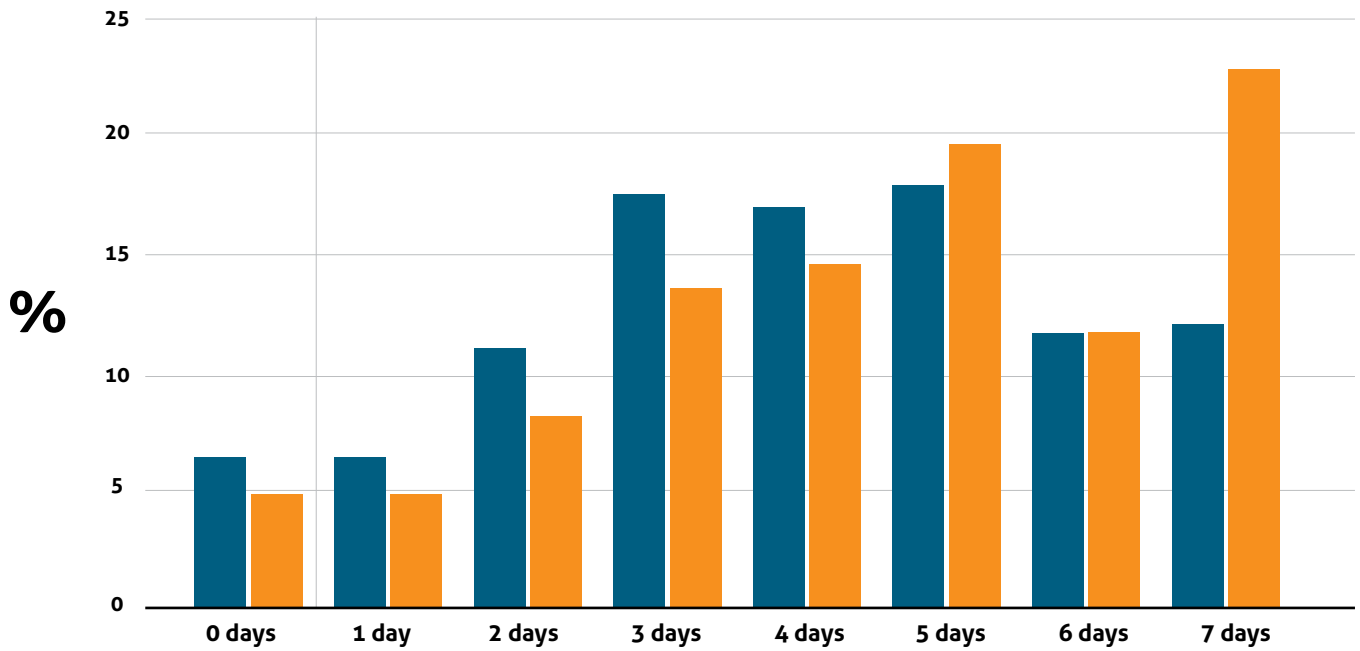


Incorporate physical activities that help strengthen muscles and bones at least three times a week.

*Voice of Rangatahi data does not capture intensity of activity

Time spent being active by gender

From the age of 15 the drop in weekly participation is steeper for females.



In line with national data, male rangatahi in the Bay of Plenty are far more likely than females to participate in physical activities every day.

