



**SPORT
NEW ZEALAND**
IHI AOTEAROA

Active NZ

Spotlight on rangatahi

—

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Acknowledgements

This Spotlight report focuses on the participation landscape for rangatahi between ages 12 and 17.

It draws primarily on three years of data collected through the Active NZ survey between 5 January 2017 and 4 January 2020 from 5711 rangatahi. It is complemented by insights from Sport NZ's Voice of Rangatahi and Voice of Participant surveys and internal analysis of Active NZ data exploring the impact of adults on the amount of time 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.

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Active NZ resources are available at sportnz.org.nz/ActiveNZ

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Contents

Glossary	Page 4
About this report	Page 5
Executive summary	Page 6
In conclusion	Page 8

Key participation statistics	Page 9
-------------------------------------	--------

Participation	Page 12
----------------------	---------

How rangatahi participate	Page 17
----------------------------------	---------

Motivations	Page 26
--------------------	---------

Barriers	Page 29
-----------------	---------

Attitudes	Page 36
------------------	---------

Physical literacy	Page 40
--------------------------	---------

Appendices A–E	Pages 44–51
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Glossary

Respondents	People who took part in the survey.
Adult	Respondents aged 18-plus.
Children and young people	Respondents aged from 5 to 17.
Rangatahi	Respondents aged 12 to 17.
Tamariki	Respondents aged 5 to 11.
Young adults	Respondents aged 18 to 24.
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	Participating through an organised structure, for example, in a league or club competition, tournament or competitive event. Non-competitive participation refers to sports or activities undertaken outside of a league or club competition, tournament or competitive event.
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, sport and activities undertaken in a competition and training or practising with a coach or instructor.
Informal participation	Applies to children and young people 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.

Active NZ Spotlight on rangatahi

This report focuses on the participation landscape for rangatahi between ages 12 and 17.

About this report

This report draws primarily on three years of data collected through the Active NZ survey between 5 January 2017 and 4 January 2020 from 5711 rangatahi. It is complemented by insights from Sport NZ's Voice of Rangatahi and Voice of Participant surveys and internal analysis of Active NZ data that explore the impact of adults on the amount of time rangatahi spend being active.¹

It focuses on variations by individual age between ages 12 and 17, and highlights patterns by gender:

- how many and how much participation happens each week
- how rangatahi participate
- motivations
- barriers
- attitudes
- physical literacy.²

Commentary on differences (and similarities) by age and gender 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 due to carrying out a survey among a sample of the population rather than a population census.

Knowing a difference is statistically significant does not mean the difference is important, and only meaningful differences have been commented on.³

Please note, 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 may appear 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 Physical literacy is the motivation, confidence, physical competence, knowledge and understanding required by participants that allows them to value and take responsibility for engaging in physical activity for life.

³ For more detail on the statistical testing, refer to the Technical Report (above note 1).

Executive summary

Introduction

This report focuses on the participation landscape for rangatahi between ages 12 and 17. It draws primarily on three years of data collected through the Active NZ survey between 5 January 2017 and 4 January 2020 from 5711 rangatahi.⁴ It is complemented by insights from Sport NZ's Voice of Rangatahi and Voice of Participant surveys and internal analysis of Active NZ data that explore the impact of adults on the amount of time rangatahi spend being active.

Detailed results are explored through the lenses of age and gender. The key participation statistics for all rangatahi include results by ethnicity and deprivation and a comparison with tamariki and young adults between ages 18 and 24.

Key findings

1. Variation is evident by ethnicity. On average, Māori and Pacific rangatahi spend more time being active than the other ethnic groups (although they are just as likely to spend 7-plus hours being active as other ethnic groups). Māori also participate in more sports and activities, while the key statistics show Asian rangatahi have lower levels of participation.
2. Rangatahi from high deprivation areas are less likely to spend 7-plus hours each week being active compared with all rangatahi. The reverse is the case for rangatahi from low deprivation areas.
3. Rangatahi divide their time equally between organised⁵ and informal participation, while just one-third of time is spent in organised participation by tamariki.
4. Participation by age varies between rangatahi. As rangatahi get older, fewer participate each week, fewer meet the physical activity guidelines, and the time spent and number of sports and activities they do declines steeply.
5. Overall, ages 12 and 13 display higher participation, while ages 15, 16 and 17 are lower.
6. Females spend less time being active than males, and between ages 16 and 17 are more likely to be inactive (do less than 30 minutes a week). In contrast, males are more likely to be active for 7-plus hours a week and to meet the physical activity guidelines.⁶
7. As rangatahi get older, the drop in organised participation is steeper than for informal participation. By age 17, just 1 in 2 rangatahi participate in an organised way, compared with 3 in 4 who participate informally. The decrease in time spent in organised participation is steep from age 15.
8. The drop in being active in physical education (PE) is steepest from age 15;⁷ training with a coach or instructor also drops noticeably from this age. Participating through competitions and tournaments sees less of a decline between ages 15 and 17.
9. At age 17, males are more likely to do PE and have higher levels of enjoyment of PE. Sport NZ's Voice of Rangatahi research found females have lower levels of satisfaction with PE in secondary school years.⁸ Females are also less likely than males to feel school staff encourage them to be active or that they have a say when it comes to being active at school.

⁴ 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 Refer to Glossary page 4 for terminology.

⁶ At least one hour of moderate to vigorous activity each day of the week.

⁷ Age 15 is when PE becomes an elective subject.

⁸ Sport NZ. *Active NZ Voice of Rangatahi 2020*. Wellington: Sport NZ, in press.

10. No overall gender difference is evident in time spent in organised participation. Sport NZ's Voice of Participant survey found that, between ages 13 and 18, 1 in 2 males and females join clubs to play in competitions.⁹ Club satisfaction varies by different sports and by gender.
11. Females are more likely to train with a coach or instructor, especially at age 15. Although participating to learn or practise a new skill decreases as rangatahi get older, females are more likely to participate for this reason, especially at ages 14 and 15.
12. Club and team membership in and outside of school, and participation through events, decrease as rangatahi get older.
13. Nine in 10 rangatahi enjoy playing sport and, although enjoyment is lower at age 17, 8 in 10 continue to enjoy playing sport. Rangatahi are also less likely to agree they are good at sport as they get older, especially females.
14. Wanting to represent a region or country and enjoying watching, listening to or reading about sport decreases as rangatahi get older, particularly for females.
15. Males are more likely to participate informally and spend more time in informal participation, with the biggest gender gap occurring between ages 16 and 17.
16. Workout with weights or cardio is the only activity to increase from age 14. Gym membership increases between ages 15 and 17, and, by 17, one in four has a gym membership. These patterns are consistent by gender.
17. One in three rangatahi use technology while being active, this is higher at age 17. Females are more likely than males to use technology while being active.
18. Half of rangatahi use active ways of getting to school, primarily walking and biking. Walking is lower at age 12 and then relatively consistent between ages 13 to 17, while biking to school is lower between ages 15 and 17.
19. Males are more likely than females to use active ways to get to school and three times more likely to bike to school.
20. Nine in ten rangatahi want to be active, this is consistent by age and gender.
21. Three in four rangatahi want to increase their participation, this is consistent by age. Being too busy and too tired are the biggest barriers, regardless of appetite to be more active, especially for females.
22. Confidence, competence, encouragement and having the opportunity to participate in activities of choice decrease as rangatahi get older, particularly for females. The biggest gender gap is on confidence and competence, especially at age 14.
23. Sport NZ's internal analysis of Active NZ data¹⁰ found adult females have a greater influence on the amount of time male rangatahi spend being active.
24. Females who want to be more active are also more likely to struggle with motivation, have friends who are not active and a fear of failure as barriers to doing more.
25. Participating for fun decreases as rangatahi get older. The opposite is true for participating for fitness and health. By age 17, these are equal motivators for participation.
26. Participating to lose or maintain weight and to look good increases as rangatahi get older. Females are more likely to participate for fitness and health and to lose or maintain weight particularly from age 13. By age 17, this is the main motivator for one in five females. Males are more likely to participate to look good.

⁹ Sport NZ. *Active NZ Voice of Participant 2020*. Wellington: Sport NZ, in press.

¹⁰ Sport NZ's internal analysis of Active NZ data on the impact of adults on rangatahi activity 2020. Wellington: Sport NZ, unpublished.

27. Happiness levels are highest for rangatahi who spend 7-plus hours a week being active.

In conclusion

1. While participation declines between ages 12 and 17, rangatahi are not a homogenous group, and variation by age, gender and ethnicity is evident, reinforcing the need to tailor programmes and initiatives to specific groups of rangatahi.
2. To increase participation and the positive benefits that result from being active, Asian rangatahi and females, especially from age 16, are specific target groups.
3. Increasing time spent in informal participation, by incorporating it into everyday activities (for example, in class, while socialising, in work environments, and encouraging active ways of getting to school), may address the decline that happens from age 15, especially for female rangatahi.
4. Increasing time spent being active in PE for female rangatahi, by improving the experience of PE, could encourage choice once it is no longer a compulsory subject in the school curriculum.

1. Key participation statistics

This section reports key participation statistics for rangatahi in the context of tamariki and young adults.

It also highlights differences by ethnicity and deprivation for rangatahi.

Insights

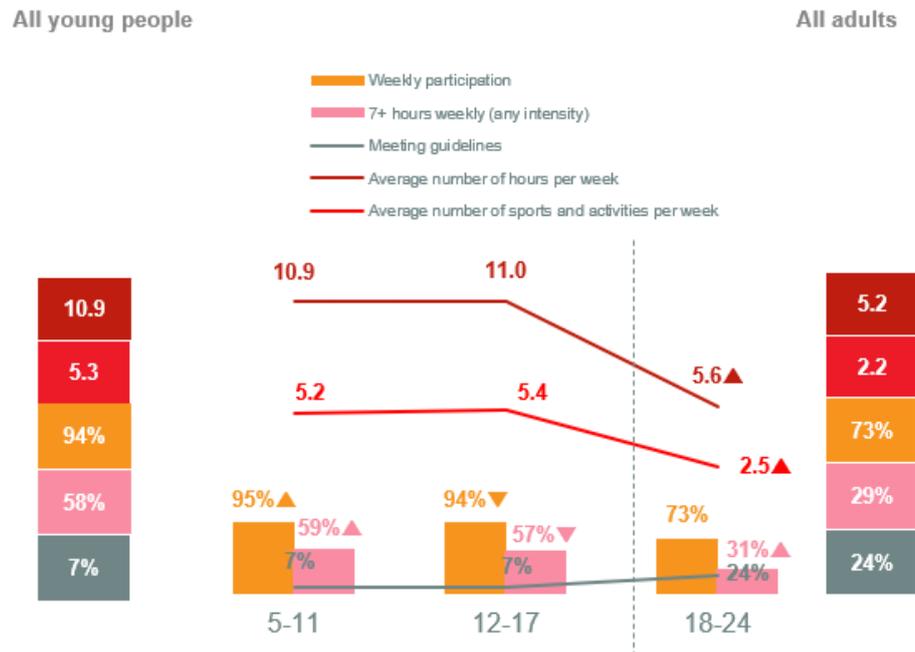
- Weekly participation is lower for rangatahi, and, compared with tamariki, they are less likely to spend 7-plus hours being active.
- Although no difference is evident in average time spent, number of sports and activities and meeting the physical activity guidelines, rangatahi are unique in how they spend their time being active.
- Rangatahi divide their time equally between organised and informal participation, while for tamariki, just one-third of their time is spent in organised participation.
- Variation is evident by ethnicity. On average, Māori and Pacific rangatahi spend more time being active than the other ethnic groups (although they are just as likely to spend 7-plus hours being active as other ethnic groups). Māori also participate in more sports and activities, while the key statistics show Asian rangatahi have lower levels of participation.
- Rangatahi from high deprivation areas are less likely to spend 7-plus hours each week being active, compared with all rangatahi. The reverse is the case for rangatahi from low deprivation areas.

Figure 1: Key participation statistics in context

Ninety-four percent of rangatahi participate for an average of 11 hours in 5.4 sports and activities each week.

Although tamariki have higher weekly participation, and are more likely to participate for 7-plus hours than rangatahi, they match rangatahi on the other key statistics.

Young adults between ages 18 and 24 have lower levels of participation compared with rangatahi. Although, compared with all adults, they spend more time being active in more sports and activities (figure 1).

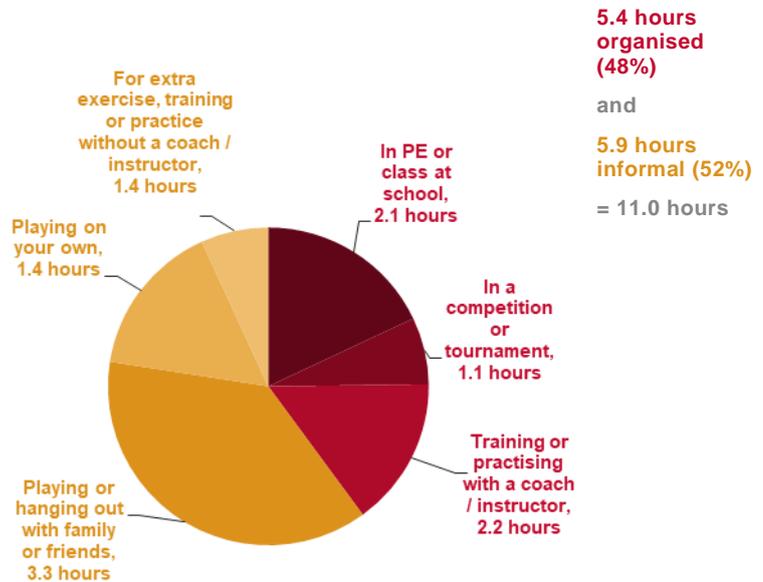


▲▼ Young people: significantly higher/lower than the other age group
 ▲▼ Adults: significantly higher/lower than total
 Base: Those aged 5 to 24 years
 Physical activity guidelines young people: at least 60 minutes/day moderate/vigorous activity/7 days
 Physical activity guidelines adults: 2.5/1.25 hours moderate/vigorous activity spread across the week
 Note: children and young people and adults are surveyed separately

Figure 2: Weekly time in organised and informal participation for rangatahi¹¹

Rangatahi divide their time equally between organised and informal participation (figure 2).

In comparison, for tamariki, just one-third of their time is spent in organised participation (35 percent (3.8 hours)), compared with 65 percent in informal participation (7.1 hours).



