

# SPORT AND RECREATION IN THE LIVES OF YOUNG NEW ZEALANDERS



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We consulted and drew on a number of existing surveys to help us design survey forms. Key studies consulted are listed on our website at: [www.sportnz.org.nz/yps](http://www.sportnz.org.nz/yps). We also thank Physical Education New Zealand (PENZ) for advice on the design of the survey forms.

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## AUTHORS

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Copies of this report can be downloaded from Sport NZ's website [www.sportnz.org.nz/yps](http://www.sportnz.org.nz/yps).

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# FOREWORD



I am very pleased to present this report on *Sport and recreation in the lives of young New Zealanders*. This report provides a voice for young New Zealanders, giving them an opportunity to tell us about their sporting lives, and we are listening.

The scale of this new survey allows us for the first time to explore how sport and recreation fit into the lives of young people of different ages, and backgrounds. It confirms what we already suspected, that young people are a very diverse group, and we need to take account of their varied preferences and circumstances as we work towards our goal of [more young people engaging in more sport and recreation](#).

The results tell us many positive things. Here at Sport New Zealand we are passionate about sport, so it's very encouraging to see that the majority of young people *like playing sport a lot*. It is also pleasing to see that sport and recreation are a significant part of young people's lives. Almost all young people engage in some sport or active recreation and most young people spend three or more hours a week on sport and recreation when we combine the time spent participating in formal and informal settings.

It is encouraging to see that many of our well-established and team sports – athletics, rugby, netball, athletics and football – feature in young New Zealanders' lives and on their 'want to do' lists. This tells us that our community sport investment in these and other sports is on the right track. The survey identifies other sports and activities that young people do and/or are interested in, and a focus on these might help broaden sport's appeal to young people.

The findings confirm that our commitment to active recreation and our focus on foundation skills is well founded. The results also highlight the role of informal and 'playful' activity, something we have identified in our refreshed strategic plan as an area we want to find out more about.

It is clear that schools are central to sport and recreation provision for many young people. Schools and teachers make a valuable contribution to young people's sport and recreation, and we are keen to share the survey results and discuss the implications with the education sector. We also acknowledge and value the significant contribution clubs and their many volunteers make to young people's sport.

The survey provides valuable information about activities, like dance and fishing, which will be of interest to organisations with a wider remit than Sport New Zealand. We look forward to sharing the survey results with these organisations.

The results provide us with some challenges. We've known from our earlier surveys that participation drops off in the teenage years, particularly for girls.

This survey confirms this and the finding is not surprising. Teenagers have many demands competing for their time at school, at home and in their communities. This latest survey, however, will give us some pointers as we delve deeper into the results about things we can do to encourage these young people to stay in sport or take up new activities.

The survey gives us new and improved baseline information. This allows us to assess whether the measure we set for young people (80% of school-aged children participating in organised sport for at least three hours a week) and the timeline (2015) are appropriate. We now know that our 7 to 14-year-olds are not far off the measure, but our older school-aged boys and girls have some way to go. We don't want to lower the bar because we want young people to enjoy the many benefits of participating in organised sport and recreation. The new data, however, allows a more sophisticated approach, and age-and-gender-specific measures might be more appropriate, along with strategies providing a staged approach over the next five to ten years to achieve our goal of more young people engaging in more sport and recreation.

Another challenge is engaging some young people from different ethnic backgrounds, particularly Asian girls and boys, who are a growing part of our population. We've known about this challenge from earlier surveys but now we have much better information about these young people. This information may lead to more initiatives like Harbour Sport's ActivAsian, which was one of our 2011 New Zealand Sports Awards winners.

The survey also gives us our first insights into young people as 'consumers' of sport and recreation, as we have information about how and how often they watch sport. As technology develops and becomes cheaper more sports are likely to get 'air time', which may be an opportunity to engage more young people in more sport and recreation. This also links to our work with social media to encourage and support participation.

Our response to these initial results will be a considered one. Over the coming months we will identify the implications for our strategic direction and our plan for young people's sport. We are very keen to hear what our partner organisations and others think about the results, so we can take a sector-wide approach to giving young people every opportunity to participate in sport and recreation, and share our passion.

Peter Miskimmin  
**Chief Executive**

# SUMMARY

## Background

Over 17,000 young people (5 to 18-year-olds) from over 500 primary, intermediate and secondary schools across New Zealand took part in Sport New Zealand's 2011 Young People's Survey.

The results provide important information about the sport and recreation activities young people take part in, as well as telling us what they'd like to do. Information is also available on where and how they take part in sport and recreation, on the time they spend taking part, and whether they volunteer and watch sport.

This information is key to us achieving our goal for young New Zealanders - [more young people engaging in more sport and recreation](#).

Results are presented for boys and girls of different ages and ethnic backgrounds.

Most of the findings are presented for three age groups: 5 to 10-year-olds, 11 to 14-year-olds and 15 to 18-year-olds. This groups together young people who are mostly at primary school, intermediate/junior secondary school, and senior secondary school, and recognises that the opportunities for sport and recreation and Physical Education (PE) vary as young people progress through school. Other findings are presented either by year-level or for older students, because students answered age-appropriate survey forms with different questions. The age groups used in each section in the report are:

### SECTIONS 2, 4, 6 AND 7

5 to 10-year-olds – primary school

11 to 14-year-olds – intermediate/ junior secondary school

15 to 18-year-olds – senior secondary school

### SECTION 3

Years 1 to 2, mostly 5 to 6-year-olds

Years 3 to 6, mostly 7 to 10-year-olds

Years 7 to 10, mostly 11 to 14-year-olds

Years 11 to 13, mostly 15 to 18-year-olds

### SECTION 5

10 to 14-year-olds

15 to 18-year-olds

To understand how young people from different ethnic backgrounds participate in sport and recreation, selected results are presented for boys and girls from the four main ethnic groups: New Zealand European, Māori, Pacific and Asian. (Note: because young people could

identify with more than one of these groups, results for each group can only be compared with results for all young people.)

The survey collected information about sport and recreation in its broadest sense, from casual games and activities (described as "mucking around") to organised competitions. It also collected information about the sports and activities young people take part in that are organised by schools and clubs, as well as about young people's involvement in events.

To make the survey easy for students of all ages to understand, the questions asked about sport and "active things". When simpler wording was needed to aid understanding, questions were asked about "sport".