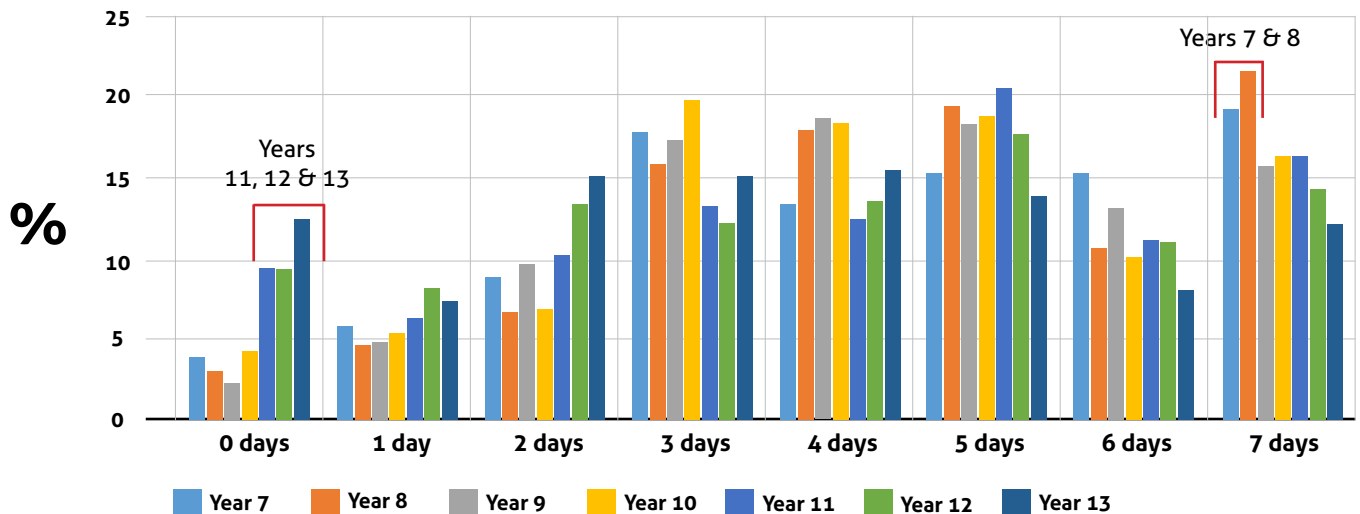
Females Males

Nearly 7 per cent of females and 4.7 per cent of males don't participate in any physical activity during the week. At the top end of participation (5 - 7 days active) males are more active than females in the Bay of Plenty (54 per cent of males versus 41 per cent of females).



Time spent being active by year level

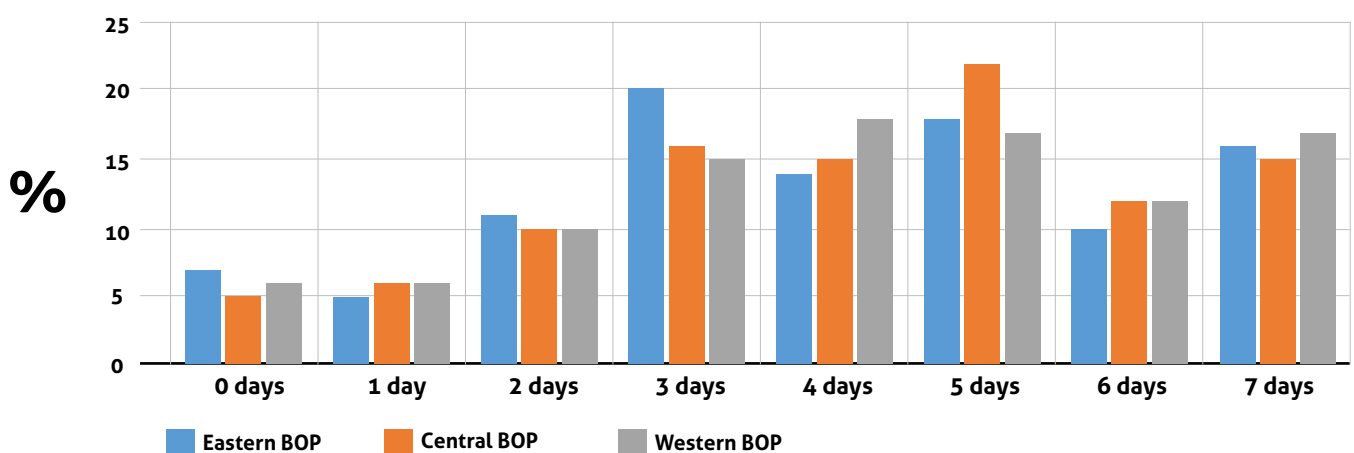
Year 7 and 8 students are the most active (7 days active), and senior students have the highest proportion of non-participation/inactivity (0 days active).



Time spent being active by region

Participation does not vary greatly between Eastern, Central and Western Bay of Plenty, although Central Bay rangatahi are slightly more active overall.

The percentage of inactive students (0 days active) is also similar between regions, but Eastern Bay records the highest level at 7 per cent.