Base: All respondents aged 12 to 17

¹¹ Please note, the individual breakdown of hours may not add to the total time spent being active due to rounding and the treatment of outliers.

On average, Māori and Pacific rangatahi spend more time being active than the other ethnic groups (although they are just as likely to spend 7-plus hours being active as other ethnic groups). Māori also participate in more sports and activities, while the key statistics show Asian rangatahi have lower levels of participation (table 1).

Table 1: Participation by ethnicity for rangatahi

	Total	European	Māori	Pacific	Asian
Weekly participation	94%	95%	95%	94%	89%▼
Average time spent	11.0	11.1	12.6▲	12.5▲	7.8▼
Average number of activities	5.4	5.5	5.8▲	5.7	4.3▼
Meeting guidelines	7%	8%	7%	7%	2%▼
7-plus hours weekly (any intensity)	57%	59%	61%	58%	41%▼

▲▼ Significantly higher/lower than the total
Base: All respondents aged 12 to 17

Rangatahi from high deprivation areas are less likely to spend 7-plus hours each week being active, compared with all rangatahi. The reverse is the case for rangatahi from low deprivation areas (table 2).

Table 2: Participation by deprivation for rangatahi

	Total	Low deprivation	Medium deprivation	High deprivation
Weekly participation	94%	94%	93%	94%
Average time spent	11.0	11.2	10.7	10.6
Average number of activities	5.4	5.4	5.2	5.2
Meeting guidelines	7%	7%	7%	6%
7-plus hours weekly (any intensity)	57%	59%▲	56%	52%▼

▲▼ Significantly higher/lower than the total
Base: All respondents aged 12 to 17

2. Participation

This section highlights participation differences for rangatahi by age and gender.

Insights

By age

- Weekly participation, time spent, number of sports and activities and meeting the physical activity guidelines decrease as rangatahi get older.
- Ages 12 and 13 are higher or the same as all rangatahi on the key statistics, while rangatahi from age 15 are lower or the same.
- As rangatahi get older, spending more than 7 hours participating a week decreases. By age 17, 60 percent of rangatahi spend less than 7 hours participating each week.
- Rangatahi who spend 7-plus hours being active a week have higher levels of happiness.

By gender

- Males spend more time in weekly participation than females, especially between ages 16 and 17.
- While no gender difference can be seen in weekly participation and the number of sports and activities, from age 17, the drop is steeper for females than males.
- Males are more likely to participate for 7-plus hours than females, especially at ages 14, 16 and 17. Between ages 16 and 17, females are more likely to be inactive (do less than 30 minutes each week).
- Males are more likely to meet the physical activity guidelines than females.

Figure 3: Participation by age

Weekly participation, average time spent, time spent participating for 7-plus hours, number of sports and activities and meeting the physical activity guidelines decrease as rangatahi get older.

Ages 12 and 13 are higher or the same as all rangatahi on the key statistics, while rangatahi from age 15 are lower or the same.

Weekly participation is less affected.

From ages 12 to 17:

- weekly participation drops by 12 percent
- number of sports and activities drops by 58 percent
- average time spent participating drops by 46 percent
- time spent participating for 7-plus hours drops by 41 percent
- meeting the physical activity guidelines drops by 43 percent.

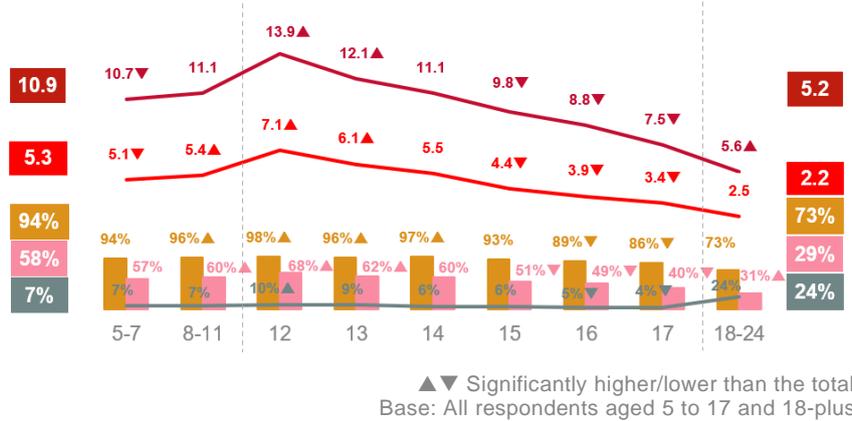


Figure 4: Weekly participation by age and gender

From age 15, weekly participation drops steeply for females:

- a 10 percent drop can be seen for females compared with 3 percent for males (figure 4).

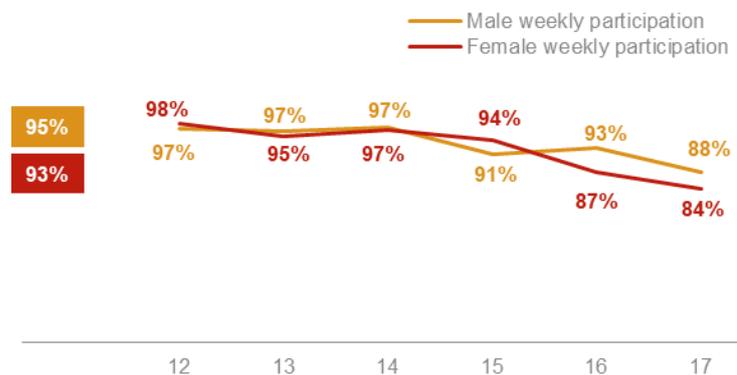
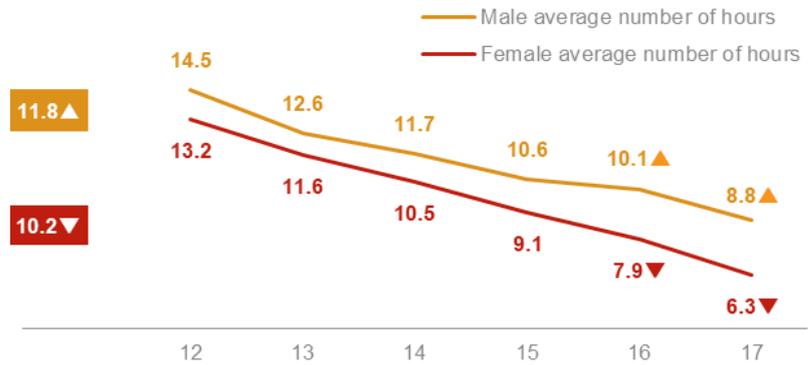


Figure 5: Average time spent participating by age and gender

Males spend more time than females being active, especially from age 16:

- at age 16, a 22 percent gap is evident
- by age 17, this gap has increased to 28 percent (figure 5).

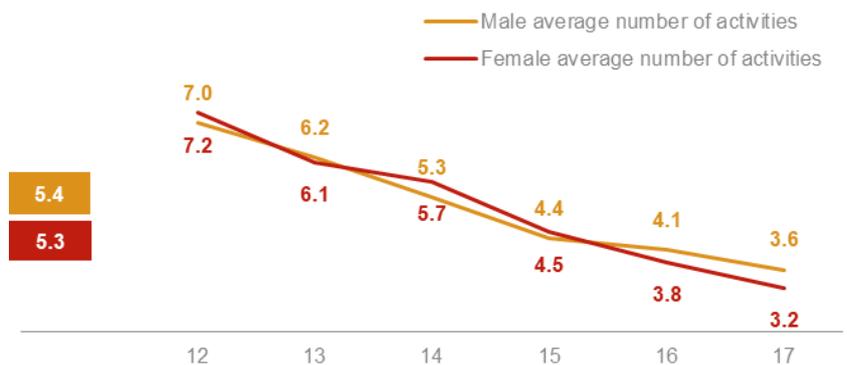


▲▼ Significantly higher/lower than the other gender
Base: All respondents aged 12 to 17

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

From age 15, the number of females participating in sports and activities drops steeply:

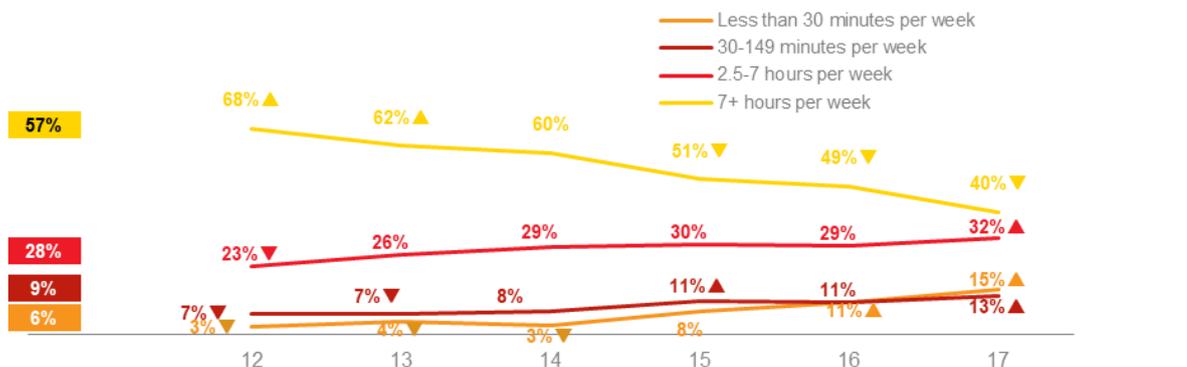
- a 29 percent drop occurs for females compared with 18 percent for males (figure 6).



▲▼ Significantly higher/lower than the other gender
Base: All respondents aged 12 to 17

Time spent being active for 7-plus hours a week decreases as rangatahi get older: a 41 percent drop occurs between ages 12 and 17. Conversely, inactivity (doing less than 30 minutes) increases by 400 percent (figure 7) between ages 12 and 17.

Figure 7: Time durations by age



▲▼ Significantly higher/lower than the total
Base: All respondents aged 12 to 17

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

Males are more likely to be active for 7-plus hours per week, especially at ages 14, 16 and 17 (figure 8).

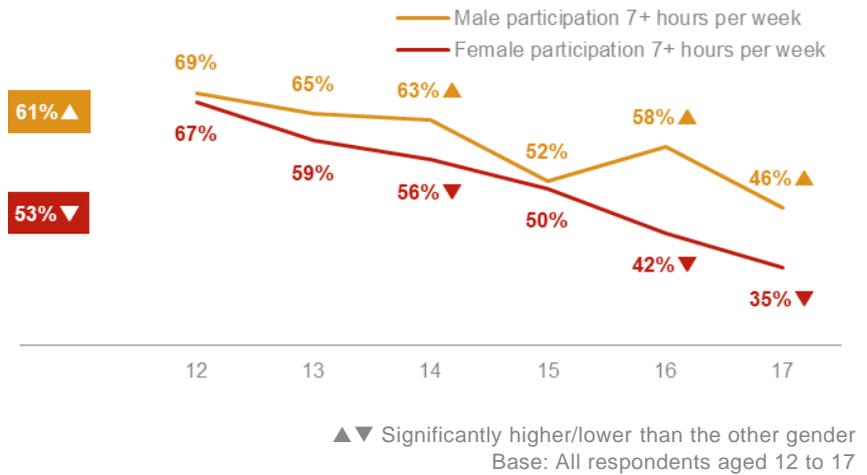


Figure 9: Time spent participating for less than 30 minutes by age and gender

When ages 16 and 17 are combined, females are more likely to be inactive (do less than 30 minutes) (figure 9).

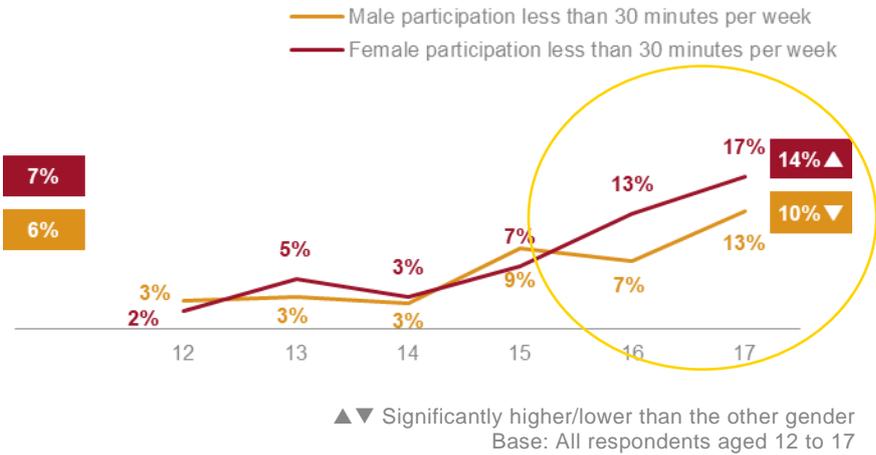


Figure 10: Meeting the physical activity guidelines by age and gender

Males are more likely to meet the physical activity guidelines, especially at ages 13 and 17 (figure 10).

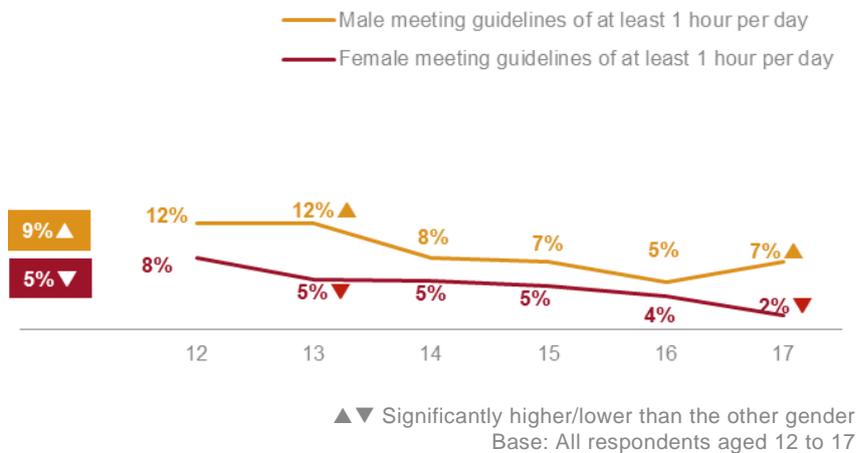
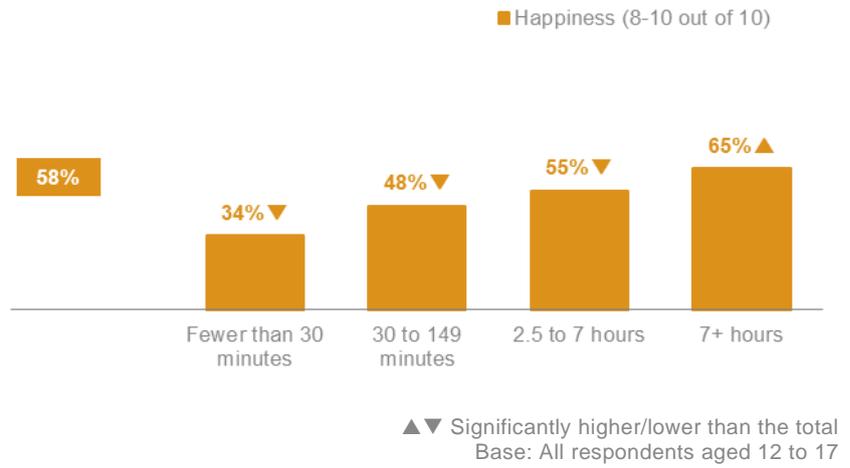


Figure 11: Time spent participating and happiness levels

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



3. How rangatahi participate

This section takes an in-depth look at the ways rangatahi participate by age and gender.