## Key Findings

### YOUNG NEW ZEALANDERS LIKE SPORT

- 7 out of 10 boys (72.6%) and 6 out of 10 girls (60.3%) said they *like playing sport a lot*.
- Very few young people said they *don't like playing sport* (3.5% of boys and 5% of girls).
- More boys than girls of all ages said they *like playing sport a lot*.
- 15 to 18-year-olds, particularly girls, were more likely than other young people to say they *don't like playing sport*, but the figures are still small (10.2% for girls and 5.7% for boys).
- Most young people from different ethnic backgrounds said they *like playing sport a lot*. However, Asian boys and girls (when compared with boys and girls overall) were less likely to say they *like playing sport a lot* (46.5% of Asian girls said they *like playing sport a lot*, compared with 60.3% of all girls; and 64.1% of Asian boys said this, compared with 72.6% of all boys).

### ALMOST ALL YOUNG NEW ZEALANDERS TAKE PART IN SOME SPORT OR RECREATION ACTIVITIES

- Around 99% of boys and girls of all ages had taken part in one or more sport and recreation activities **at least once "this year"**. This provides a measure of overall participation. Information on how often young people take part in different sports/activities follows. A later section shows that a high level of participation still occurs when we look at regular participation in sports/activities. (Note: "this year" was used as the reference point for most questions.

This was because the survey forms were completed in August and September and so asking about "this year" means students' responses included summer and winter season sports/activities.)

- Swimming is one of the top activities for boys and girls of all ages, ranking first or second in all the top 20s when sports/activities are ranked by the percentage of young people taking part (at least once "this year").

### WELL-ESTABLISHED SPORTS AND RECREATION ACTIVITIES ARE IN THE TOP 10s FOR BOYS AND GIRLS

- Six sports/activities are in the top 10s that boys of all ages do (although the ranking is different):
  - swimming, athletics, rugby, football, running/jogging/cross-country and cycling/biking.
- Gymnastics, tramping and skateboarding are in the top 10s of younger boys (5 to 10-year-olds), along with fishing, which is in the top 10 for 11 to 14-year-olds too.
- Basketball, touch and table tennis are in the top 10s for boys 11 to 18 years old.
- Badminton makes up the top 10 for 15 to 18-year-old boys.
- Seven sports/activities are in the top 10s that girls of all ages do (although the ranking is different):
  - swimming, athletics, netball, football, running/jogging/cross-country, cycling/biking and dance.
- Gymnastics, tramping and Māori activities are in the top 10s of younger girls (5 to 10-year-olds).
- Basketball and walking are in the top 10s for girls 11 to 18 years old.
- Touch makes up the top 10 for 11 to 14-year-olds and badminton the top 10 for 15 to 18-year-olds.

### SPORTS/ACTIVITIES PLAYED BY YOUNG PEOPLE OF DIFFERENT ETHNIC BACKGROUNDS VARY

- While most of the sports/activities in the top 10s of young people from different ethnic backgrounds are the same, these boys and girls have some preferred activities:

#### Compared with all boys:

- skateboarding and rugby league are more popular with Māori boys
- rugby league and walking are more popular with Pacific boys
- badminton and walking are more popular with Asian boys.

#### Compared with all girls:

- touch and Māori sports/activities (eg. kapa haka) are more popular with Māori girls
- basketball, touch and volleyball are more popular with Pacific girls
- badminton is more popular with Asian girls.
- Rugby is more popular with Māori (ranked 2nd) and Pacific boys (ranked 1st) than with boys overall (ranked 6th).

### 'PLAYFUL' ACTIVITY HAS AN IMPORTANT ROLE IN YOUNG PEOPLE'S SPORTING LIVES

- Around 8 out of 10 boys (78%) and girls (81.5%) had played games (like four square and tag) at least once "this year".
- Both boys and girls in the youngest age group, as might be expected, were more likely to play games than those in the older age groups, particularly 15 to 18-year-olds.
- Pacific boys (72.4%) and Asian boys (74.3%) were less likely to play games than boys overall (78%) and Asian girls (77.2%) were less likely to play games than girls overall (81.5%).

### SPORTS/ACTIVITIES DONE REGULARLY (ONE OR MORE TIMES A WEEK) VARY FOR BOYS AND GIRLS OF DIFFERENT AGES<sup>1</sup>

#### For boys:

- cycling/biking is a regular activity for younger boys (5 to 10-year-olds)
- football and rugby are two activities done regularly by boys 7 to 18 years old.

#### For girls:

- swimming and gymnastics are regular activities for younger girls (5 to 10-year-olds)
- netball is a regular activity for girls 7 to 18 years old
- running/jogging and walking (for fitness) are regular activities for 11 to 18-year-olds.

### BOYS AND GIRLS TAKE PART IN A LOT OF DIFFERENT SPORTS/ACTIVITIES<sup>1</sup>

- Young people take part in a lot of different sports and activities. Depending on their age and gender, the average number of sports/activities ranged from around 9 to 17 activities.
- Boys of all ages took part in more sports/activities than girls.

<sup>1</sup>Readers should note that these results are analysed by the survey form students completed and so the ages are approximate. See Reader Note 1, Appendix 5 for more details. "Regularly" refers to doing sports/activities one or more times a week "this year".

### MOST BOYS AND GIRLS TAKE PART IN A NUMBER OF SPORTS/ACTIVITIES REGULARLY

- On average young people take part in between 3 and 5 activities regularly (this includes all sports/activities, the averages are slightly lower if games is excluded).
- Participation levels are high for boys and girls when the focus is on one or more regular sports/activities:
  - around 9 out of 10 boys of all ages take part in one or more sports/activities regularly (ie. boys in Years 1-13)
  - around 9 out of 10 girls in Years 1-10 and 8 out of 10 girls in Years 11-13 take part in one or more sports/activities regularly.

Regular participation in 2 or more sports/activities is also high for younger boys and girls (ie. in Years 1-10) but is lower for older students (boys and girls in Years 11-13).