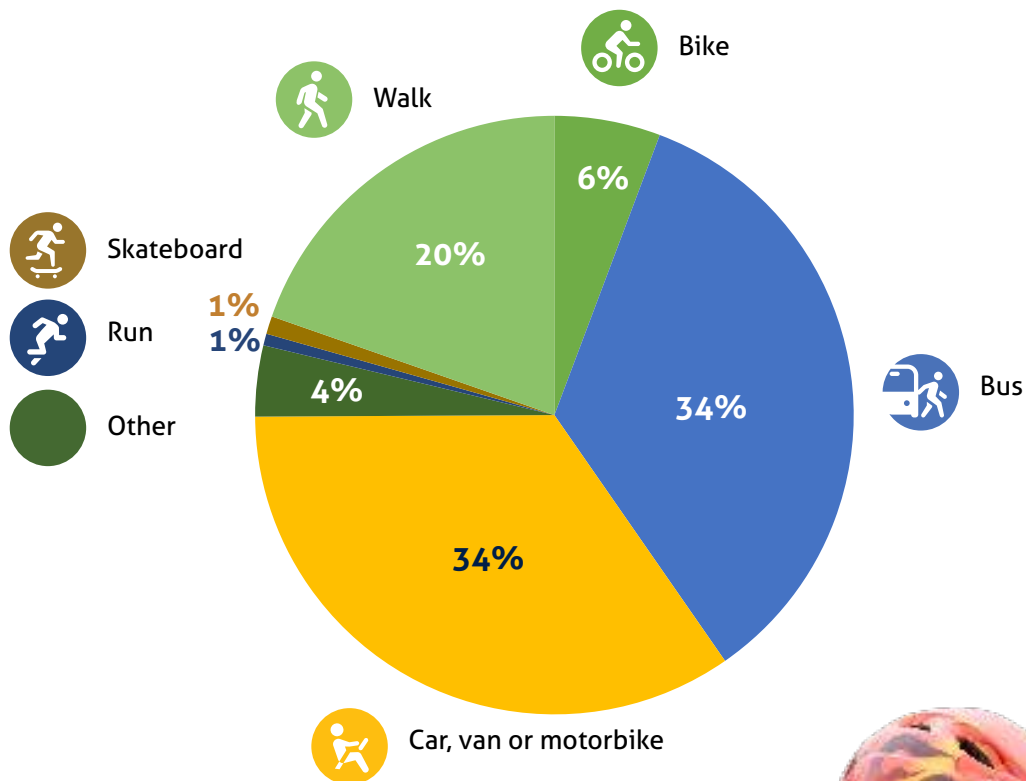


Transport to and from school

The majority of Waiariki-Bay of Plenty students use passive transport, such as a car or bus, to get to and from school.

Walking is the most common form of active transport for Bay of Plenty rangatahi, followed by biking.

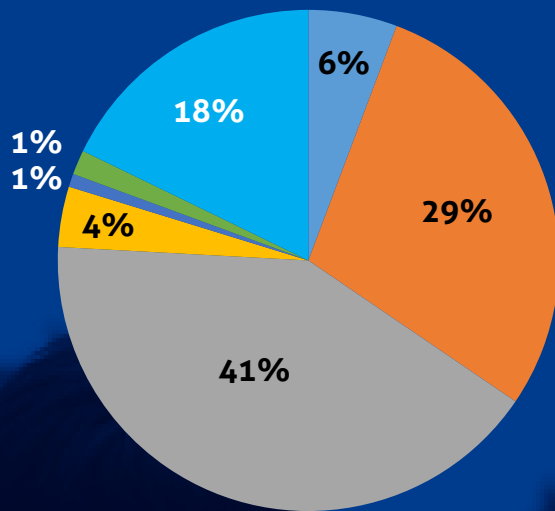
Mode of transport - BOP



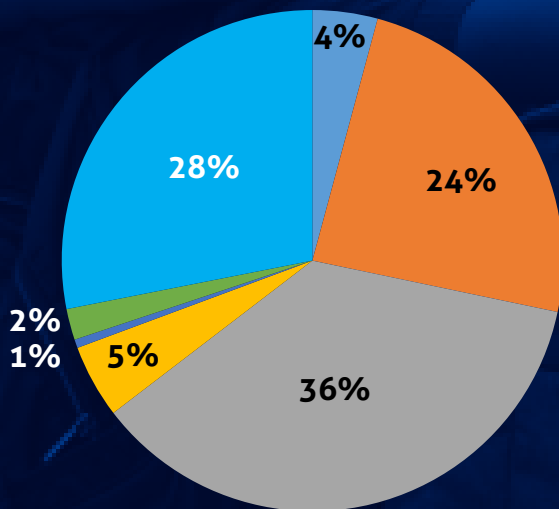
'Other' represents a mixture of using a car or bus some days, and walking or biking on other days.



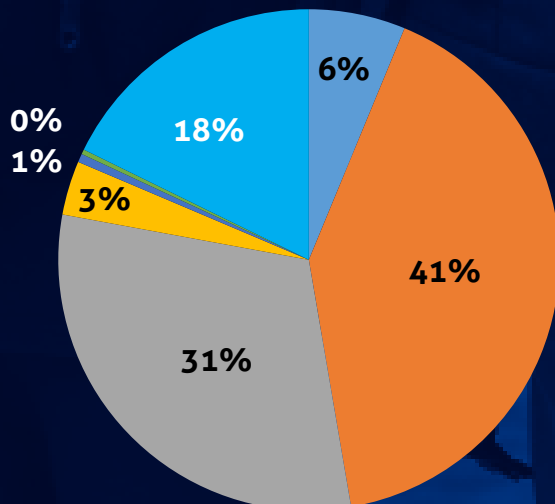
Mode of transport - Central Bay










Mode of transport - Eastern Bay



Mode of transport - Western Bay



-  Bike
-  Bus
-  Car, van or motorbike
-  Other
-  Run
-  Skateboard
-  Walk

Types of activities

Schools can have a big influence on participation simply by offering the required equipment and facilities or by supporting a particular activity. Dance, tennis and workouts are of high interest to students but are not typically offered at schools and therefore do not have high participation.