Insights

By age

- As rangatahi get older, their organised participation drops more steeply than for informal participation. By age 17, just 1 in 2 rangatahi participate in an organised way, compared with 3 in 4 who participate informally. Time spent in organised participation drops steeply from age 15.
- The drop in being active in physical education (PE) is steepest from age 15, followed by training with a coach or instructor. By 17, just 1 in 3 rangatahi are still training with a coach or instructor.
- Participation through competitions or tournaments drops by just 13 percent between ages 15 and 17.
- Club and team membership in and outside of school is lower at ages 16 and 17.
- Participation through events is higher at ages 12 and 13 and lower from age 15.
- Gym membership increases between ages 15 and 17 and is higher at age 17.
- Extra training without a coach or instructor is the only activity to increase as rangatahi get older.
- One in three rangatahi use technology while being active, this is highest at age 17.
- One in two rangatahi use active ways of getting to school, with one in three walking to school. Except for age 12, this is consistent by age. One in eight rangatahi bike to school, but this is lower from age 15. Age 12 use the most active ways getting to school.

By gender

- Males have higher levels of informal participation and spend more time playing alone or hanging out with family and friends, especially from age 16.
- At age 17, males are more likely to do PE and to spend more time being active in PE.
- Females have lower levels of satisfaction with PE.
- Satisfaction with clubs varies by different sports and by gender.
- Females are more likely to practise with a coach or instructor, especially at age 15.
- Females are more likely to use technology while being active.
- Males are more likely to use active ways to get to school and are three times more likely than females to bike to school.

Figure 12: Organised and informal participation by age

As rangatahi get older, the drop in organised participation is steeper than for informal participation.

By age 17, just 1 in 2 rangatahi participate in an organised way, compared with 3 in 4 who participate informally.

From age 15, time spent in organised and informal participation is lower. The decrease in time spent in organised participation is steep from age 15 (figure 12).

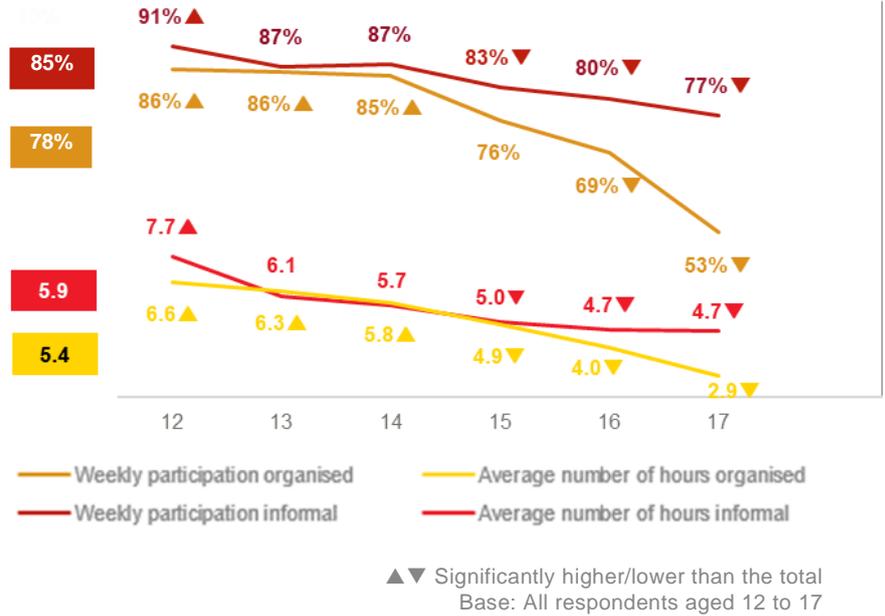


Figure 13: Organised participation by age and gender

Except at age 15, where more females participate in an organised way, no difference is evident by gender.

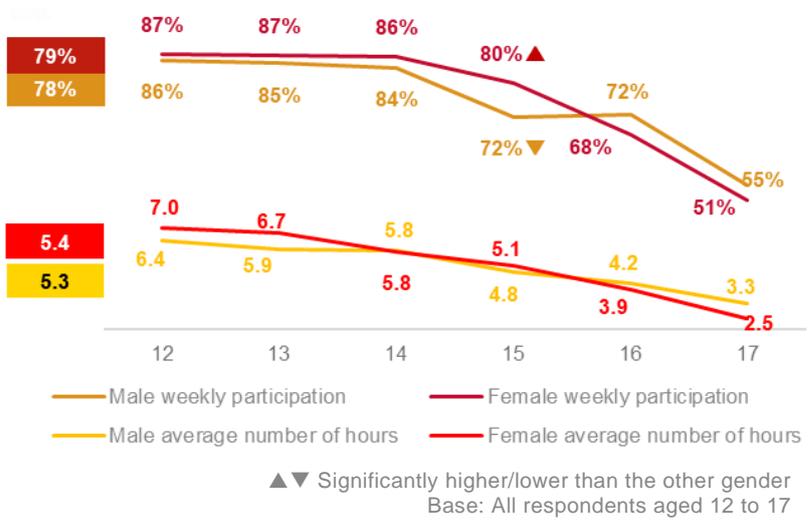
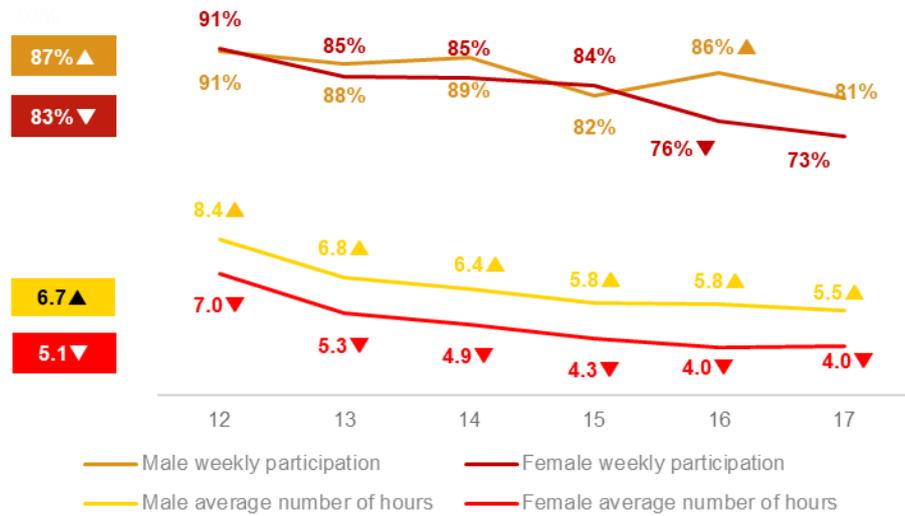


Figure 14: Informal participation by age and gender

In contrast, more males participate informally, especially from age 16.

A consistent gender gap is evident at each age for time spent in informal participation (figure 14).



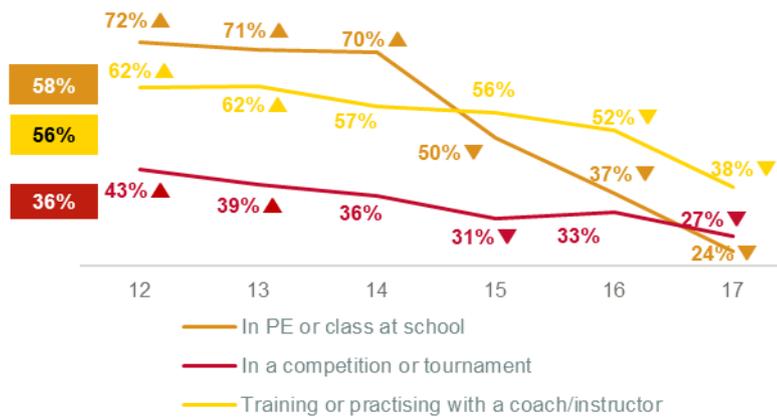
▲▼ Significantly higher/lower than the other gender
Base: All respondents aged 12 to 17

Figure 15: Different types of organised participation by age

Being active in PE drops by 80 percent from age 14.

By age 17, just 1 in 3 rangatahi are still training with a coach or instructor.

In contrast, participation in a competition or tournament drops by just 13 percent from age 15 (figure 15).



▲▼ Significantly higher/lower than the total
Base: All respondents aged 12 to 17

Figure 16: Different types of informal participation by age

Time spent playing and hanging out with family and friends reduces from age 15.

Being active for extra exercise, training or practising without a coach or instructor is the only activity to increase as rangatahi get older (figure 16).

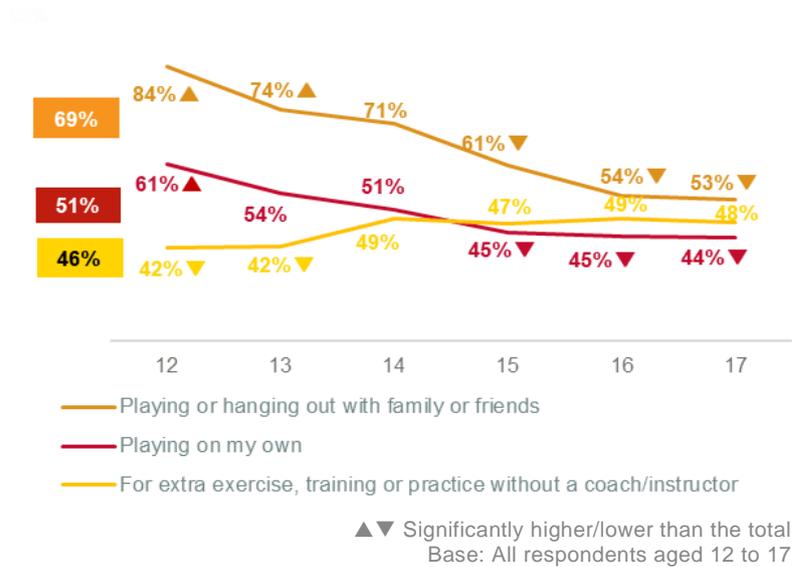
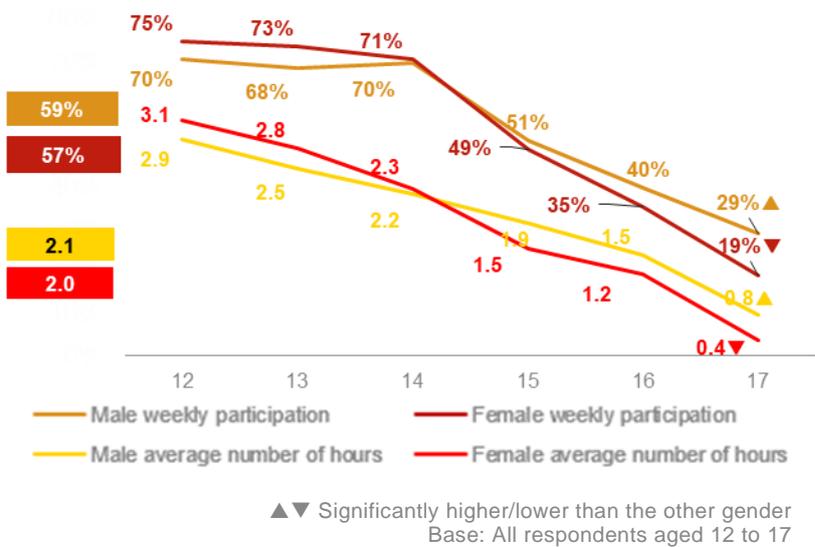


Figure 17: Participation in physical education by age and gender

At age 17, more males than females do and spend more time being active in PE (figure 17).

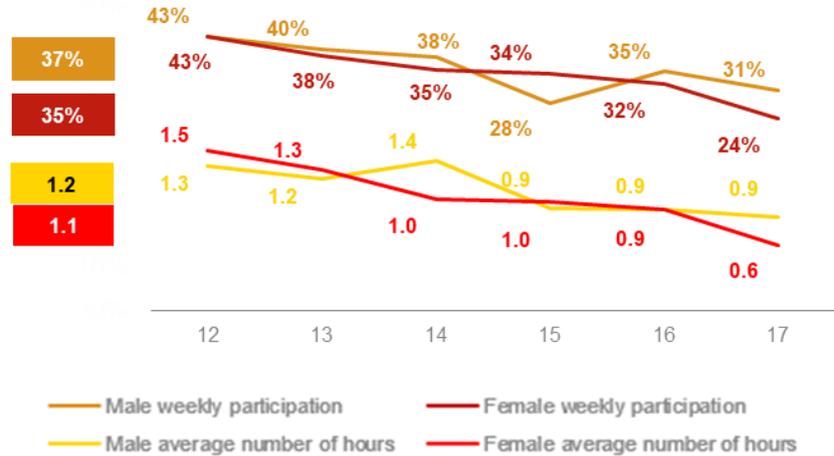
Sport NZ's Voice of Rangatahi research found females have lower levels of satisfaction with PE in school years 9 to 13. Thirty percent of females were very or extremely satisfied compared with 35 percent of males.¹²



¹² Sport NZ. Active NZ Voice of Rangatahi 2020 (above note 8).