### EVENTS ARE A PART OF SOME YOUNG PEOPLE'S SPORTING LIVES

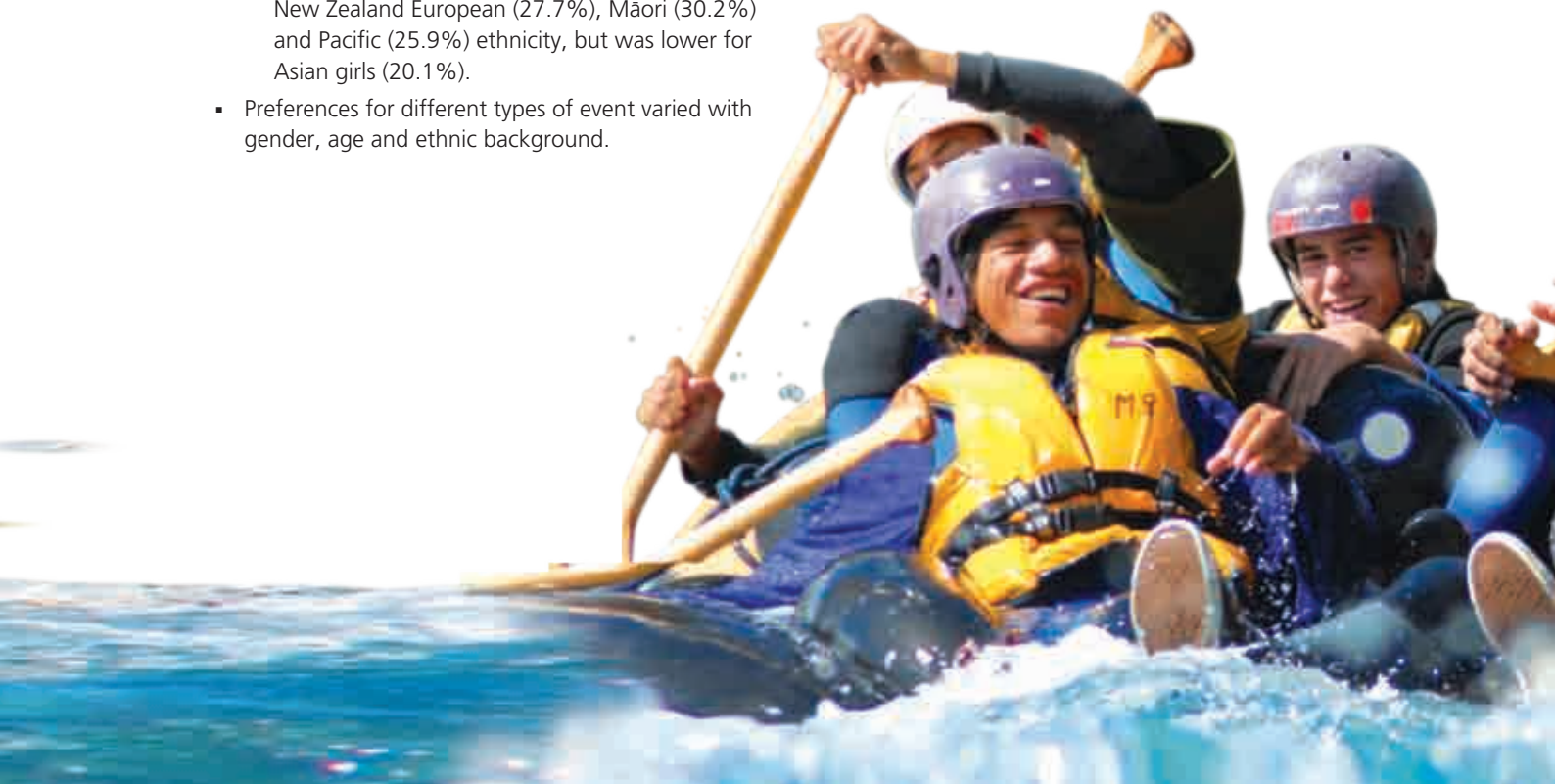
- Around 3 out of 10 boys (31.4%) and girls (26.7%) said that they had taken part in at least one sport or recreation event "this year".
- Participation in events decreased with age for both boys and girls – to around 2 out of 10 (19.3% for 15 to 18-year-old boys and 17.0% for girls of this age).
- Participation in events varied with young people's ethnic background, with the pattern similar for boys and girls. Compared with all boys (31.4%) and girls (26.7%), respectively:
  - participation was at a similar level for boys of New Zealand European (33.0%), Māori (33.1%) and Pacific (31.4%) ethnicity, but was lower for Asian boys (18.8%)
  - participation was also at a similar level for girls of New Zealand European (27.7%), Māori (30.2%) and Pacific (25.9%) ethnicity, but was lower for Asian girls (20.1%).
- Preferences for different types of event varied with gender, age and ethnic background.

### SPORTS CLUBS AND SCHOOL SPORTS TEAMS ARE AN IMPORTANT PART OF MANY YOUNG PEOPLE'S SPORTING LIVES

- 6 out of 10 boys and almost 5 out of 10 girls said they belonged to a sports club "this year"
  - an estimated 230,000 boys and 177,000 girls belong to sports clubs.
- 5 out of 10 boys and girls said they had belonged to a school sports team.
- Participation with sports clubs and school sports teams was highest for 11 to 14-year-olds. Within this age group:
  - more boys (65.7%) than girls (56.1%) said they belonged to a club, while participation with school sports teams was slightly higher for girls (62.7%) than boys (61.9%).
- Younger students (5 to 10-year-old boys and, to a lesser extent, girls) were more likely to belong to a club than a school sports team.
- Conversely, older students (15 to 18-year-old boys and girls) were more likely to belong to a school sports team than a club; this is the case for 11 to 14-year-old girls too.

#### Compared with all boys and girls, respectively:

- boys and girls of New Zealand European ethnicity were somewhat more likely to belong to a sports club and a school sports team
- Pacific boys and girls were more likely to belong to a school sports team
- Asian boys and, particularly, girls were least likely to belong to a sports club and a school sports team.





## COACHES AND INSTRUCTORS PLAY A ROLE IN DEVELOPING MANY YOUNG PEOPLE'S SPORTING SKILLS

- 7 out of 10 boys (72.4%) and girls (68.1%) said they had received some coaching or instruction for at least one of the sports/activities they had taken part in "this year".
- 11 to 14-year-olds (77.3% of boys and 75.3% of girls) were most likely to receive coaching or instruction.
- 15 to 18-year-olds (68.6% of boys and 63.4% of girls) were least likely to receive coaching or instruction, although a majority of young people in this age group said they had received some coaching or instruction.

