



Disability Play, Active Recreation and Sport Plan



Sport New Zealand



This plan is by **Sport New Zealand**.

In 2018 we looked at how things were for people with disabilities in:



- sport
- recreation.



Sports are **physical activities** people do as part of a competition.



A **physical activity** is something you do by moving your body.



Recreation means physical activity you do for fun like:

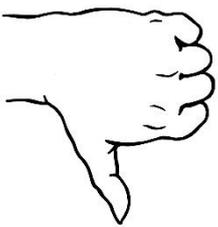
- swimming
- riding a bike.



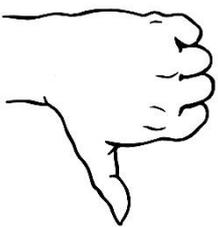
We found out that:



- we need to do more to change things for disabled people



- there is not enough information about disabled people doing physical activity



- the way money is being spent does not support a lot of disabled people to be part of sport / recreation.

Message from Peter Miskimmin



Peter Miskimmin is in charge of Sport New Zealand.



He says it is important Sport New Zealand works towards making Aotearoa New Zealand a place where disabled people have the same chance as anyone else to do:



- sport
- recreation activities.



When people get to do sport and recreation more people will be:

- happier
- healthier
- part of the community.

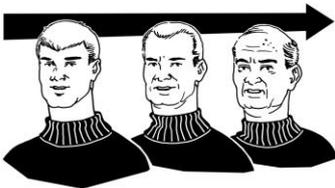


Things we know



People with disabilities are less likely to do:

- sport
- recreation.



They are even less likely to do sport and recreation if they:

- are over 25 years old
- have more than 1 kind of disability
- find it hard to be with other people.





You can find out more in our report called **Spotlight on Disability**.



You can read it on the internet at:

<https://sportnz.org.nz/assets/Uploads/Active-NZ-Disability-Spotlight-FINAL4.pdf.pdf>

The Action Plan



Sport New Zealand has made a plan called **Disability Play, Active Recreation and Sport Plan**



In this document the Disability Play, Active Recreation and Sport Plan is also called **The Plan**.

The Plan says that Sport New Zealand will:



- give someone the job of being in charge of the Disability Action Plan



- support disabled children / tamariki and young people / rangatahi to do sport and recreation.



The Plan also says that Sport New Zealand will:



- make better spaces for disabled people to do sport and recreation



- tell people why it is important for disabled people to be included in sport and recreation

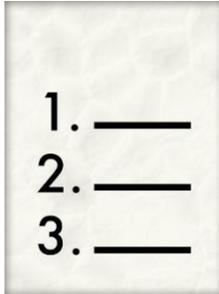


- get to know groups that already support people with disabilities to be active



- teach other people how they can make sure that people with disabilities can take part in their activities.

How will we know the Action Plan has worked?



1. _____
2. _____
3. _____

This part is about some of the things we want to see because of The Plan.



If these things happen then we will know The Plan has worked well.

We want to see:

- more:
 - money spent on making sure disabled children and young people can be active
 - places where it is easy for disabled people to do recreation.



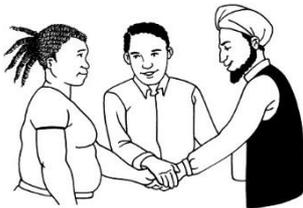
We want to see:

- people with disabilities feeling more included in:



- sport
- recreation.

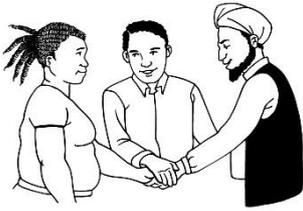
We also want to see more:



- organisations:
 - working together
 - that know how to make sure disabled people can take part.



Working together



We can work together to make things better for disabled people in:



- sport
- recreation.



We can do this by thinking about:

- what things are like now
- how things can be different.



These are some questions to get you thinking about what you could change:



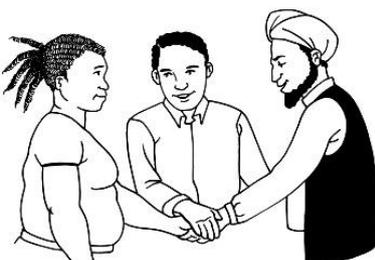
- What do you know about disabled people?
- What do you still have to learn about disabled people?



- What kind of disability sport and recreation plan would work for your organisation?



- What are you doing to make sure that disabled young people can play?



- Who do you work together with?
- How can you work together with disabled people?



Here are some more questions about what you can do:



- Who can you connect with in your community?
- What do the people you work together with do well?



- Where is the disability community doing very well in your area?



- Where the disability community is doing very well can you:

- help make things even better?



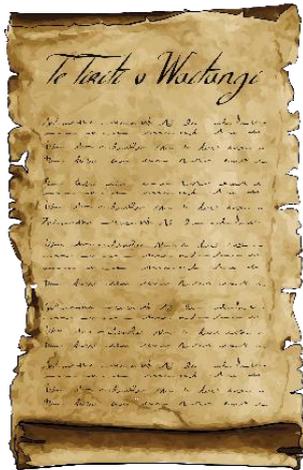
- use this to make things better in other areas?



Here are some more questions about what you can do:



- What things:
 - can you do best?
 - are best for someone else to do?



- How can you make sure what you do is in line with Te Tiriti o Waitangi / the Treaty of Waitangi?



- How can you keep track of how well you are doing?



This information has been translated into Easy Read by the Make It Easy service of People First New Zealand Inc. Ngā Tāngata Tuatahi.

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