Figure 18: Participation in a competition or tournament by age and gender

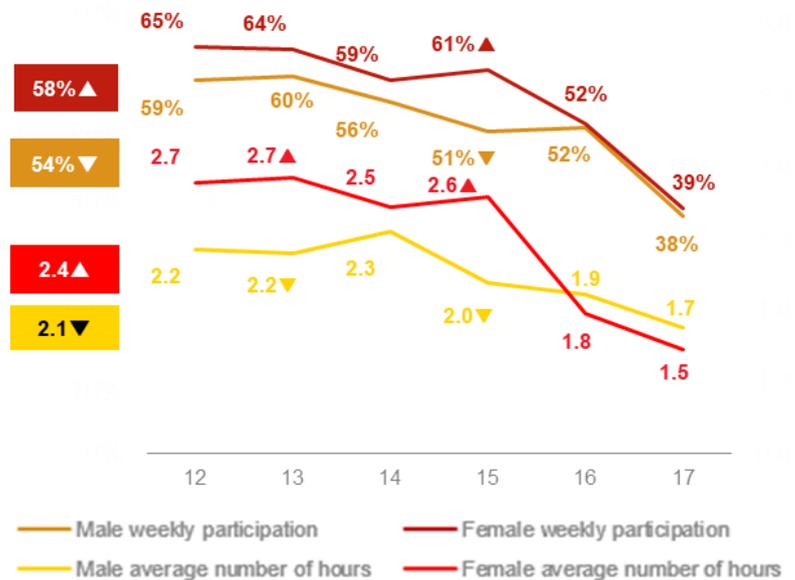
No gender difference is evident in participation through competitions or tournaments.



▲▼ Significantly higher/lower than the other gender
Base: All respondents aged 12 to 17

Figure 19: Training or practising with a coach by age and gender

More females spend more time training and practising with a coach, particularly at age 15 (figure 19).



▲▼ Significantly higher/lower than the other gender
Base: All respondents aged 12 to 17

Figure 20: Playing or hanging out with family and friends by age and gender

Playing or hanging out with family and friends is higher for males, especially at ages 14, 16 and 17.

Except for at age 13, time spent playing or hanging out with family and friends is also higher for males.

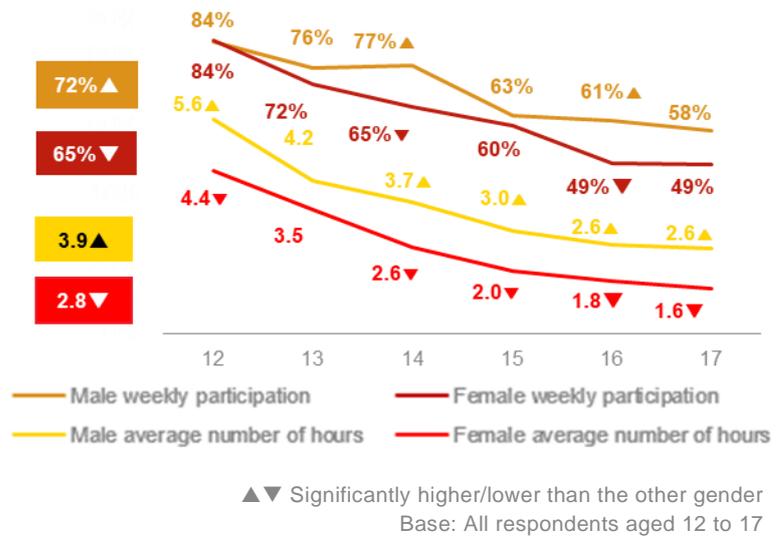


Figure 21: Playing alone by age and gender

Playing alone is higher for males, especially at age 16, where a 40 percent gender gap can be seen.

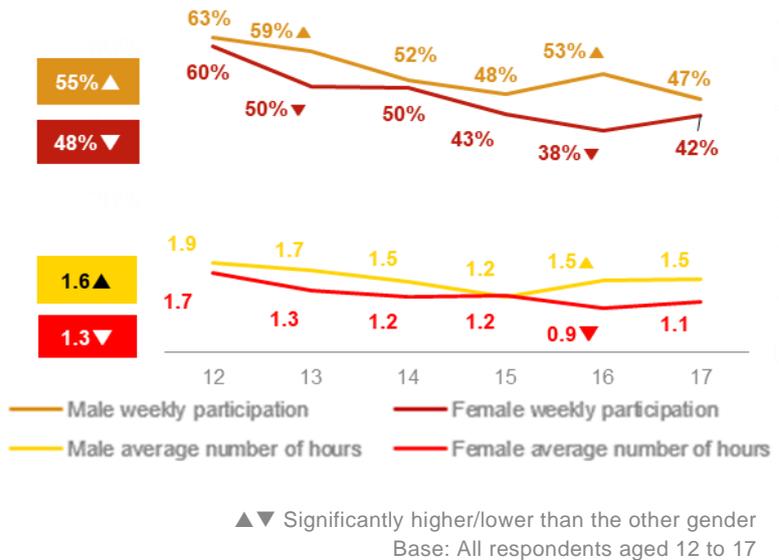
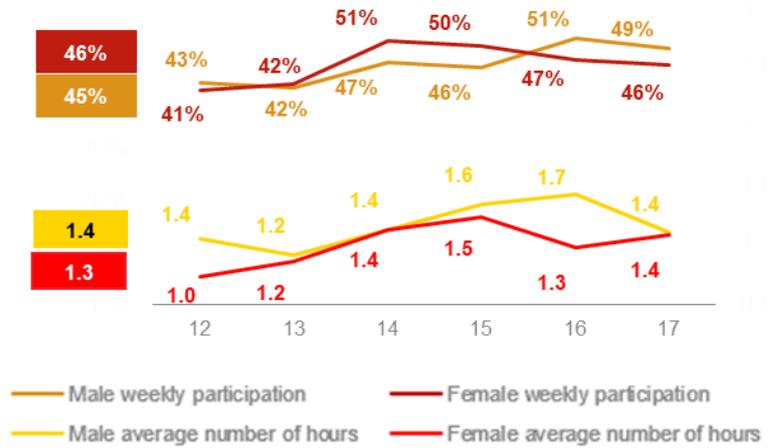


Figure 22: For extra exercise, training or practice without a coach/instructor by age and gender

No gender difference is evident in weekly participation or time spent for extra exercise, training or practice without a coach or instructor (figure 22).



▲▼ Significantly higher/lower than the other gender
Base: All respondents aged 12 to 17

Club and team membership at or outside of school is higher at ages 12 and 13 and lower from age 16 (table 3).

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

	Total	Age group					
		12	13	14	15	16	17
At school	76%	80%▲	83%▲	77%	76%	71%▼	65%▼
Outside of school	69%	76%▲	77%▲	69%	66%	59%▼	55%▼
At or outside of school (net)	88%	91%▲	93%▲	88%	87%	84%▼	79%▼

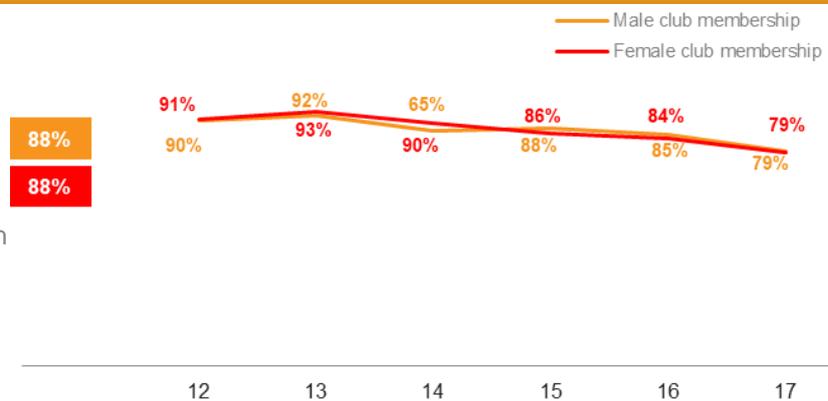
▲▼ Significantly higher/lower than the total
Base: All respondents aged 12 to 17

Figure 23: Club/team membership at or outside of school in the past 12 months by age and gender

No gender difference is evident in club and team membership at or outside of school across all ages (figure 23).

Sport NZ’s Voice of Participant research found that, between ages 13 and 18, 1 in 2 join clubs to play in competitions and no difference is evident by gender.¹³

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



▲▼ Significantly higher/lower than the other gender

¹³ Sport NZ. *Active NZ Voice of Participant 2020* (above note 10).

Base: All respondents aged 12 to 17

Figure 24: Participation through events in the past 12 months by age and gender

Participation through events drops by 39 percent between ages 12 and 17.

Ages 12 and 13 have higher participation, but this reduces from age 15.

No difference is evident by gender (figure 24).

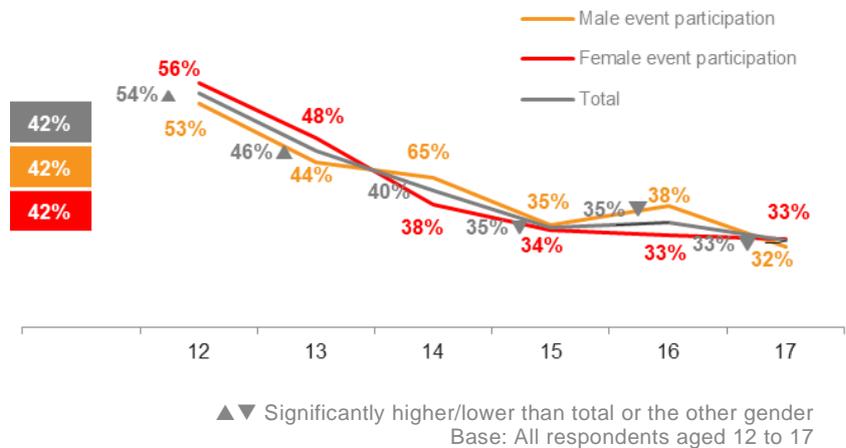


Figure 25: Gym membership by age and gender

Gym membership increases as rangatahi get older and is highest at age 17.

No difference is evident by gender (figure 25).

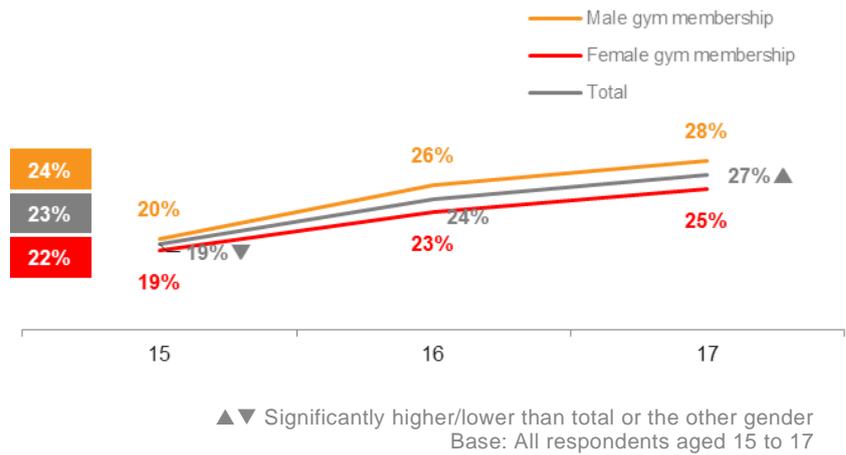
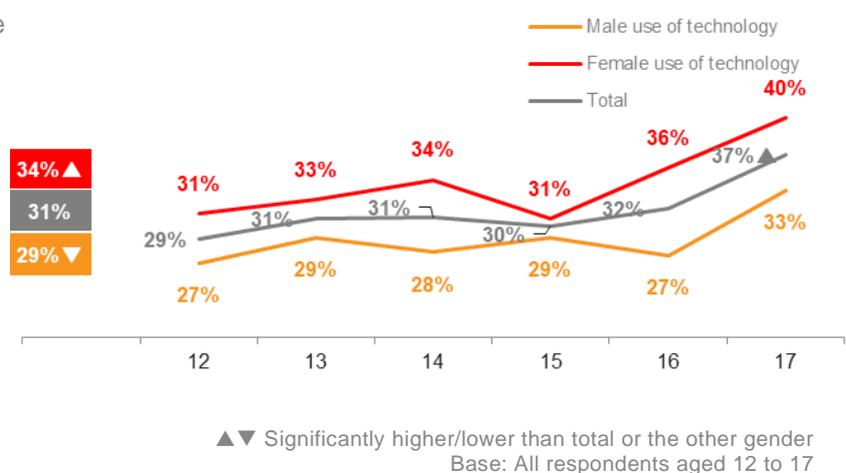


Figure 26: Use of technology by age and gender

Use of technology while being active is highest at age 17.

More females across all ages use technology while being active (figure 26).



One in two rangatahi use active ways to get school. One in three rangatahi walk, while one in eight bike. Except at age 12, walking to school is consistent by age. From age 15, rangatahi are less likely to bike to school. Rangatahi at age 12 are the most active in getting to school (table 4).

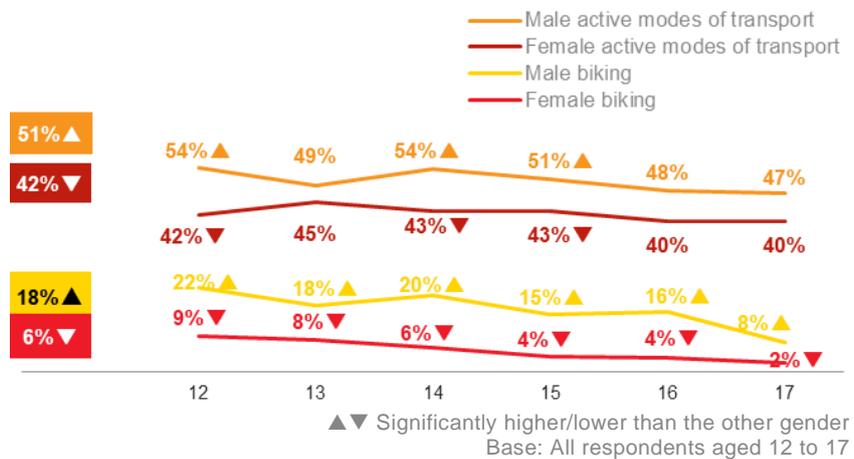
Table 4: Getting to and from school by age

	Total	Age group					
		12	13	14	15	16	17
Walk	35%	31%▼	35%	37%	38%	35%	39%
Run	2%	3%	3%	3%	3%	1%	1%▼
Bike	12%	16%▲	13%	13%	9%▼	9%▼	5%▼
Skateboard, scooter or rollerblading	3%	8%▲	3%	1%▼	1%▼	2%	2%
NET Active transport	46%	48%	47%	48%	47%	43%	43%
Car, van or motorbike	40%	44%▲	36%▼	35%▼	40%	40%	46%▲

▲▼ Significantly higher/lower than the total
Base: All respondents aged 12 to 17

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 across all ages and are three times more likely to bike to school (figure 27).