### Compared with all boys and girls, respectively:

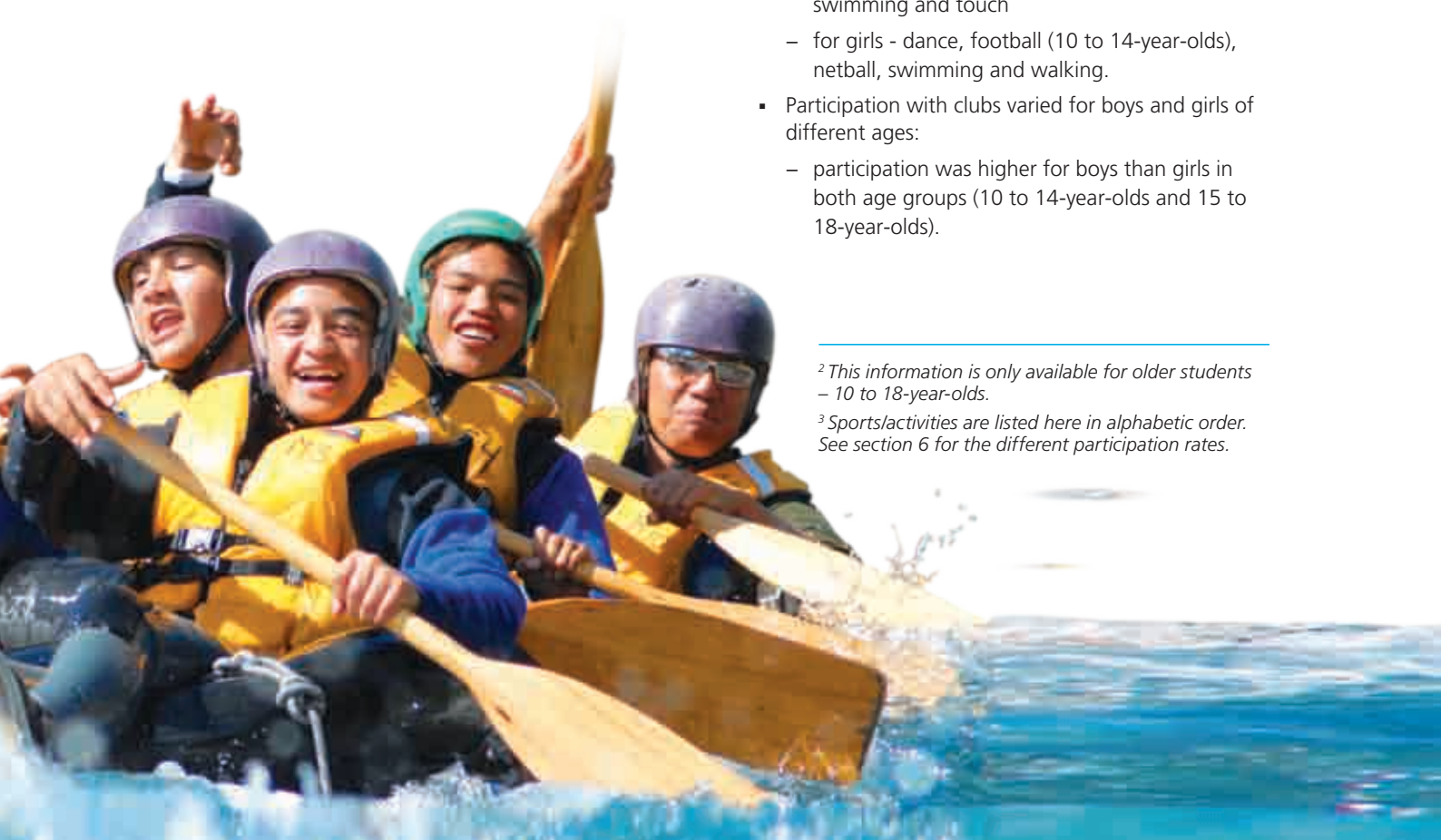
- boys (75.1%) and girls (72.6%) of New Zealand European ethnicity were most likely to say they'd had coaching or instruction
- Asian boys (61.8%) and girls (54.3%) were least likely to say they'd had coaching or instruction
- Pacific girls (62.3%), unlike Pacific boys (71.5%), did not report one of the higher levels of coaching/instruction.
- Boys and girls of different ages and ethnic backgrounds who were most likely to say they received coaching/instruction were also those most likely to say they belonged to sports clubs and/or school sports teams.

## SCHOOLS, SPORTS CLUBS AND LESS FORMAL SETTINGS ARE ALL IMPORTANT FOR YOUNG PEOPLE'S SPORT AND RECREATION<sup>2</sup>

- Young people 10 to 18 years old were asked if the sport and recreation activities they had done "this year" were organised by a school (outside of class time), by a club (outside of school), or if they had just done them while they were "mucking around" with friends, family or on their own.
- For almost all sports/activities, participation rates are highest when young people were "mucking around":
  - athletics, Māori activities and orienteering are three exceptions and these sports/activities have the highest participation rates in the school setting (for boys and girls in both age groups – 10-14 years and 15-18 years)<sup>3</sup>.
- Participation rates for most sports/activities were higher in the school setting than with clubs:
  - golf, martial arts and tennis (for 10 to 14-year-olds) are some exceptions to this pattern.
- Over 8 out of 10 boys and girls (10 to 18 years old) had taken part in one or more sport and recreation activities organised by their school. This included participation in school sports teams, school competitions, and lunchtime or after school activities that the school organised.
  - participation in this setting was slightly higher for 10 to 14-year-olds than 15 to 18-year-olds.
- Sports/activities that had relatively high participation rates in both the school setting and with clubs include:
  - for boys - football, rugby, rugby league, swimming and touch
  - for girls - dance, football (10 to 14-year-olds), netball, swimming and walking.
- Participation with clubs varied for boys and girls of different ages:
  - participation was higher for boys than girls in both age groups (10 to 14-year-olds and 15 to 18-year-olds).

<sup>2</sup> This information is only available for older students – 10 to 18-year-olds.

<sup>3</sup> Sports/activities are listed here in alphabetic order. See section 6 for the different participation rates.