Both nationally and in Waiariki-Bay of Plenty games like four square, dodgeball and tag have the highest participation rates and are the most popular activities at school.

In-school activities

Top activities (by participation) in school for BOP rangatahi		Top activities BOP rangatahi would like to try/ participate in at school	
Games e.g. four sq, tag, dodgeball etc.	(37.8%)	Games e.g. four sq, tag, dodgeball	(27.5%)
Cross-country	(27.3%)	Volleyball	(26.8%)
Running/Jogging	(23.7%)	Dance e.g. hip hop, ballet etc.	(23.3%)
Basketball	(20.3%)	Tennis	(22.9%)
Netball	(20%)	Badminton	(22.6%)
Volleyball	(19.9%)	Workout e.g. weights or cardio	(22.3%)
Athletics	(19.4%)	Netball	(20.4%)
Badminton	(18.9%)	Basketball	(18.8%)
Hockey	(18%)	Football/soccer	(18.3%)
Football/soccer	(17.7%)	Trampoline	(17.6%)
Nothing during school year	(15.4%)	Surfing	(17.5%)

Out of school activities

Top activities (by participation) outside of school for BOP rangatahi		Top activities BOP rangatahi would like to try/ participate in outside of school	
Walking for fitness	(29.3%)	Workout (weights or cardio)	(21.2%)
Workout (weights or cardio)	(28.1%)	Dance/dancing	(17.8%)
Running or jogging	(27.8%)	Volleyball	(17.4%)
Cycling/biking	(26%)	Surfing	(17.1%)
Swimming	(26%)	Tennis	(15.8%)
Dance/dancing	(19.8%)	Swimming	(15.7%)
Tramping/bush walks	(19.5%)	Skiing	(15.1%)
Mountain Biking	(16.5%)	Skateboarding	(14.5%)
Tennis	(13.2%)	Badminton	(13.5%)
Skateboarding	(12.5%)	Walking for fitness	(13.4%)
Surfing	(12.2%)	Tramping or bush walks	(12.4%)

*See appendices for a full list of activities

Communication at school

Rangatahi like to stay informed via many different sources.



Understanding how young people prefer to find out about activities is critical to making sure no one misses out.

We looked at how students currently find out about physical activities at their school and compared it to how they prefer to stay informed. The key takeaway – there is no one size fits all, and rangatahi like to hear about physical activity opportunities from many different sources. Schools may need to adapt their communication methods to reach students disengaged with physical activity.

Interestingly, even though a large proportion of students currently find out about opportunities from friends, it seems in future they would prefer to hear more via other methods.

How rangatahi currently find out about physical activity opportunities at school		How rangatahi would you like to find out about physical activity opportunities at school	
Notices	74.7%	Notices	49.8%
Friends	58.5%	Teachers	43%
Teachers	54.9%	Email	38.1%
Assemblies	48.3%	Form Class	37.7%
Form Class	42.3%	Assemblies	34.1%
Email	32.1%	Friends	32.8%
School Newsletter	27.1%	School Newsletter	26.9%
P.E Noticeboard	19.4%	School Social Media	23.7%
School Social Media	16.6%	P.E Noticeboard	23.6%
School Website	13.8%	School Website	21.9%
School Noticeboard	10.3%	School App	19.8%
School App	9.1%	School Noticeboard	17.7%
Student Reception	4.6%	Student Reception	12.2%