4. Motivations¹⁴

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

Insights

By age

- Fun is the lead motivation for participating, followed by for fitness or health. Participating for fun decreases as rangatahi get older. The opposite is true for participating for fitness and health. By age 17, participating for fun and fitness or health are equal.
- The only motivations to increase with age are for fitness or health, to lose or maintain weight and to look good.

By gender

- Except at age 12, where males are more likely to participate for fun, no gender difference is evident in motivations. However, the drop in participating for fun is steeper for females from age 14.
- Females are more likely to participate for fitness and health, especially at ages 13, 14 and 17.
- Females are also more likely to participate to lose or maintain weight, which rises to 1 in 5 by ages 16 and 17.
- Males are more likely to participate to look good.
- Although participating to practise a new skill decreases with age, at ages 14 and 15, females are more likely to participate for this reason.
- Participating 'because I have to' is higher for females than males.

¹⁴ Note that results are from quarter 1 2017 to quarter 2 2019. Removed in quarter 3 2019 to accommodate questionnaire changes.

Fun is the lead motivator for participating, followed by for fitness or health. Participating for fun decreases as rangatahi get older. The opposite is true for fitness and health. By age 17, participating for fun and fitness or health are equal reasons for being active for one in two rangatahi.

Except for fitness and health, to lose or maintain weight and to look good, age 12 rangatahi have many reasons to be active (including 'because I have to').

The only motivations to increase participation with age are for fitness or health, to lose or maintain weight and to look good (table 5).

Table 5: Motivations by age

	Total	Age group					
		12	13	14	15	16	17
For fun	70%	83%▲	76%▲	71%	63%▼	59%▼	54%▼
For fitness or health	51%	42%▼	48%	57%▲	55%▲	56%▲	54%
To hang out with family or friends	44%	53%▲	47%	47%	38%▼	37%▼	33%▼
To physically challenge myself or to win	38%	43%▲	38%	36%	37%	36%	30%▼
To learn or practise a new skill	25%	30%▲	29%▲	25%	24%	19%▼	18%▼
I must (parents/caregiver/school make me)	23%	29%▲	27%▲	29%▲	21%	13%▼	8%▼
I am good at it	17%	22%▲	17%	19%	15%	14%	11%▼
To lose or maintain weight	11%	7%▼	7%▼	13%	12%	18%▲	13%
To look good	4%	2%▼	2%▼	4%	5%	7%▲	7%▲

▲▼ Significantly higher/lower than the total
Base: All respondents aged 12 to 17

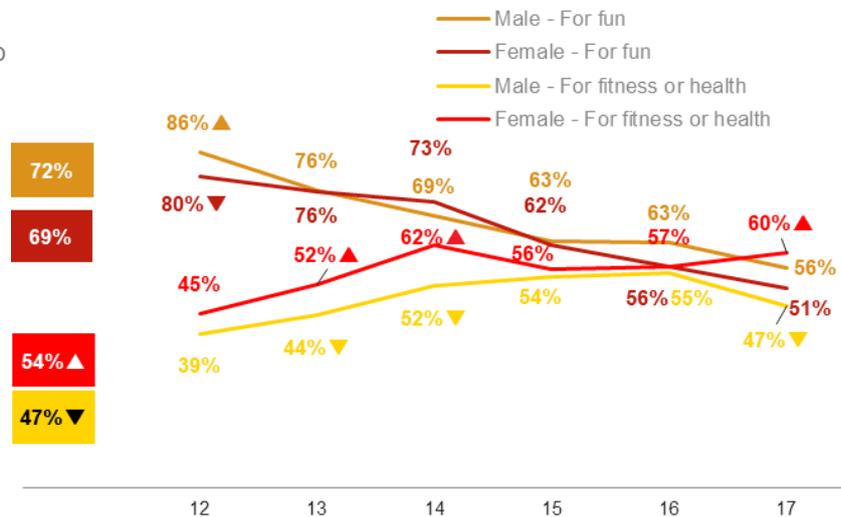
The following selected results have been chosen to show where motivations differ most by gender (except for fun, which is included as the top motivation).

Figure 28: Motivations: for fun and for fitness or health by age and gender

Except at age 12, where males are more likely to participate for fun, no gender difference is evident.

From age 14, the drop in participating for fun is steeper for females. A 30 percent drop occurs for females compared with a 19 percent drop for males.

Females are more likely to participate for fitness or health, especially at ages 13, 14 and 17 (figure 28).



▲▼ Significantly higher/lower than the other gender
Base: All respondents aged 12 to 17

Figure 29: Motivations: to look good and to lose or maintain weight by age and gender

Females are more likely to participate to lose or maintain weight, especially from age 13. By 17, this is the main motivation for 1 in 5 females.

Males are more likely to participate to look good (figure 29).

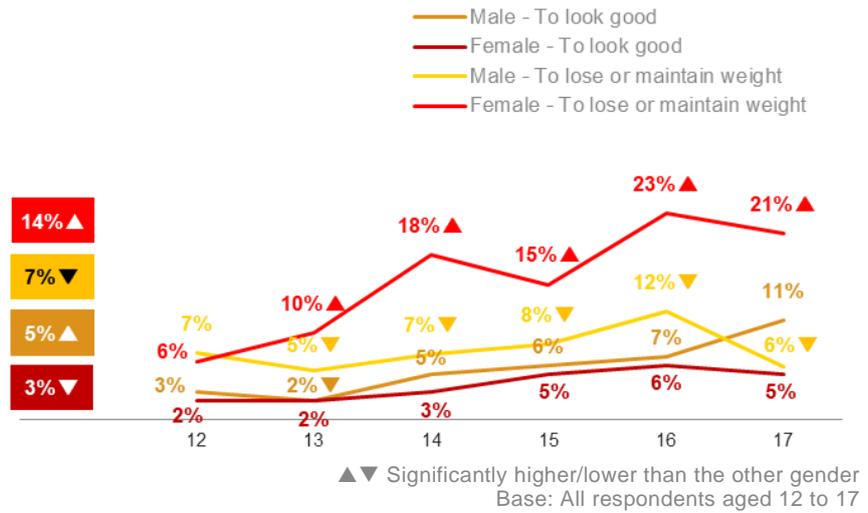
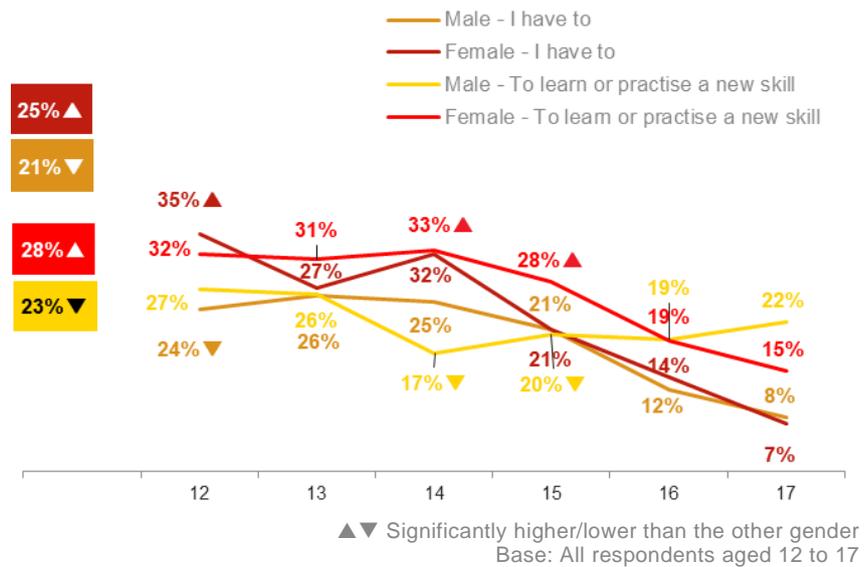


Figure 30: Motivations: to learn or practise a new skill and 'because I have to' by age and gender

Females are more likely to participate to learn a new skill, especially at ages 14 and 15.

Females are more likely to participate because 'they have to', especially at age 12



5. Barriers

This section explores barriers to increasing participation.

Overall

- Three in four rangatahi want to increase their participation.
- The top three barriers for rangatahi who want to increase their participation are being too busy, too tired and struggles with motivation.
- For those who do want to increase their participation, 'already doing a good amount', being too busy and too tired are the top three barriers.
- Rangatahi who want to increase their participation have more barriers than those who do not.
- No difference is evident in time spent in weekly participation between rangatahi who do and do not want to increase their participation.

By age

- No difference can be seen by age in appetite to increase participation.
- For those who do want to increase their participation, the top three barriers are higher from age 16 and lower at age 12.
- For those who do not want to increase their participation, no difference can be seen by age on the top barrier of 'already doing a good amount'. Rangatahi at age 15 have the most barriers, while at age 12 they have the least.

By gender

- Females want to increase their participation more than males.
- Females have more barriers whether they do or do not want to increase their participation. This is the case at every age for females who want to increase their participation and is especially so at ages 13, 14 and 17 for those who do not want to increase their participation.
- Females are more likely to be too busy or too tired to increase their participation, regardless of appetite to increase their participation.
- Females who want to increase their participation are more likely to be too busy, struggle with motivation, lack confidence, have friends who are not physically active, and not wanting to fail as barriers.
- No gender difference is evident in 'already doing a good amount' as a barrier for those who do not want to increase their participation.

Three in four rangatahi want to increase their participation, and this is consistent by age (table 6).

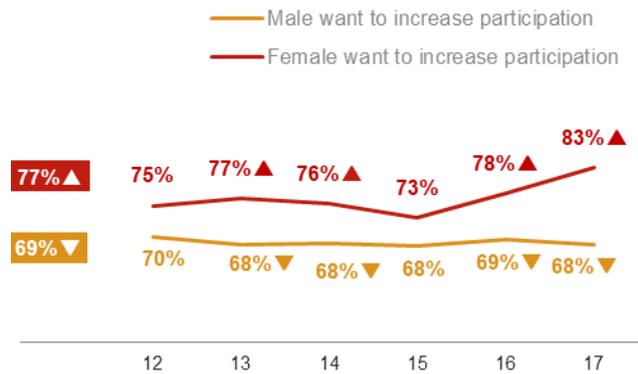
Table 6: Appetite to increase participation by age

	Total	Age group					
		12	13	14	15	16	17
Want to increase participation	73%	72%	72%	72%	71%	74%	76%

▲▼ Significantly higher/lower than the total
Base: All respondents aged 12 to 17

Figure 31: Appetite to increase participation by age and gender

Except at age 12 and 15, females have a greater appetite to increase their participation (figure 31).



▲▼ Significantly higher/lower than the other gender
Base: All respondents aged 12 to 17

For rangatahi who want to increase their participation, one in two are too busy and three in four struggle with motivation or are too tired.

In contrast, 'already doing a good amount' is the main barrier for 1 in 2 rangatahi who do not want to increase their participation, followed by too busy for 4 in 10 and too tired for 2 in 5.

No difference is evident in time spent in weekly participation for those who do and do not want to increase their participation (10.9 hours compared with 11.1 hours).

The average number of barriers is higher for those who want to increase their participation than for those who do not (3.2 barriers compared with 2.6 barriers) (table 7).

Table 7: Barriers to participation

Want to increase participation		Do not want to increase participation	
47%	Too busy	51%	I already do a good amount
24%	I am too tired/no energy	40%	Too busy
24%	I struggle to motivate myself	22%	I am too tired/no energy
17%	I do not have the equipment I need	18%	I prefer to do other things
16%	No places nearby to do what I want to do	11%	I struggle to motivate myself
14%	The weather	9%	Too hard to get to training, games or competitions
14%	I have no one to do it with	8%	I am not interested in sport or physical activity
14%	I am not fit enough	7%	I am not fit enough
14%	Too hard to get to training, games or competitions	7%	My family cannot afford it
12%	I prefer to do other things	7%	I am not confident enough
12%	My family cannot afford it	6%	PE/fitness classes at school are not fun
11%	Not enough PE offered at school	6%	I find physical activity boring
11%	I am not confident enough	6%	No places nearby to do what I want to do
	3.2 barriers on average		2.6 barriers on average
	10.9 hours spent in weekly participation		11.1 hours spent in weekly participation

The number of barriers is higher at ages 14 and 16 for those who want to increase their participation. From age 16, being too busy, too tired and struggles with motivation are all higher. Females have more barriers to increasing their participation (table 8).

Table 8: Want to increase participation top five barriers by age and gender

	Total	Age group					
		12	13	14	15	16	17
Those who want to increase participation							
Too busy	47%	41%▼	44%	44%	50%	55%▲	57%▲
I am too tired/no energy	24%	17%▼	22%	22%	25%	32%▲	33%▲
I struggle to motivate myself	24%	15%▼	18%▼	24%	29%▲	30%▲	34%▲
I do not have the equipment I need	17%	16%	16%	21%▲	17%	19%	15%
No places nearby to do what I want to do	16%	14%	15%	17%	16%	17%	14%
Average number of barriers	3.2	2.7▼	3.1	3.4▲	3.3	3.5▲	3.3
Females average number of barriers	3.6↑	2.9↑	3.5↑	3.9↑	3.7↑	3.9↑	3.8↑
Males average number of barriers	2.7↓	2.5↓	2.6↓	2.8↓	2.9↓	2.8↓	2.6↓

▲▼ Significantly higher/lower than the total
 ↑↓ Significantly higher/lower than the other gender
 Base: All respondents aged 12 to 17

For rangatahi who do not want to increase their participation, the number of barriers is higher at age 15. Too busy,¹⁵ too tired, 'prefer to do other things'¹⁶ and struggles with motivation are also higher at this age. Females have more barriers to increasing their participation (table 9).