## MOST YOUNG PEOPLE ENGAGE IN SOME COMPETITIVE SPORT<sup>2</sup>

- When asked what the highest level was that they had played sport at “this year”, the majority of young people (10 to 18 years old) said they engaged in competitive sport by:
  - playing in a school or club competition
  - playing with a top school or club team
  - representing their region or country.
- Only around 2 out of 10 boys and 3 out of 10 girls in this age group said that they’d just played sport socially for fun with family and friends and not in any of the three ways listed above. (Note: young people playing in this way may compete with each other but this social participation is distinguished here from the more structured types of participation listed above. Note also that in response to this question, around 1 in 10 young people said they didn’t play sport.)
- Boys were more likely than girls to play in a top team or play representative sport.
- The level young people play sport at varies with their ethnic background:
  - Asian boys and girls were more likely to play sport at a social level and less likely to play in a top team or play representative sport than boys and girls overall
  - Māori boys and Pacific girls were more likely to play sport at a social level than boys and girls overall.

## A LOT OF YOUNG PEOPLE TAKE ON VOLUNTEER ROLES<sup>2</sup>

- Around 4 out of 10 boys (45.5%) and girls (45.6%) 10 to 18 years old said they volunteered in one or more of nine roles:
  - young people aged 10 to 14 years were slightly more likely to volunteer in these roles than those aged 15 to 18 years.
- The main roles that young people were involved in were:
  - team captain, “helper” (such as ball boy/girl, timekeeper and scorer) and coach/assistant coach.
- The level of volunteering in most of the different roles was similar for boys and girls in the two age groups (10 to 14-year-olds and 15 to 18-year-olds).

### Compared with all boys and girls, respectively:

- Pacific boys (54.4%) and girls (55.4%) were more likely to be volunteers; Māori girls (51.3%) also were more likely to volunteer
- Asian boys (32.7%) and girls (32.3%) were least likely to be volunteers.

## TIME SPENT ON SPORT AND RECREATION VARIES FOR INFORMAL AND ORGANISED SPORT

We estimated how much time young people spent taking part in sport and recreation in a *normal week* using information about the time spent doing:

1. *active PE* at school (ie. the time spent being active during PE classes)
2. training or practice with a coach or taking part in competitions
3. sport or active things when “mucking around” with friends, family or alone.

We’ve used this information to give estimates of the time spent on:

- sport and recreation when all the time is combined (ie. by summing the three time estimates above)
- sport and recreation while “mucking around” (3 above)
- organised sport (which combines 1 and 2 above). Sport is used here in its broadest sense and includes active recreation - “active things”.

The information collected allows us to show the time students spent on sport and recreation in terms of: 3 or more hours a week; less than 3 hours a week; and no time.

- Looking firstly at the **combined** time, the results show that a high proportion of boys and girls take part in three or more hours of sport and recreation a week:
  - for 5 to 14-year-olds the figure is 9 out of 10
  - for 15 to 18-year-olds the figure is 8 out of 10 for boys and 7 out of 10 for girls.
- Secondly, the results for those spending three or more hours a week on sport and recreation when “mucking around” are also relatively high for boys and girls:
  - for boys the figures range from 8 out of 10 for 5 to 10-year-olds to 6 out of 10 for 15 to 18-year-olds
  - for girls the figures range from 7 out of 10 for 5 to 10-year-olds to 4 out of 10 for 15 to 18-year-olds
  - fewer than 1 in 10 young people spent no time on sport and recreation activities when “mucking around”
  - boys of all ages were more likely than girls to spend three or more hours a week on sport and recreation while “mucking around”.

<sup>2</sup> This information is only available for older students – 10 to 18-year-olds.

- Thirdly, asking about the time spent on **organised** sport shows that the figures for three or more hours a week are very similar and relatively high for all 7 to 14-year-olds but are different and lower for older boys and girls:
  - between 6 and 7 out of 10 boys and girls aged 7 to 14 years spent three or more hours a week on organised sport, while the figures are 5 out of 10 for 15 to 18-year-old boys and 4 out of 10 for girls of this age
  - very few 7 to 14-year-olds (less than 3%) spent no time on organised sport; the figure is higher for 15 to 18-year-olds, with around 2 out of 10 boys (24.3%) and 3 out of 10 girls (30.1%) spending no time on organised sport
  - as with time spent “mucking around”, boys of all ages were more likely than girls to spend three or more hours a week playing organised sport.
- Some of the sports/activities preferred by boys and girls from different ethnic backgrounds (ie. they were more likely to be interested in these sports/activities when compared with all boys and girls, respectively) included:
  - Māori and Pacific boys were interested in playing rugby league and touch. Māori and Pacific girls also were interested in playing touch
  - Asian boys and girls were interested in playing badminton
  - girls of New Zealand European ethnicity were interested in cycling/biking
  - Pacific and Asian girls were interested in running/jogging.

### INTEREST IN TRYING/DOING MORE OF SPORTS AND RECREATION ACTIVITIES IS STRONG

- Most young people mentioned one or more sports/activities that they'd like to try/do more of. The percentage of young people saying “no/none” varied by gender and age.
  - Sports and activities young people were interested in included a number that are key participant sports/activities:
    - examples are football, rugby, netball (these activities are in the top 10s in terms of interest and participation).
  - Other sports/activities in the top 10s in terms of interest for the different age groups are not in the top 10s, or top 20s, for participation for those ages:
    - examples are tennis, hockey, snowboarding and volleyball.
  - Sports and activities both boys and girls were interested in<sup>4</sup> are:
    - for 5 to 10-year-olds - basketball, cycling/biking, football, hockey, rugby, swimming and tennis
    - for 11 to 14-year-olds - basketball, badminton, football, hockey, rugby, tennis and touch
    - for 15 to 18-year-olds - basketball, football, tennis, touch and volleyball.
  - Sports that interested both boys and girls of all ages are basketball, football and tennis.
  - Girls of all ages were interested in netball.
- ### YOUNG PEOPLE ARE KEEN SPECTATORS, WATCHING SPORT ON TV, ONLINE AND AT LIVE GAMES AND EVENTS
- Most young people watch sport (sometimes or often), particularly on TV and at games involving family and friends:
    - between 7 and 9 out of 10 boys in the different age groups and between 7 and 8 out of 10 girls of different ages said they watched sport on TV and watched their family or friends play sport
    - between 5 and 7 out of 10 boys of different ages and between 4 and 6 out of 10 girls of different ages said they had been to see professional sports events like Super 15 Rugby or the ANZ Netball Championship.
  - Watching sport online was not so popular, although around one-half of both 11 to 14-year-old and 15 to 18-year-old boys said they watched sport in this way.
  - Watching sport tends to be less popular with girls than boys, although 11 to 14-year-old and 15 to 18-year-old girls were more likely than boys of these ages to say that they went to watch family or friends play sport.
  - Watching sport was popular with young people from all ethnic backgrounds. Differences that occurred (ie. boys and girls from different ethnic backgrounds were more/less likely to say they watched sport in a particular way when compared with all boys and girls, respectively) include:
    - Māori boys and girls were more likely to watch family and friends play sport
    - Pacific boys and girls were more likely to watch sport in all ways – on TV, online and at live games and professional events
    - Asian boys and girls were more likely to watch sport online and less likely to watch sport on TV and at live games/events.