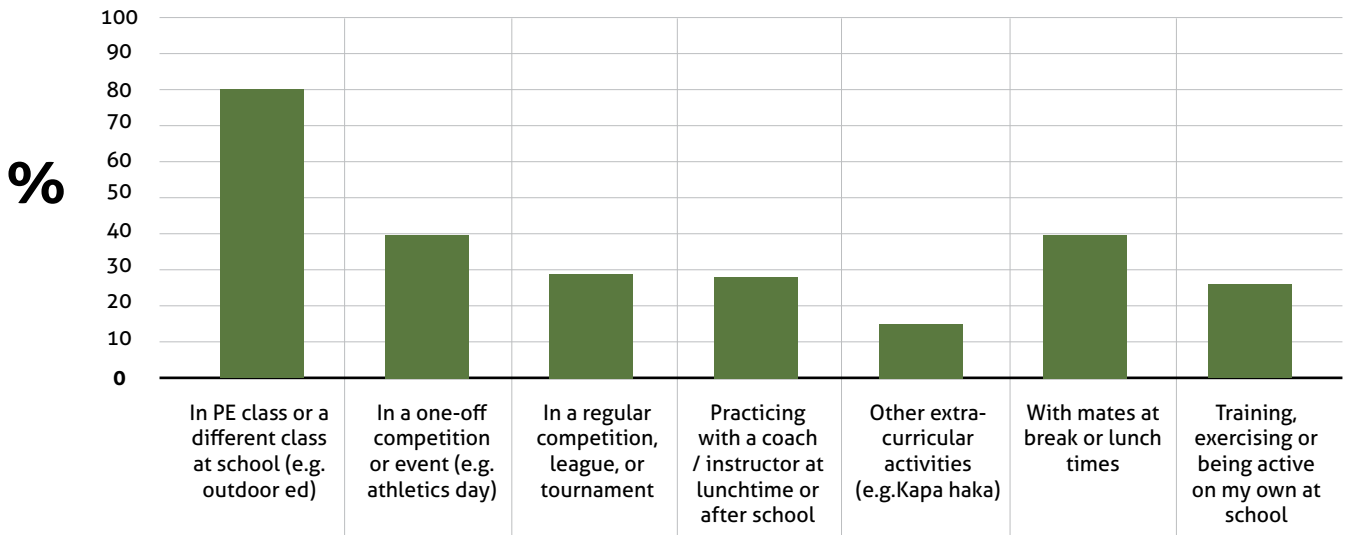
Physical activity at school

Offering a broader range of activities beyond traditional, competitive sports can engage more young people to be physically active.

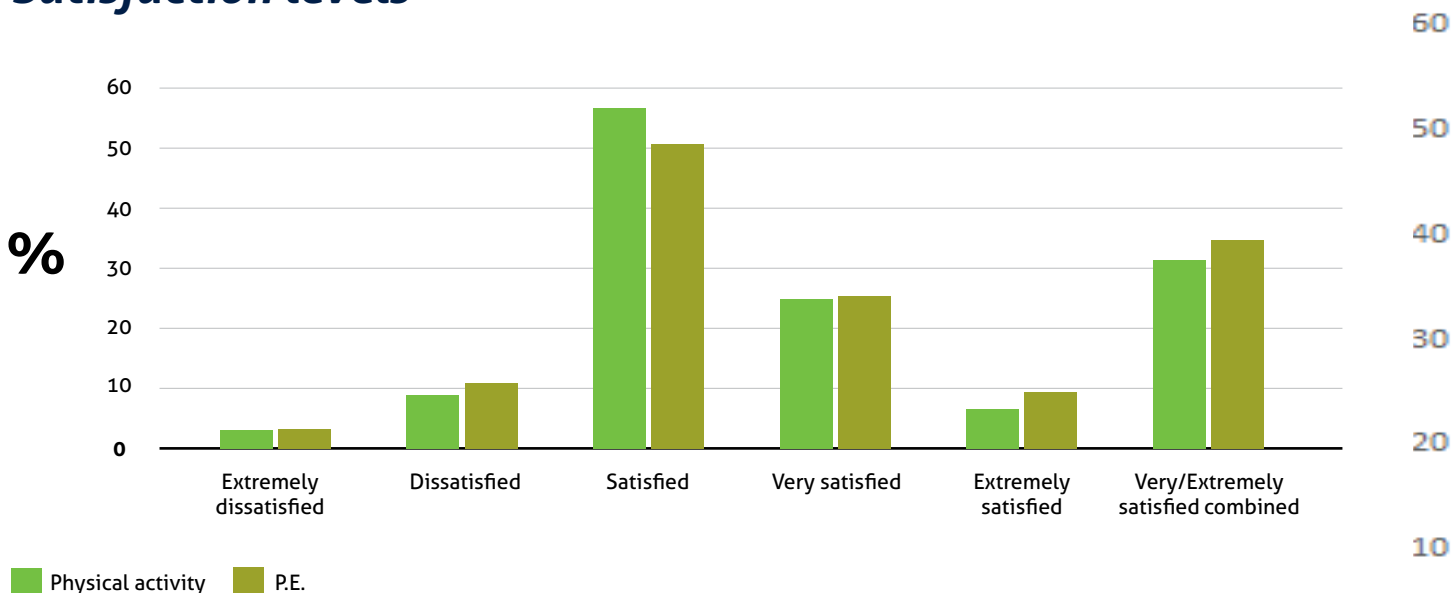
P.E. is a curriculum requirement until Year 10 (14 years old at a minimum).