Table 9: Do not want to increase participation top five barriers by age and gender

	Total	Age group					
		12	13	14	15	16	17
Those who do not want to increase participation							
I already do a good amount	51%	52%	53%	46%	49%	54%	52%
Too busy	40%	31%▼	37%	40%	48%▲	48%▲	41%
I am too tired/no energy	22%	16%▼	20%	29%▲	29%▲	21%	18%
I prefer to do other things	18%	19%	15%	15%	26%▲	15%	15%
I struggle to motivate myself	11%	7%▼	13%	13%	16%▲	9%	7%
Average number of barriers	2.6	2.1▼	2.5	2.8	3.1▲	2.6	2.2
Females average number of barriers	2.9↑	2.2	3.0↑	3.2↑	3.3	2.9	2.7↑*
Males average number of barriers	2.3↓	2.1	2.1↓	2.4↓	2.9	2.3	1.9↓*

▲▼ Significantly higher/lower than the total
 ↑↓ Significantly higher/lower than the other gender
 Base: All respondents aged 12 to 17
 *Base size less than n=100

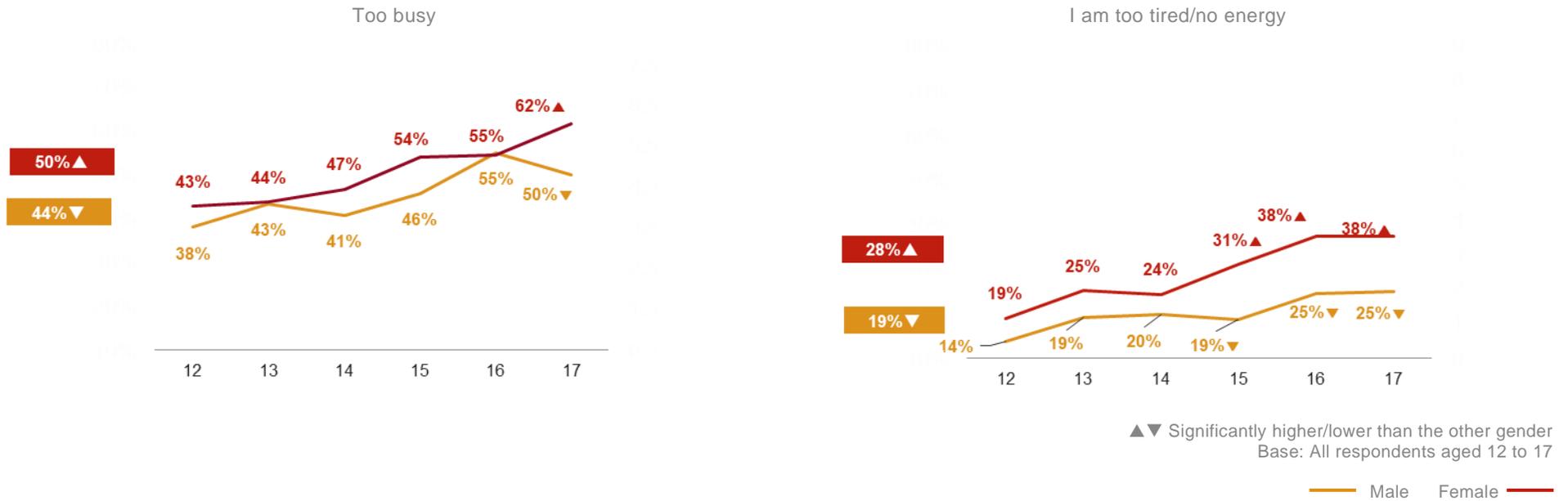
¹⁵ Ages 15 and 17 are busy doing schoolwork (87% compared with 78% overall) and ages 16 and 17 are also busy with work. At age 16, 31 percent and, by 17, 52 percent, compared with 21 percent for all rangatahi.

¹⁶ At age 15, significant differences are evident, compared with all rangatahi, on activities they prefer to spend time on: family and friends (69%), electronic games (48%), music (47%) and reading (36%).

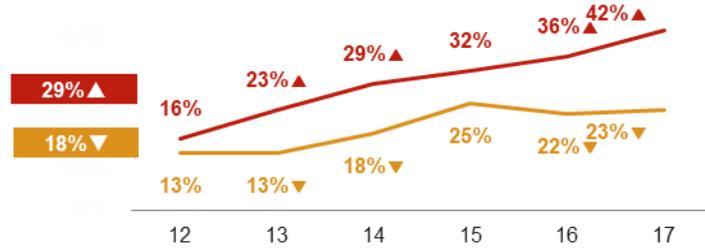
Females who want to increase their participation are more likely to have the following barriers:

- too busy, especially at age 17
- too tired, especially from age 15
- struggle with motivation (this barrier increases as female rangatahi get older, while for males it is stable from age 15)
- lack confidence, except at age 12, especially from age 16
- have friends who are not active, especially at age 12 and between ages 14 and 16
- not want to fail, except at ages 12 and 15 (figure 32).

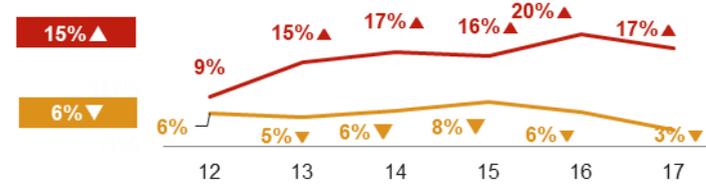
Figure 32: Want to increase participation by age and gender



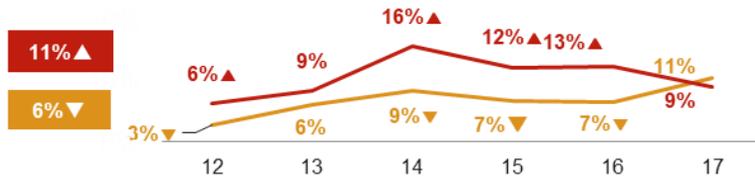
I struggle to motivate myself



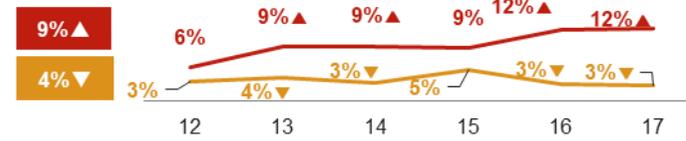
I am not confident enough



My friends aren't physically active



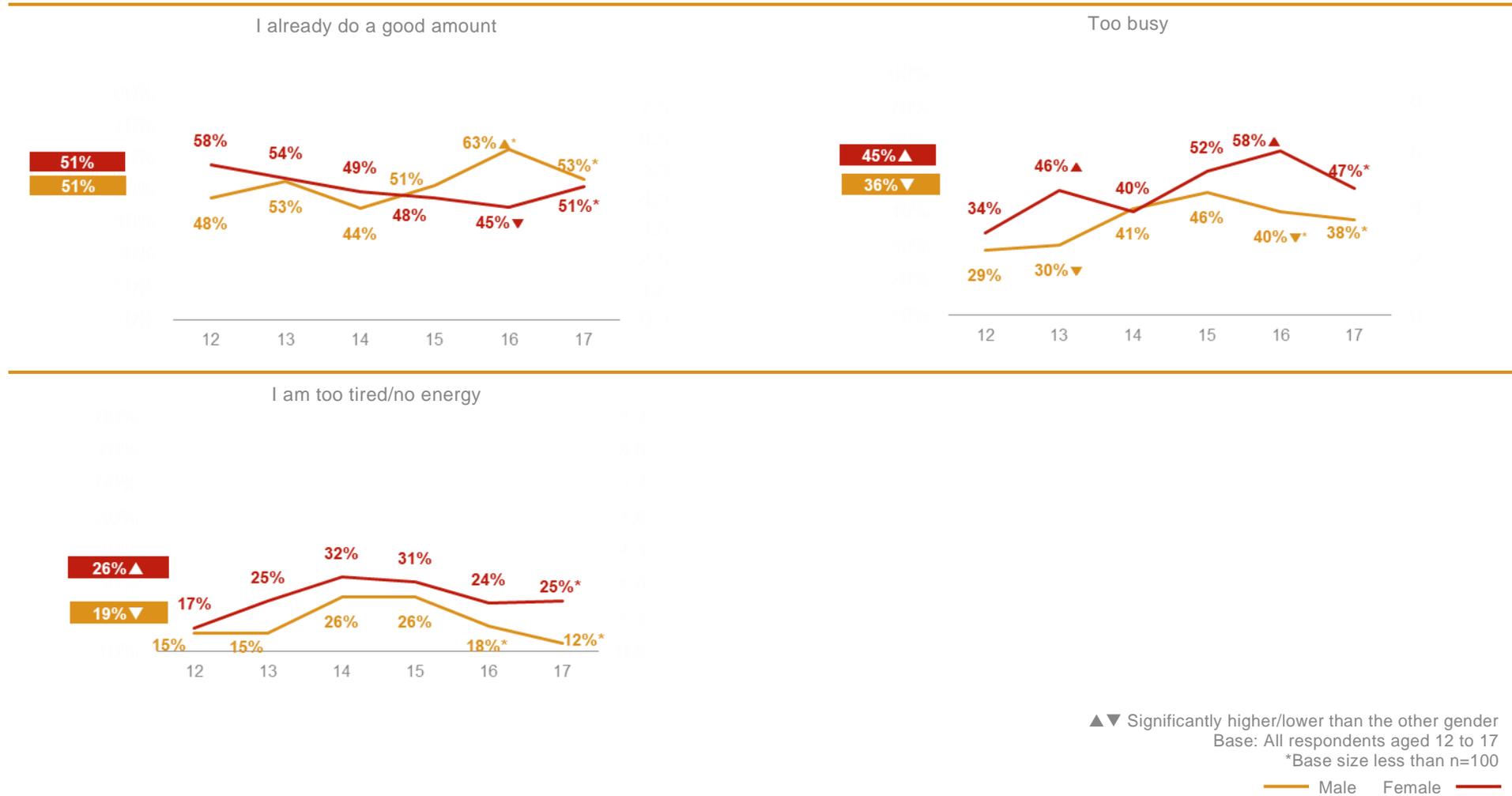
I don't want to fail



▲▼ Significantly higher/lower than the other gender
 Base: All respondents aged 12 to 17
 — Male — Female —

Females who do not want to increase their participation are also more likely to cite being too busy and too tired as barriers. Except at age 16, no gender difference can be seen in 'already doing a good amount' (figure 33).

Figure 33: Do not want to increase participation by age and gender¹⁷



¹⁷ No gender difference is evident on struggles with motivation for those who do not want to increase their participation.

6. Attitudes

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

Insights

By age

- Nine in 10 rangatahi enjoy playing sport, but this is higher at age 14 than for the other ages. Although enjoyment is lower at age 17, 8 in 10 continue to enjoy playing sport.
- Being good at sport, liking PE, liking to do the physical activities friends do, wanting to represent their region or country and enjoyment of consuming sport all decrease as rangatahi get older.
- Concentrating on schoolwork after being active is easier for one in two rangatahi, and this is relatively consistent by age.
- Two in five rangatahi find electronic games more exciting than real-life ones, and this consistent by age.

By gender

- No difference is evident by gender on enjoyment of playing sport.
- Females are more likely to find it easier to concentrate on schoolwork after being active.
- Males are more likely to:
 - like PE
 - like to do the physical activities friends do
 - want to represent region or country
 - enjoy consuming sport
 - find electronic games more exciting than real-life ones.

Almost 9 in 10 rangatahi enjoy playing sport, but this is higher at age 14 than for other ages. Although enjoyment is lower at age 17, 8 in 10 continue to enjoy playing sport.

Being good at sport, liking PE, wanting to represent their region or country and enjoying consuming sport all decrease as rangatahi get older.

One in two rangatahi find it easier to concentrate on schoolwork after being active. This is relatively stable by age.

Two in five rangatahi find electronic games more exciting than real-life ones. This is consistent across all age groups (table 10).

Table 10: Selected attitudes by age

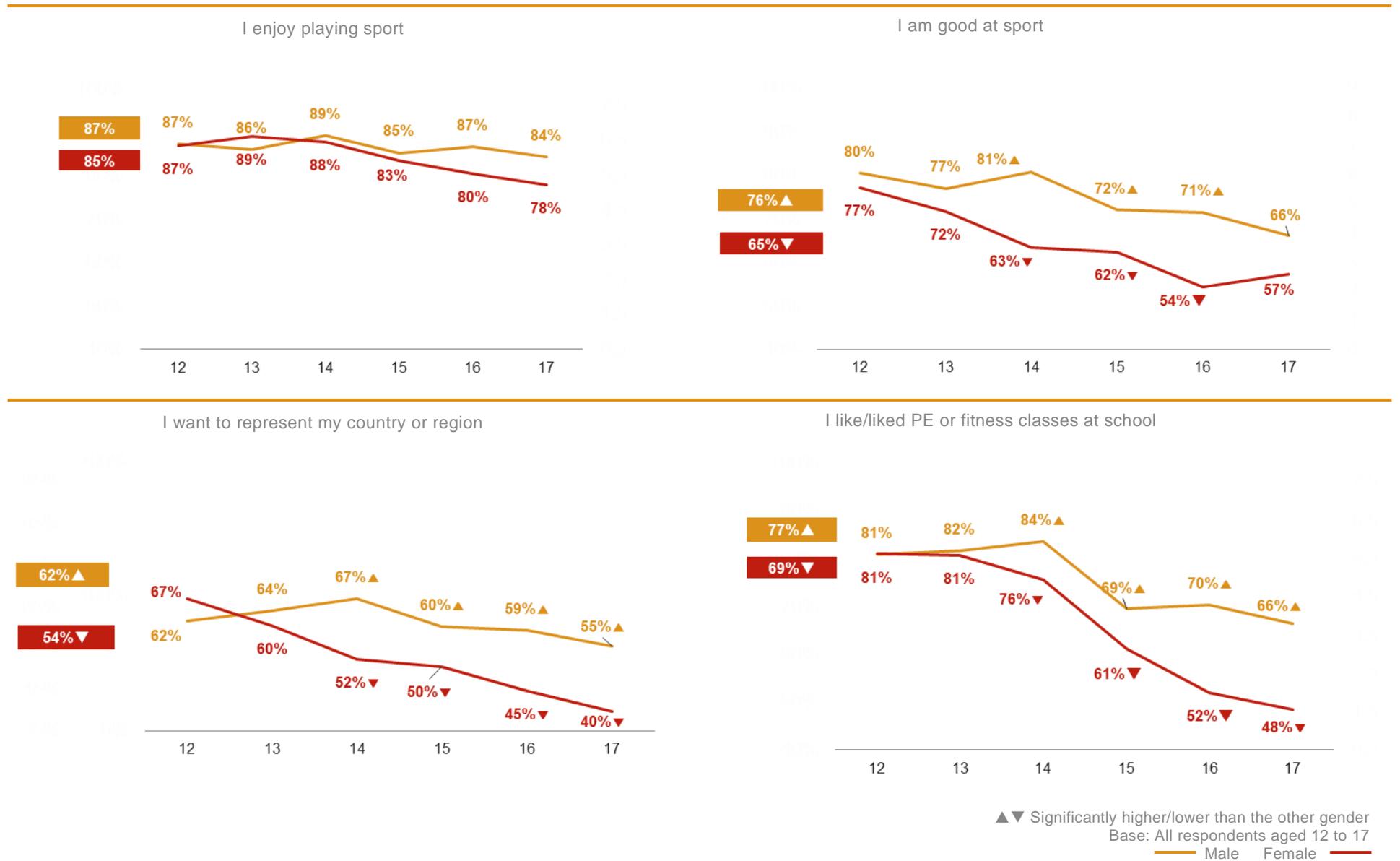
	Total	Age group					
		12	13	14	15	16	17
I enjoy playing sport	86%	87%	87%	88%▲	84%	83%	81%▼
I like/liked PE or fitness classes at school	72%	81%▲	81%▲	79%▲	65%▼	60%▼	56%▼
I am good at sport	70%	79%▲	74%▲	72%	67%▼	62%▼	61%▼
I like to do the physical activities that my friends do	70%	74%▲	77%▲	72%	67%▼	61%▼	67%
I want to represent my country or region	58%	64%▲	62%▲	59%	55%	51%▼	47%▼
I enjoy watching, listening to, and reading about sports	56%	60%▲	57%	56%	55%	52%	51%▼
After doing physical activity, I find it easier to concentrate on schoolwork	43%	46%	46%	39%▼	40%▼	43%	47%
I find electronic games more exciting to play than the real-life ones	21%	24%	21%	19%	22%	19%	22%