<sup>4</sup> Sports/activities are listed here in alphabetic order. See section 7 for the percentages for the different activities.

# KEY INSIGHTS

These initial results from the 2011 Young People's Survey provide key insights into the way young New Zealanders take part in sport and recreation activities, as well as telling us where and how they take part, and what sports/activities they'd like to try or do more of.

## THE RESULTS TELL US MANY POSITIVE THINGS

These include:

- Sport and active recreation are an important part of young New Zealanders' lives. We know this because:
  - most young people said they like playing sport
  - almost all young people engage in some sport or recreation activities, some as many as 17 or more different sports/activities – this confirms that Kiwi kids are sporty, active kids
  - most young people take part in some sports/activities regularly - on average, young people take part in between 3 and 5 activities regularly (one or more times a week)
  - the majority of young people spend three or more hours a week taking part in sport and recreation, when we combine the time spent participating in both formal and informal settings
  - the majority of boys and girls are interested in trying/doing more of one or more sports/activities
  - a substantial number of young people (10 to 18 years old) take on volunteer roles
  - young people are keen spectators, watching sport on TV, online and at live games and events.
- Our well-established and team sports are still central to young New Zealanders' sporting lives. We know this because:
  - sports like football, netball and rugby are played by young people of all ages, albeit to varying degrees, and are among the sports played regularly
  - these three sports are also high up the list of sports that young people want to try or do more of
  - team sports, like basketball, hockey, touch and volleyball, as well as sports like badminton and tennis, also feature in young people's top 10 sports/activities and/or in their "want to try/do more of" lists.
- Schools play an important role in providing sporting opportunities for young people. We know this because:
  - one-half of both boys and girls belong to a school sports team
  - for older students (10 to 18-year-olds) schools play a key role; participation rates for most sports/activities were higher in the school setting (ie. for sports/activities organised by schools outside of class time) than with clubs
  - most 10 to 18-year-olds had taken part in one or more sport and recreation activities organised by their school.
- Clubs also play an important role in providing sporting opportunities for young people. We know this because:
  - around one-half of boys and girls said they belonged to a sports club.
- Competition and skill development are still a part of the sporting landscape. We know this because:
  - for most 10 to 18-year-olds, competitive sport is a feature of their sporting lives, with relatively few of these young people only playing sport socially and not at a higher level
  - the majority of young people receive some coaching or instruction.
- Young people are engaging in sports/activities that develop foundation skills. We know this because:
  - activities like swimming, athletics and gymnastics that develop young people's fundamental movement and basic sports skills all feature highly in the top 10 sports/activities young people take part in.
- Active recreation and sport played in informal settings also are a key part of young New Zealanders' sporting lives. We know this because:
  - young people of all ages take part in activities like running/jogging/cross-country, cycling/biking, walking (for fitness) and tramping
  - participation rates for almost all sports/activities are highest when young people are "mucking around" with friends, families or on their own
  - sport and recreation in informal settings make an important contribution to the amount of time young people spend taking part in sport and recreation over a week
  - playful activity also is important, with most young people playing games.

- Young people's sport and recreation activities and preferences are many and varied. We know this because:
  - what boys and girls of different ages and ethnicities do and want to do are different, albeit some sports and activities are common to what all young people do/want to do
  - young people take part, and are interested, in a number of what might be thought of as less traditional sports/activities - like badminton, basketball, martial arts, skateboarding, snowboarding, surfing, table tennis, touch, volleyball – and this participation and interest often link to the gender, age and/or ethnic background of young people
  - sport and recreation events, while not activities that most young people take part in, are a feature of around 3 out of 10 boys' and girls' sporting lives. (Note: the 2011 survey gives us the first set of information about young people's participation in events. Future surveys will show us whether or not this type of participation is growing.)

### THE RESULTS ALSO PROVIDE US WITH SOME CHALLENGES

These include:

- The results confirm what we've known from earlier surveys, that participation:
  - is higher for boys than girls in most respects
  - drops off in the teenage years, particularly for girls
  - varies with young people's ethnic backgrounds and, in particular, Asian young people are less engaged in most aspects of sport and recreation than young people overall.
- The results also show that young people spend less time on organised sport than we expected. In 2009, we set ourselves a measure of "80% of school-aged children participating in organised sport for at least 3 hours a week". Without information from an up-to-date survey of young people in New Zealand, we based this measure on work from overseas. Now we have the survey results, it seems that our initial timeline (2015) for assessing this measure was ambitious for some school-aged children.
- Our 7 to 14-year-olds are not far off the measure - between 6 and 7 out of 10 young people in this age group do take part in three or more hours of organised sport a week. For those in the older age group, however, there is some way to go - among 15 to 18-year-olds, 5 out of 10 boys and 4 out of 10 girls reached the measure. With our own comprehensive baseline, we are now in a position to review our approach and consider whether age-related measures over different timelines are more realistic.

The results, both the positives and the challenges, confirm our priorities for young people's sport and active recreation in our strategic plan (available on our website: [www.sportnz.org.nz](http://www.sportnz.org.nz)). Those priorities include:

- providing quality sport experiences for young people and providing guidance for parents, teachers, coaches and other volunteers
- encouraging the education sector to provide more organised sport and recreation opportunities in schools
- supporting opportunities and investing in sport and recreation activities that appeal to young people
- developing clubs and strengthening links with schools
- tackling drop-out by finding more ways to keep young people engaged in sport and recreation in their teenage years
- supporting organisations that provide quality programmes for fundamental movement and basic sports skills.

The strategic plan also identifies the need to understand more about sport outside the traditional club structure and the survey results confirm the importance of this. They show that informal sport and playful activities are significant contributors to the sporting lives of young New Zealanders.

These initial results provide pointers to ways we can achieve these goals for young people's sport. We now have a much better understanding of what sports and activities boys and girls of different ages and backgrounds do and would like to do. This will inform the implementation of our Young People's Plan and our future strategic direction.

