

# Voice of Rangatahi 2024

A snapshot of Rangatahi physical activity in the Bay of Plenty



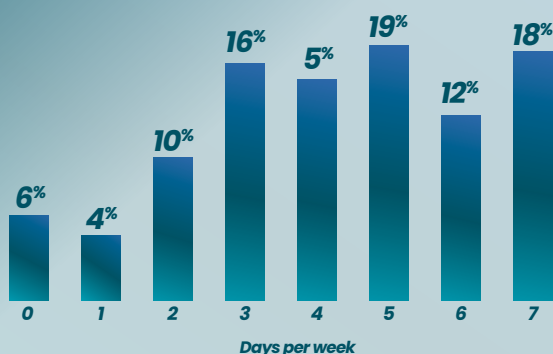
We surveyed:

**2,956** STUDENTS

**11** SCHOOLS

YEARS **7-13**

## PROPORTION OF DAYS YOUNG PEOPLE ARE ACTIVE



**49%** of rangatahi in the BOP are physically active for five+ days per week.



**58%**



**44%**

58% of males are active for five+ days per week; whereas for females this is only 44%.

## SATISFACTION

**35%**

35% of rangatahi are very or extremely satisfied with physical activity experiences at/for school

## HAPPINESS

**44%**

Active rangatahi rate happiness 8-10

Overall happiness: Rangatahi who are more active are more likely to be happy compared to those less active

## DO MORE PHYSICAL ACTIVITY

**60%** Of rangatahi want to be doing more physical activity at/for school

**75%** Of rangatahi want to be doing more physical activity outside of school

## PHYSICAL ACTIVITY RANGATAHI HAVE DONE IN THE PAST 12 MONTHS

**BADMINTON** **GAMES** **VOLLEYBALL**

**2**

**1**

**3**

At school or for school

4. Football • 5. Basketball

**RUNNING/ JOGGING** **WORKOUT** **WALKING FOR FITNESS**

**2**

**1**

**3**

Outside of school

4= Cycling/Biking and Swimming  
5. Tramping/Bush walks



Netball and Athletics are female's top activities



Weightlifting and Esports are male's top activities

## PHYSICAL ACTIVITY RANGATAHI WANT TO DO



### Want to do in school or for school

4. Football • 5. Basketball • 6. Netball  
7. Workout • 8. Athletics



Hockey, Dance



Workout, Touch



### Want to do outside of school

4= Cycling/Biking & Walking for fitness  
5= Weightlifting & Football • 6. Surfing

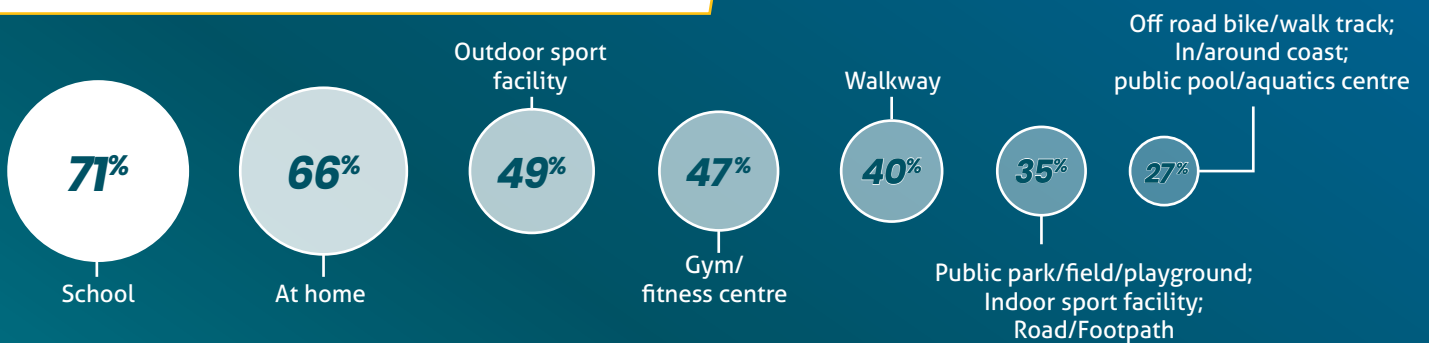


Dance, Tramping



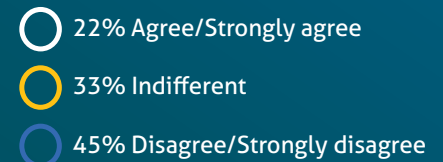
Boxing, Mountain biking, Esports

## WHERE RANGATAHI ARE PHYSICALLY ACTIVE



## MOTIVATION

Is physical activity the only reason why rangatahi are motivated to go to school?



## BARRIERS TO PHYSICAL ACTIVITY

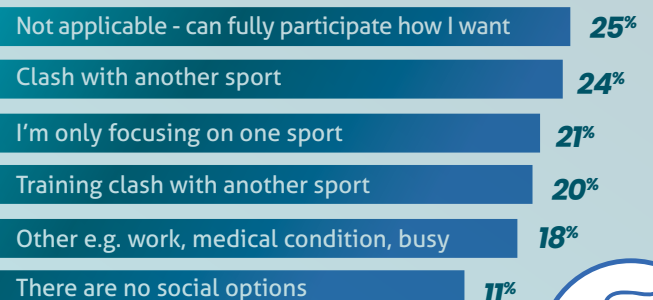


21% of females don't want to fail.



## BARRIERS TO PARTICIPATION IN SPORT

(both in and out of school)



Males prefer to do 'other things' is in their top five. Unlike females, lack of confidence is not a top 10 barrier for males.