Therefore, the most common way rangatahi participate in physical activity in the school setting is within curriculum/class time.

How students participate



Satisfaction levels



What is one thing you would like your school to improve?	BOP % of total
Facilities e.g. changing rooms, toilets	32%
I wouldn't improve anything	20%
Range of activities on offer	14%
Playing / training venues / fields / courts	8%
Development opportunities or programmes	5%
Quality of coaches or instructors	5%
Cost	5%
Other (please specify)	4%
Communications	4%
Timing of opportunities (e.g. trials, comps, training)	3%



The majority of Waiariki-Bay of Plenty rangatahi are satisfied to extremely satisfied with their physical activity and P.E experiences at school. When very and extremely satisfied responses are combined they account for approximately a third of all responses.

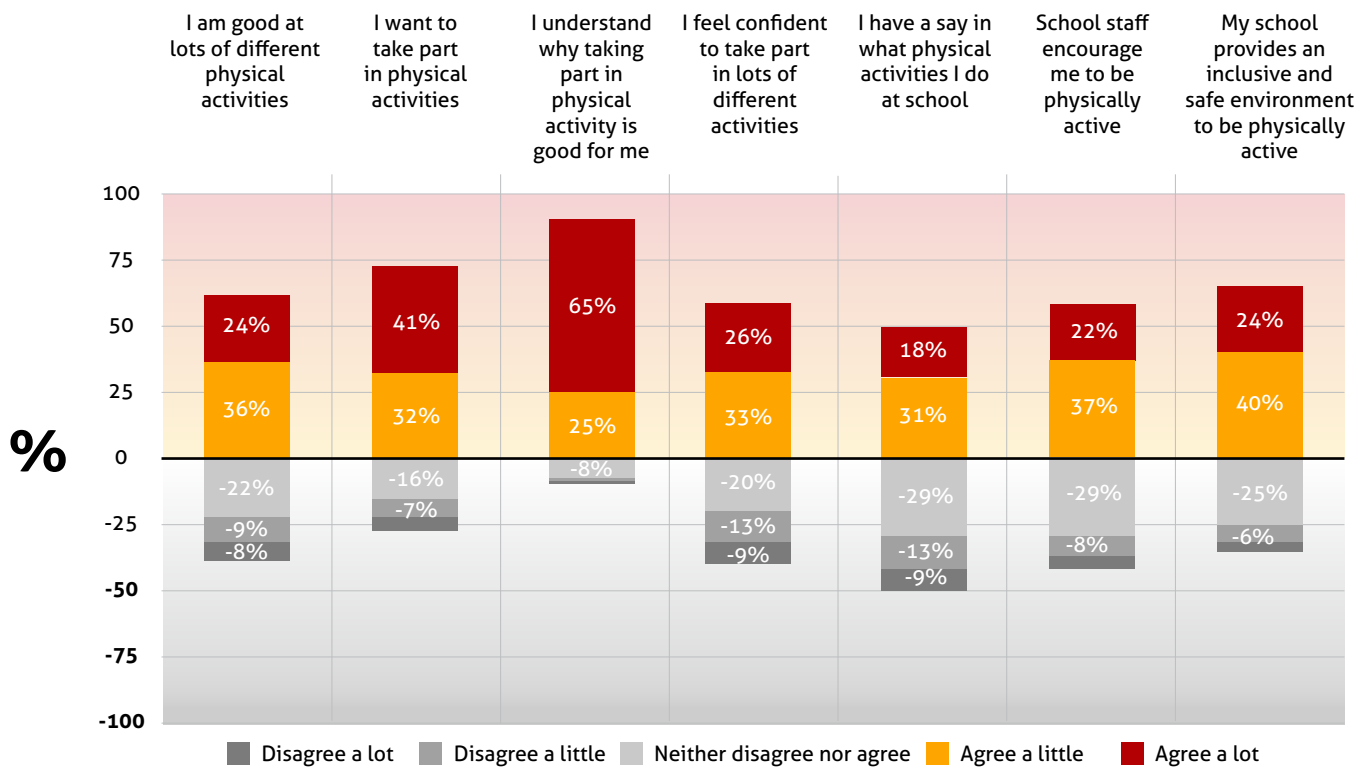
This level of satisfaction is also reflected in discussions around improvements students would like at school. Aside from improvements to school facilities, which is commonly cited by students throughout the country, the next highest response was 'I wouldn't improve anything' followed by improving the range of activities on offer.