Other insights and greater understanding will emerge as we delve further into this significant research into young New Zealanders' participation in sport and recreation.



# 1. INTRO



# INTRODUCTION

More young people engaging in more sport and recreation is Sport New Zealand's goal for young New Zealanders. We want to give them every opportunity to develop a love of sport and recreation that leads to lifelong participation. We'll only be able to do this if we know what young people are doing now and what they'd like to do. We also need to understand how Kiwi kids get involved in sport and recreation. Is it at school, with a club or at home? Are they players, volunteers or supporters? We decided the best way to find out was to ask them. The results in this report are their answers.

Over 17,000 young New Zealanders (5 to 18 years old) took part in our 2011 Young People's Survey. The scale of the survey allows us to understand for the first time the role sport and recreation play in the lives of boys and girls of different ages and different backgrounds.

Kiwisport funding is already providing opportunities for young people to get more involved in sport in schools and their local communities. We want to know if these opportunities and other initiatives are making a difference for young people. But we'll only know if we're making a difference if we measure change. The 2011 Young People's Survey gives us a baseline for young people's participation in sport and recreation. The next survey will show how we are tracking against this baseline and give us our first report card.

## The 2011 Young People's Survey

The Young People's Survey is a school-based survey. Because we wanted to include a large number of young people in the survey, school was the best place to contact them. School is where the majority of young people get their first exposure to sport and recreation. Basing the survey in schools also allowed us to ask teachers some questions about sport and recreation in their schools, so we can find out what more can be done to support schools and teachers, and link schools to sport and recreation organisations in their communities.

The survey took place in the first half of Term 3 (August/early September).

## THE APPROACH

We chose schools at random – primary, intermediate and secondary - from all across the country. This gives us information from a nationally representative cross-section of boys and girls aged from 5 to 18 years (a small number of 4-year-olds and 19-year-olds took part in the survey but, for ease of reading, we refer to 5 to 18-year-olds in this report). Some types of schools were not included in the survey for practical reasons. Appendix 1 has more information about how the survey was designed and carried out.

Over 500 schools (505) took part in the survey. Over 8 out of 10 (81.7%) schools we asked to take part did so.

At each school, one or more classes were chosen at random and the students in those classes were asked if they would take part in the survey. Parents/caregivers of Years 1 and 2 students were asked to complete the survey form on behalf of, and alongside, their children. The survey was voluntary and all answers were anonymous.

Over 7 out of 10 (75.0%) students/parents selected for the survey took part. Along with the school response rate, this gives an overall response rate for the survey of 61.3%.

As not all schools and students (or their parents) chosen for the survey took part, some groups (based on age, gender and ethnicity) are under- or over-represented in the survey responses. To account for this, the responses are adjusted, or weighted, using information about students' characteristics from the Ministry of Education's school roll. This adjustment means that the figures in the report are representative of all the students from the types of school included in the survey. Appendix 1 explains this process further and Table A1 shows the number and characteristics of the young people who were interviewed and the number of survey participants when weighted.

## SURVEY FORMS AND TOPICS

Survey forms and methods suitable for different age groups were used. The forms are on our website: [www.sportnz.org.nz/yps](http://www.sportnz.org.nz/yps).

Students in Years 3 to 13 completed the forms themselves. Parents/caregivers of students in Years 1 and 2 (mostly 5 and 6-year-olds) completed the forms for this age group.

The survey collected information about sport and recreation in its broadest sense, from casual games and activities (described as “mucking around”) to organised competitions. It also collected information about involvement in events and outdoor recreation activities provided by schools.

To make the survey easy for students of all ages to understand, the questions asked about sport and “active things”. When simpler wording was needed to aid understanding, questions were asked about “sport”.

### The main topics most students (or their parents/caregivers) answered questions about were:

- if they like sport
- what sports and active things they take part in and how often
- if they take part in sport and recreation events, like triathlons and biking events
- how they take part, for example, with clubs, with school teams, with a coach/instructor
- how much time they spend taking part in sport and active things
- what sports and active things they want to try or do more of
- if they watch sport.

Appendix 2 lists all the topics students and teachers answered questions about. The topics students answered questions about varied with their age and the time that classes were available for the survey.

### This report includes three topics older students (10/11 to 18-year-olds) were asked about:

- the ways they take part in sport and recreation, ie. in activities organised by their school (outside of class time), by clubs or when they are “mucking around” on their own or with friends and family
- what level they play sport at, from social to representing their region or country
- if they volunteer and, if so, in what roles.

## REPORT CONTENT

Following this introduction, section 2 of the report looks at whether young people like playing sport.

Section 3 describes participation in sport and recreation in terms of the activities young people take part in, the frequency of participation, the number of sports/activities played, and participation in sport and recreation events.

Section 4 describes how young people take part in sport and recreation. This includes participation with clubs, in school teams and with coaches/instructors.

Section 5 focuses on older students (10 to 18-year-olds) and the ways they take part. The first part of this section presents information about participation in activities organised by schools outside of class time (for example, school competitions or after school activities) and participation with clubs (outside of school), as well as the types of things young people do when “mucking around”. The second part describes the level these students play sport at, whether they are sport and recreation volunteers, and the volunteer roles they undertake.





Section 6 describes the time students spend taking part in sport and recreation in different contexts. We also explain how we estimated the amount of time. Appendix 3 provides more information about time students of different ages spend taking part in organised sport and recreation.

Section 7 looks at students' interest in sport in terms of the sports/activities they'd like to try or do more of, and whether they are spectators – for example, whether they watch sport on TV or at live sports events.

The full lists of sport and recreation activities students take part in and want to try/do more of are in Appendix 4.

Following on from this report, we will publish other results from the students' survey and results from the teachers' survey in a series of factsheets.

### POINTS TO NOTE

Sections 2-7 show results for boys and girls of different ages, as young people's participation and interest in sport varies with their gender and age.

In most sections in this report, we present information for three age groups: 5 to 10-year-olds, 11 to 14-year-olds and 15 to 18-year-olds. This groups together young people who are mostly at primary school, intermediate/junior secondary school, and senior secondary school, and recognises that the opportunities for sport and recreation and Physical Education (PE) vary as young people progress through school. Section 3 presents results based on the four survey forms completed for reasons explained in Reader Note 1, Appendix 5. Section 5 presents information for 10 to 14-year-olds and 15 to 18-year-olds, as younger students were not asked about the topics in this section. We will publish information about sport and recreation participation using other age groupings in the factsheet series.