▲▼ Significantly higher/lower than the total
Base: All respondents aged 12 to 17 (% agree)

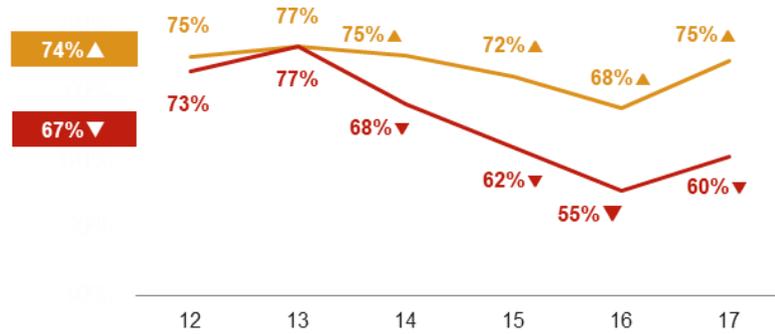
Except for enjoying playing sport, where no difference is evident by age, gender and females finding it easier to concentrate on schoolwork after being active (especially between 12 and 15), males are more likely to:

- agree they are good at sport, especially between ages 14 and 16
- want to represent their region or country, especially from age 14
- like PE, especially from age 14
- like doing the physical activities their friends do, especially from age 14
- enjoy watching, listening to and reading about sports, especially from age 14
- find electronic games more exciting to play than real-life ones at every age (figure 34).

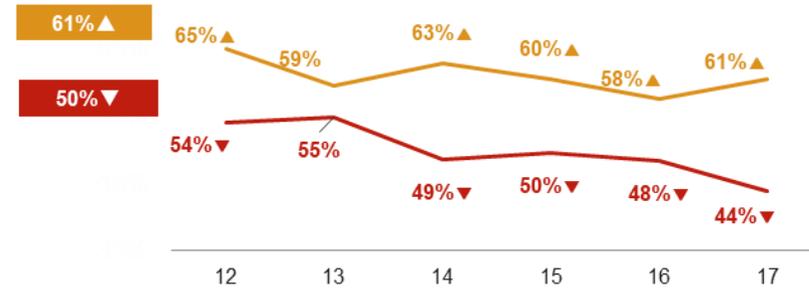
Figure 34: Selected attitudes towards being active by age and gender



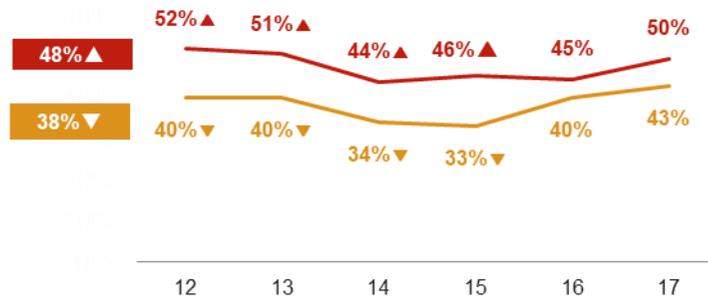
I like to do the physical activities that my friends do



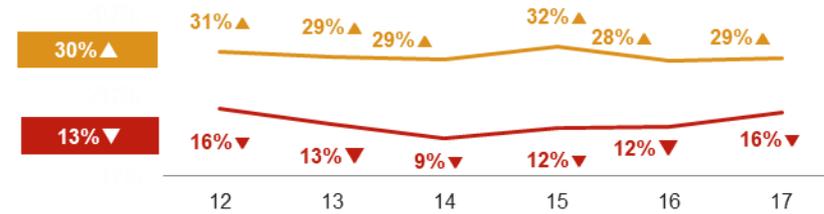
I enjoy watching, listening to and reading about sports



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



I find electronic games more exciting to play than the real-life ones



▲▼ Significantly higher/lower than the other gender
 Base: All respondents aged 12 to 17
 — Male — Female —

7. Physical literacy

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

Insights

Overall

- Nine in ten rangatahi want to be active, and this is consistent by age and gender.

By age

- Confidence, competence, encouragement and having the opportunity to participate in activities of choice all decrease as rangatahi get older. Agreement with these indicators is higher at ages 12 and 13 and then reduces from age 16.

By gender

- While females are more likely to understand why being active is good for them, males are more likely to feel confident, competent, encouraged and to have the chance to do their activities of choice.
- The biggest gender gaps are in confidence and competence from age 14.
- Females are less likely than males to feel school staff encourage them to be active or that they have a say when it comes to being active at school.
- Adult females have a greater influence on the amount of time that male rangatahi spend being active.

Nine in ten rangatahi want to be active, and this is consistent by age and gender.

Confidence, competence, encouragement and having the opportunity to participate in activities of choice all decrease as rangatahi get older. Agreement with these indicators is higher at ages 12 and 13 and then reduces from age 16 (table 11).

Table 11: Proportion of rangatahi who agree with physical literacy indicators by age

	Total	Age group					
		12	13	14	15	16	17
I understand why taking part in physical activity is good for me	95%	94%	95%	97%▲	95%	96%	92%▼
I want to take part in physical activities	86%	87%	86%	88%	84%	86%	84%
People in my life encourage me to take part in physical activities	83%	88%▲	87%▲	85%	81%	78%▼	75%▼
I have the chance to do the physical activities I want	79%	80%	83%▲	79%	78%	74%▼	74%▼
I feel confident to take part in lots of different activities	68%	76%▲	73%▲	69%	62%▼	62%▼	59%▼
I am good at lots of different physical activities	67%	75%▲	71%▲	70%	63%	57%▼	56%▼

▲▼ Significantly higher/lower than the total
Base: All respondents aged 12 to 17 (% agree)

No gender difference is evident in interest in being active. However:

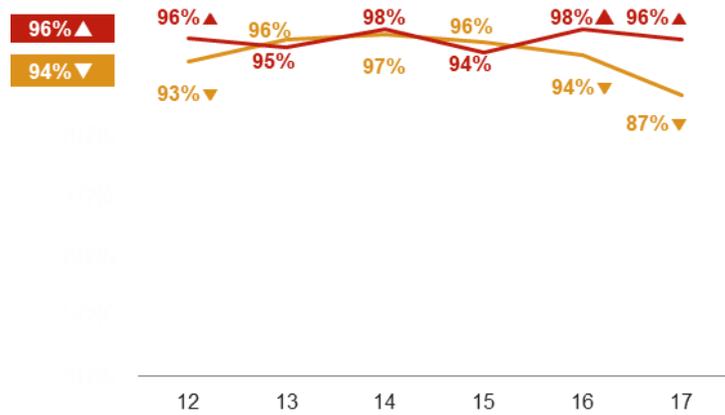
- females are more likely to understand why taking part in physical activity is good for them
- males are more likely to feel confident, competent, encouraged and to have the chance to do their activities of choice
- the greatest gender gaps from age 14 are in confidence and competence (figure 35).
- Sport NZ's Voice of Rangatahi research¹⁸ found females are less likely to agree that secondary school staff encourage them to be active (57 percent compared with 62 percent) and that they have a say when it comes to being active at school (53 percent compared with 56 percent).
- Sport NZ's internal analysis of Active NZ¹⁹ data found that adult females have a greater influence on the amount of time that male rangatahi spend being active.

¹⁸ Sport NZ. *Active NZ Voice of Rangatahi 2020* (above note 8).

¹⁹ Sport NZ's internal analysis of Active NZ data on the impact of adults on rangatahi activity 2020 (above note 10).

Figure 35: Physical literacy by age and gender

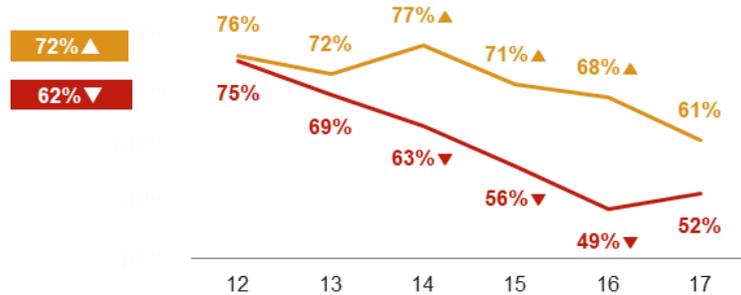
I understand why taking part in physical activity is good for me



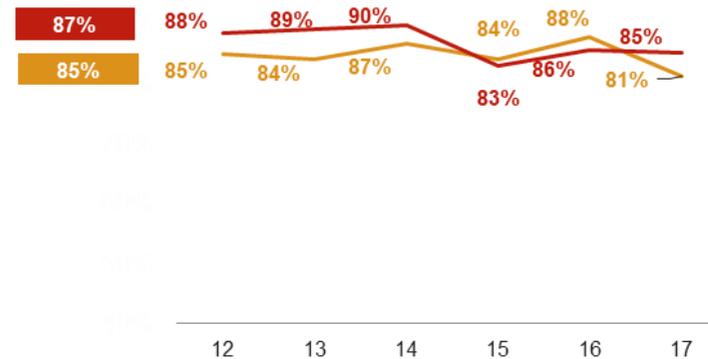
I feel confident to take part in lots of different activities



I am good at lots of different physical activities

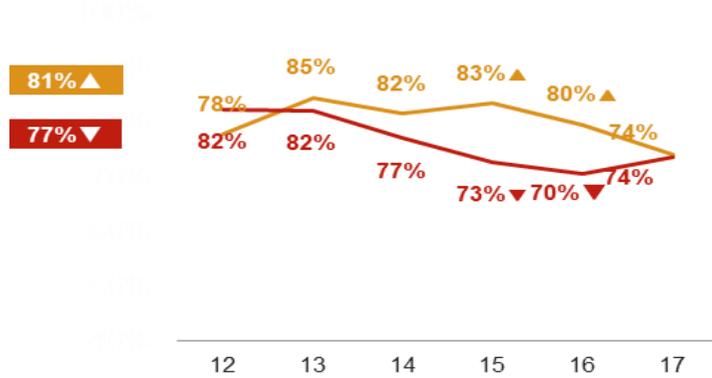


I want to take part in physical activities

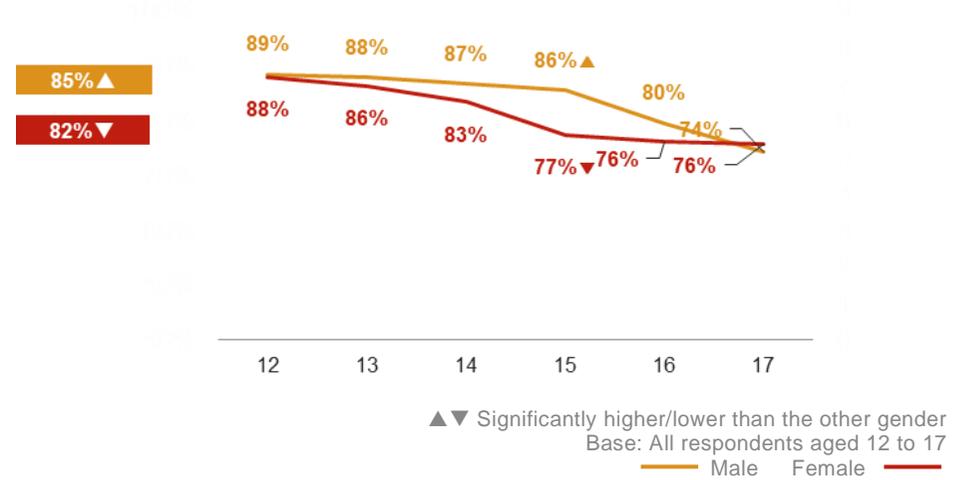


▲▼ Significantly higher/lower than the other gender
 Base: All respondents aged 12 to 17
 — Male — Female

I have the chance to do the physical activities I want



People in my life encourage me to take part in physical activities²⁰



²⁰ Sport NZ's internal analysis of adult and child activity using 2017 and Active NZ data.