Attitudes towards physical activity

Engaging with young people and listening to what they want is key to lifting physical activity rates.

Attitudes towards physical activity are shaped by complex processes such as past experiences, the influence of friends and family and societal trends.

Rangatahi in Waiariki-Bay of Plenty understand the benefits of physical activity - 90 per cent of survey respondents said they understood why taking part in physical activity is good for them.



However, a much lower percentage of respondents feel like they have a say in physical activity or are encouraged to participate.

Only 49%
of rangatahi feel like they have a say in what physical activities they do at school

Only 59%
of rangatahi feel encouraged to be physically active by school staff

Impacts on physical activity levels

The below table shows the link between high/low physical activity levels based on attitudes.

Attitude variables	High variable		Low variable
	High physical activity level (4-7 days)	Low physical activity level (0-3 days)	High physical activity level (4-7 days)
Competence	45%	16%	6%
Motivation	51%	22%	4%
Value	58%	33%	1%
Confidence	43%	16%	9%
Involvement (i.e. have a say)	34%	15%	12%
Encouragement	39%	19%	6%
Positive environment	43%	22%	5%



Rangatahi **who feel competent enough** to participate in physical activities are **7.5 times more likely to be highly active** than those who report low competence

Rangatahi **that are motivated to participate** in physical activities are **12.75 times more likely to be highly active** than those who report low motivation

Rangatahi **that understand the value of participating** in physical activities are **58 times more likely to be highly active** than those who do not understand the value

Rangatahi **that are confident to participate** in physical activities are **4.77 times more likely to be highly active** than those who report low confidence

Rangatahi **that are have a say** in what physical activities they do are **2.83 times more likely to be highly active** than those who feel they don't have a say

Rangatahi **that are encouraged by school staff** to participate in physical activities are **6.5 times more likely to be highly active** than those who feel they are not encouraged

Rangatahi **that perceive their school environment to be inclusive and safe** to be physically active are **8.6 times more likely to be highly active** than those who report low levels of inclusiveness and safety.



APPENDICES

Current Activities in School	Count	% of Total
Total	12,783	2,997
Adventure racing	136	4.5
Athletics or track and field	582	19.4
Badminton	565	18.9
Basketball or Mini-ball	607	20.3
Climbing (e.g. sport, trad or bouldering)	167	5.6
Cricket	181	6.0
Cross-country	819	27.3
Cycling or biking	110	3.7
Dance/dancing (e.g. ballet, hip hop)	419	14.0
Disability Sports	18	0.6
Football/soccer	531	17.7
Futsal	181	6.0
Games (e.g. four square, tag, bull rush, dodgeball)	1133	37.8
Group exercise class (e.g. CrossFit, dance fitness, yoga)	258	8.6
Gymnastics	83	2.8
Handball	189	6.3
Hockey or floorball	541	18.1
Kapa haka	220	7.3
Ki-o-rahi	291	9.7
Mountain biking	100	3.3
Netball	597	19.9
Orienteering	133	4.4
Rowing	84	2.8
Rugby League	55	1.8
Rugby Sevens	165	5.5
Rugby Union or Rippa Rugby	170	5.7
Running or jogging	709	23.7
Skateboarding	32	1.1
Skiing	36	1.2
Softball or T-ball	113	3.8
Surfing	86	2.9
Swimming	343	11.4
Table tennis	199	6.6
Tennis	277	9.2
Touch Rugby	240	8.0
Tramping or bush walks	132	4.4
Trampoline	46	1.5
Triathlon or duathlon	71	2.4
Ultimate Frisbee	218	7.3
Volleyball or Kiwi Volley	595	19.9
Waka ama	56	1.9
Walking for fitness	278	9.3
Water polo	127	4.2
Workout (weights or cardio)	323	10.8
Other	104	3.5
Nothing during this school year	463	15.4

Activities like to try in school	Count	% of Total
Total	18,457	2,997
Adventure racing	368	12.3
Athletics or track and field	428	14.3
Badminton	680	22.7
Basketball or Mini-ball	563	18.8
Climbing (e.g. sport, trad or bouldering)	423	14.1
Cricket	291	9.7
Cross-country	393	13.1
Cycling or biking	443	14.8
Dance/dancing (e.g. ballet, hip hop)	698	23.3
Disability Sports	85	2.8
Football/soccer	548	18.3
Futsal	312	10.4
Games (e.g. four square, tag, bull rush, dodgeball)	825	27.5
Group exercise class (e.g. CrossFit, dance fitness, yoga)	443	14.8
Gymnastics	315	10.5
Handball	383	12.8
Hockey or floorball	505	16.9
Kapa haka	224	7.5
Ki-o-rahi	270	9.0
Mountain biking	422	14.1
Netball	610	20.4
Orienteering	277	9.2
Rowing	296	9.9
Rugby League	247	8.2
Rugby Sevens	273	9.1
Rugby Union or Rippa Rugby	223	7.4
Running or jogging	368	12.3
Skateboarding	427	14.2
Skiing	520	17.4
Softball or T-ball	231	7.7
Surfing	525	17.5
Swimming	500	16.7
Table tennis	445	14.8
Tennis	687	22.9
Touch Rugby	386	12.9
Tramping or bush walks	466	15.5
Trampoline	528	17.6
Triathlon or duathlon	202	6.7
Ultimate Frisbee	314	10.5
Volleyball or Kiwi Volley	803	26.8
Waka ama	196	6.5
Walking for fitness	372	12.4
Water polo	274	9.1
Workout (weights or cardio)	668	22.3
Other	0	-
Nothing during this school year	0	-

Current Activities outside of School	Count	% of Total
Total	13,232	2,997
Adventure racing	143	4.8
Athletics or track and field	176	5.9
Badminton	223	7.4
Basketball or Mini-ball	331	11.0
Climbing (e.g. sport, trad or bouldering)	208	6.9
Cricket	178	5.9
Cross-country	166	5.5
Cycling or biking	782	26.1
Dance/dancing (e.g. ballet, hip hop)	593	19.8
Disability Sports	22	0.7
Football/soccer	329	11.0
Futsal	106	3.5
Games (e.g. four square, tag, bull rush, dodgeball)	354	11.8
Group exercise class (e.g. CrossFit, dance fitness, yoga)	341	11.4
Gymnastics	102	3.4
Handball	101	3.4
Hockey or floorball	204	6.8
Kapa haka	96	3.2
Ki-o-rahi	62	2.1
Mountain biking	494	16.5
Netball	291	9.7
Orienteering	118	3.9
Rowing	116	3.9
Rugby League	72	2.4
Rugby Sevens	97	3.2
Rugby Union or Rippa Rugby	147	4.9
Running or jogging	832	27.8
Skateboarding	375	12.5
Skiing	257	8.6
Softball or T-ball	48	1.6
Surfing	367	12.2
Swimming	782	26.1
Table tennis	252	8.4
Tennis	397	13.2
Touch Rugby	192	6.4
Tramping or bush walks	583	19.5
Trampoline	348	11.6
Triathlon or duathlon	119	4.0
Ultimate Frisbee	60	2.0
Volleyball or Kiwi Volley	296	9.9
Waka ama	71	2.4
Walking for fitness	879	29.3
Water polo	105	3.5
Workout (weights or cardio)	842	28.1
Other	301	10.0
Nothing during this school year	274	9.1

Activities like to try out of school	Count	% of Total
Total	12,992	2,997
Adventure racing	264	8.8
Athletics or track and field	263	8.8
Badminton	405	13.5
Basketball or Mini-ball	333	11.1
Climbing (e.g. sport, trad or bouldering)	299	10.0
Cricket	196	6.5
Cross-country	245	8.2
Cycling or biking	390	13.0
Dance/dancing (e.g. ballet, hip hop)	532	17.8
Disability Sports	37	1.2
Football/soccer	355	11.8
Futsal	201	6.7
Games (e.g. four square, tag, bull rush, dodgeball)	334	11.1
Group exercise class (e.g. CrossFit, dance fitness, yoga)	307	10.2
Gymnastics	224	7.5
Handball	205	6.8
Hockey or floorball	294	9.8
Kapa haka	118	3.9
Ki-o-rahi	131	4.4
Mountain biking	389	13.0
Netball	340	11.3
Orienteering	192	6.4
Rowing	224	7.5
Rugby League	154	5.1
Rugby Sevens	167	5.6
Rugby Union or Rippa Rugby	162	5.4
Running or jogging	350	11.7
Skateboarding	436	14.5
Skiing	452	15.1
Softball or T-ball	103	3.4
Surfing	511	17.1
Swimming	471	15.7
Table tennis	267	8.9
Tennis	475	15.8
Touch Rugby	249	8.3
Tramping or bush walks	372	12.4
Trampoline	369	12.3
Triathlon or duathlon	159	5.3
Ultimate Frisbee	165	5.5
Volleyball or Kiwi Volley	522	17.4
Waka ama	122	4.1
Walking for fitness	403	13.4
Water polo	170	5.7
Workout (weights or cardio)	635	21.2
Other	0	-
Nothing during this school year	0	-



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