Appendices

Appendix A

Table 12: Sports and activities participated in in the past 7 days by age*

	Total	Age group					
		12	13	14	15	16	17
Running, jogging or cross country (from 2017 onwards)	61%	67%▲	65%▲	67%▲	56%▼	54%▼	46%▼
Games (eg, four square, tag, bull rush, dodgeball)	37%	53%▲	48%▲	43%▲	26%▼	20%▼	14%▼
Walking for fitness	36%	35%	36%	40%▲	35%	36%	35%
Workout (weights or cardio)	27%	13%▼	21%▼	31%▲	34%▲	38%▲	36%▲
Cycling NET	26%	34%▲	30%▲	27%	21%▼	18%▼	15%▼
Playing (eg, running around, climbing trees, make-believe)	25%	48%▲	34%▲	23%	14%▼	9%▼	9%▼
Swimming	24%	37%▲	28%	24%	22%	14%▼	13%▼
Football/Soccer/Futsal (from 2017 onwards)	20%	27%▲	25%▲	21%	18%	13%▼	12%▼
Basketball or Mini-ball	17%	22%▲	18%	19%	17%	12%▼	11%▼
Trampoline	17%	31%▲	24%▲	13%	8%▼	7%▼	5%▼
Playing on playground (eg, jungle gym)	16%	37%▲	20%▲	11%	6%▼	4%▼	4%▼
Netball	14%	17%▲	17%▲	15%	12%▼	12%	10%▼
Group exercise class (eg, aerobics, CrossFit, Jump Jam)	14%	15%	15%	16%	10%▼	13%	10%▼
Dance/dancing (eg, ballet, hip hop etc)	14%	19%▲	15%	14%	12%	9%▼	8%▼
Touch	11%	15%▲	12%	11%	8%▼	7%▼	10%
Rugby or Rippa Rugby	10%	14%▲	10%	11%	9%	7%▼	6%▼
Tramping or bush walks	10%	13%▲	10%	9%	9%	7%▼	9%
Scootering	10%	22%▲	13%▲	5%	4%▼	3%▼	3%▼
Athletics or track and field	9%	14%▲	11%	10%	5%▼	7%▼	4%▼
Hockey or floorball	8%	9%	9%	7%	8%	5%▼	6%
Cricket	7%	11%▲	10%▲	7%	4%▼	4%▼	3%▼
Badminton	7%	6%	7%	8%	7%	6%	3%▼
Handball	6%	12%▲	9%▲	7%	3%▼	1%▼	2%▼
Tennis	6%	9%▲	8%	6%	5%▼	6%	3%▼
Volleyball or Kiwi Volley	6%	5%	7%	9%▲	7%	5%	4%▼
Skateboarding	6%	6%	7%	4%	6%	6%	7%
Table tennis	6%	7%▲	9%▲	5%	4%	4%▼	3%▼
Kapa haka	6%	11%▲	7%	4%	3%▼	2%▼	3%▼
Gymnastics (eg, rhythmic, artistic)	5%	9%▲	8%▲	6%	2%▼	2%▼	1%▼

▲▼ Significantly higher/lower than the total

Base: All respondents aged 12 to 17

*Sports and activities with participation over 5%

The only activity to increase as rangatahi get older is workout (weights and cardio) for males and females from age 14.

Except for walking for fitness, which is relatively stable by age, all other sport and activities have below-weekly participation by age 17 (table 13).

Table 13: Top 10 sports and activities participated in in the past 7 days by age and gender

	Total	Age group					
		12	13	14	15	16	17
Males							
Running, jogging or cross country (from 2017 onwards)	61%	69%▲	66%▲	66%▲	54%▼	56%	43%▼
Games (eg, four square, tag, bull rush, dodgeball)	37%	48%▲	47%▲	43%▲	28%▼	22%▼	12%▼
Cycling	33%	43%▲	38%▲	34%	27%▼	23%▼	21%▼
Football/Soccer/Futsal (from 2017 onwards)	30%	38%▲	35%▲	30%	25%▼	20%▼	20%▼
Walking for fitness	28%	31%	29%	32%	23%▼	25%	26%
Workout (weights or cardio)	26%	13%▼	20%▼	30%▲	32%▲	39%▲	36%▲
Playing (eg, running around, climbing trees, make-believe)	25%	45%▲	33%▲	22%	14%▼	11%▼	7%▼
Basketball or Mini-ball	24%	28%▲	24%	26%	24%	20%	18%▼
Swimming	23%	33%▲	26%	22%	21%	11%▼	11%▼
Trampoline	16%	28%▲	22%▲	12%▼	9%▼	7%▼	4%▼
Females							
Running, jogging or cross country (from 2017 onward)	61%	66%▲	64%	68%▲	59%	53%▼	48%▼
Walking for fitness	44%	39%▼	43%	48%▲	46%	45%	41%
Games (eg, four square, tag, bull rush, dodgeball)	37%	59%▲	48%▲	43%▲	24%▼	18%▼	16%▼
Workout (weights or cardio)	28%	13%▼	22%▼	33%▲	36%▲	37%▲	36%▲
Swimming	26%	40%▲	30%▲	27%	23%▼	16%▼	15%▼
Netball	26%	32%▲	32%▲	27%	22%▼	20%▼	15%▼
Playing (eg, running around, climbing trees, make-believe)	26%	51%▲	34%▲	23%	13%▼	8%▼	10%▼
Dance/dancing (eg, ballet, hip hop etc)	23%	33%▲	27%▲	24%	22%	14%▼	8%▼
Cycling	19%	24%▲	23%▲	22%	16%▼	13%▼	10%▼
Group exercise class (eg, aerobics, CrossFit, Jump Jam)	18%	20%	19%	23%▲	13%▼	14%▼	13%▼

▲▼ Significantly higher/lower than the total
Base: All respondents aged 12 to 17
*Sports and activities with participation over 5%

Table 14: Top sports and activities like to try or do more of by age*

	Total	12	13	14	15	16	17
Running or jogging	43%	42%	52%	38%	34%	48%	45%
Workout (weights or cardio)	39%	24%▼	37%	36%	53%▲	38%	51%
Swimming	30%	36%	34%	23%	24%	27%	40%
Cycling or biking	28%	37%	36%	27%	13%▼	23%	31%
Tramping or bush walks	23%	24%	29%▲	21%	9%▼	25%	28%
Games (eg, four square, tag, bull rush, dodgeball)	23%	35%▲	30%	15%	17%	16%	18%
Trampoline	22%	35%▲	38%▲	10%	13%	21%	13%
Football/soccer	21%	38%▲	23%	15%	13%	15%	19%
Mountain biking	19%	28%▲	34%▲	14%	11%	12%	8%▼
Walking for fitness	19%	20%	23%	17%	11%	16%	30%▲
Skiing	18%	28%▲	23%	14%	16%	13%	10%
Surfing	18%	17%	20%	14%	12%	24%	22%
Netball	16%	20%	24%	13%	11%	13%	17%
Tennis	16%	23%	26%▲	8%▼	12%	13%	13%
Basketball or Mini-ball	16%	18%	19%	12%	12%	20%	15%
Dance/dancing (eg, ballet, hip hop etc)	15%	18%	16%	7%▼	16%	9%	23%
Group exercise class (eg, aerobics, CrossFit, Jump Jam)	14%	9%	13%	9%	12%	14%	35%▲
Badminton	14%	12%	17%	16%	10%	12%	14%
Playing (eg, running around, climbing trees, make-believe)	14%	15%	23%▲	7%	10%	15%	11%
Skateboarding	13%	11%	10%	14%	15%	16%	10%
Rugby or Rippa Rugby	12%	13%	16%	13%	14%	2%▼	14%
Touch	12%	19%	17%	9%	9%	4%▼	14%

▲▼ Significantly higher/lower than the total
 Base: All respondents aged 12 to 17
 *Top 22 sports and activities

Table 15: Top 10 sports and activities like to try or do more of by age and gender

	Total	Age group					
		12	13	14	15	16	17
Males							
Running or jogging	40%	36%	40%	38%	37%	50%	45%
Workout (weights or cardio)	33%	24%	30%	28%	48%	41%	35%
Football/soccer	28%	49%▲	23%	19%	14%▼	28%	25%
Cycling or biking	27%	35%	43%▲	28%	8%▼	17%	22%
Mountain biking	27%	25%	58%▲	21%	13%▼	16%	25%
Games (eg, four square, tag, bull rush, dodgeball)	24%	39%▲	31%	19%	15%	13%	16%
Skiing	21%	29%	35%	14%	14%	9%▼	14%
Swimming	20%	30%	31%	13%	11%	13%	14%
Tramping or bush walks	20%	21%	30%	17%	8%▼	22%	23%
Trampoline	18%	27%	39%	9%	5%▼	6%▼	13%
Females							
Running or jogging	46%	49%	62%▲	39%	32%	47%	46%
Workout (weights or cardio)	45%	28%▼	42%	46%	58%	36%	57%
Swimming	39%	30%	19%▼	21%▼	16%▼	34%	24%▼
Netball	30%	42%	40%	27%	21%	22%	24%
Cycling or biking	30%	41%	31%	27%	18%▼	27%	33%
Trampoline	27%	45%▲	37%	12%▼	21%	33%	13%▼
Tramping or bush walks	25%	27%	27%	25%	10%▼	28%	29%
Dance/dancing (eg, ballet, hip hop etc)	25%	39%▲	26%	14%▼	31%	16%	28%
Walking for fitness	25%	31%	26%	18%	20%	22%	36%
Surfing	23%	30%	19%	21%	16%	34%	24%

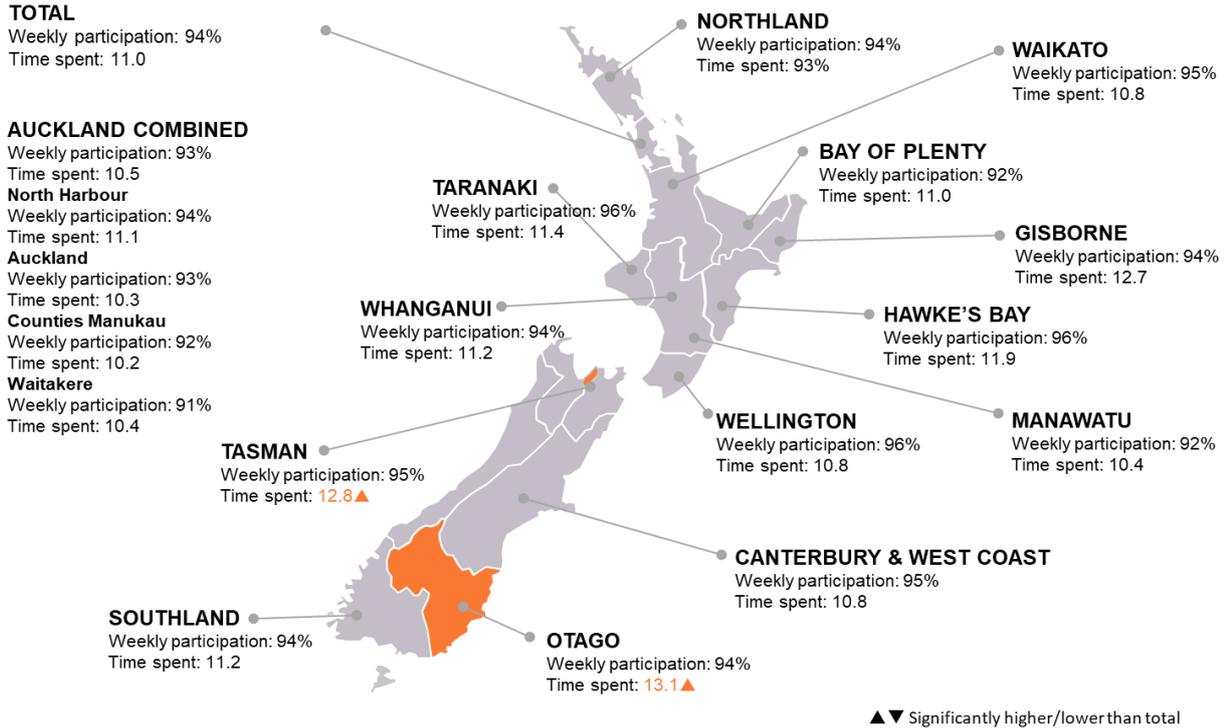
▲▼ Significantly higher/lower than the total
Base: All respondents aged 12 to 17

Appendix B: Regional differences

Commentary for regional differences in participation

- Rangatahi in Tasman and Otago spend more time participating in sports and activities.

Figure 36: Participation and time spent by region



Appendix C: Base sizes and margin of error

Table 16: Base sizes and margin of error

	Base size	Margin of error (%)
Total	5711	1.3
Age		
12	1222	2.8
13	1112	2.9
14	1042	3.0
15	935	3.2
16	781	3.5
17	619	3.9
12–14	3376	1.7
15–17	2335	2.0
Gender		
Male	2465	2.0
Female	3209	1.7
Gender within age		
Male 12	548	4.2
Female 12	669	3.8
Male 13	520	4.3
Female 13	591	4.0
Male 14	445	4.6
Female 14	590	4.0
Male 15	411	4.8
Female 15	517	4.3
Male 16	299	5.7
Female 16	473	4.5
Male 17	242	6.3
Female 17	369	5.1
Male 12–14	1513	2.5
Female 12–14	1850	2.3
Male 15–17	952	3.2
Female 15–17	1359	2.7

Base: All respondents aged 12 to 17

Appendix D

Table 17: Ages per school year

	12	13	14	15	16	17
School year						
Year 8 and below	94%	27%	–	–	–	–
Year 9–10	6%	73%	93%	23%	1%	–
Year 11–13	–	–	7%	77%	97%	85%
Not at school	–	–	–	–	2%	15%

Base: All respondents aged 12 to 17

Appendix E

THIS RESEARCH AIMS TO:

- collect information on the 'who', 'what', 'how' and 'where' young people and adults participate
- 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 the contribution participation makes to an individual's health and wellbeing
- understand the value placed on participation by people in New Zealand.

SURVEY METHOD

Online and postal self-completion using sequential mixed methods, we are targeting 20 000 adults and 5000 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 young people 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 METHOD 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 children and young people's questionnaire online.</p> <p>A 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 still to respond. This communication is targeted to adults only.</p>	<p>A week after the postcard, non-respondents are sent a survey pack with a hardcopy of the questionnaire, 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 children and young people's survey).</p>	<p>A final reminder is sent to adults who have not yet taken part in the survey.</p>

Note: Parents or caregivers are asked to respond on behalf of ages 5 to 11 in their household (and encouraged to do the survey with their child and/or check responses with them).