Some sections also show results for boys and girls of different ethnic backgrounds. Readers should note that young people recorded all the ethnic groups that they identify with, and so may have given more than one answer to the question about their ethnicity. Consequently, the results for each ethnic group may only be compared with total responses; for example,

the responses of Māori boys can be compared with the responses for all boys but not with the responses of Pacific boys. Information is presented for the four main ethnic groups (New Zealand Europeans, Māori, Pacific peoples and Asian peoples). A small number of young people (247) identified with "other" ethnicities (for example, Middle Eastern, Latin American or African) and these results are not included in this report.

Readers also should note that parents' responses are not reported separately but with those of students to provide results for boys and girls of different ages and ethnic backgrounds.

Results are presented mostly in terms of percentages. Where appropriate, an estimate of the number of participants is included. These estimates are derived from the numbers in the Ministry of Education's school roll (see Appendix 1 for more information about these estimates).

A small number of students did not answer some questions and their responses were recorded as "not answered". These responses are not included in the tables and charts in the report.

This report describes initial findings from the survey and highlights some differences in the results for boys and girls of different ages and ethnic backgrounds. Readers should note that the figures in the report are estimates as they are from a sample survey, rather than a survey of all the students in the types of school covered by the Young People's Survey (ie. a census). These estimates are subject to variation that falls within known ranges and this is expressed as the confidence interval. Confidence intervals have been calculated for each survey estimate but are not reported here. Appendix 1 provides more information about the approach to calculating confidence intervals. Confidence intervals for a range of survey estimates will be published in an in-depth survey report.

Other points that readers should note about the survey and the results are in Appendix 5.





# 2. VIEWS ABOUT PLAYING SPORT



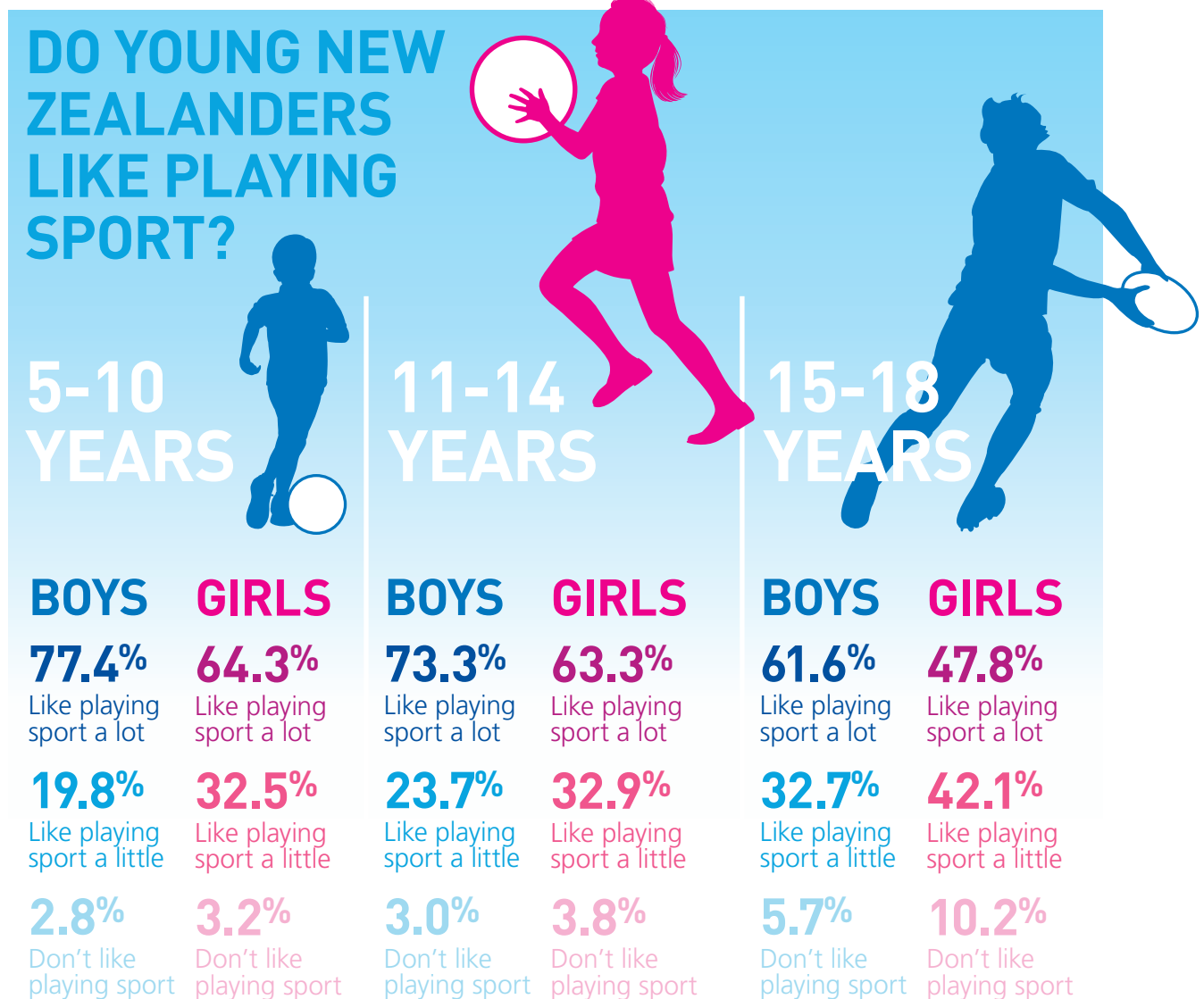
# Views about Playing Sport

## By Gender and Age

Do young New Zealanders like playing sport? The answer for most is "Yes". 7 out of 10 boys (72.6%) and 6 out of 10 girls (60.3%) said they *like playing sport a lot*. Very few young people said they *don't like playing sport* (3.5% of boys and 5% of girls).

More boys than girls of all ages said they *like playing sport a lot*.

As young people get older, they are less likely to say they *like sport a lot*; 15 to 18-year-olds, particularly girls in this age group, were least likely to say they *like playing sport a lot*. The figures are 47.8% for 15 to 18-year-old girls and 61.6% for boys of this age. While more young people in this age group than in other age groups said they *don't like playing sport*, the figures are still small (10.2% for girls and 5.7% for boys).



## By Gender and Ethnicity

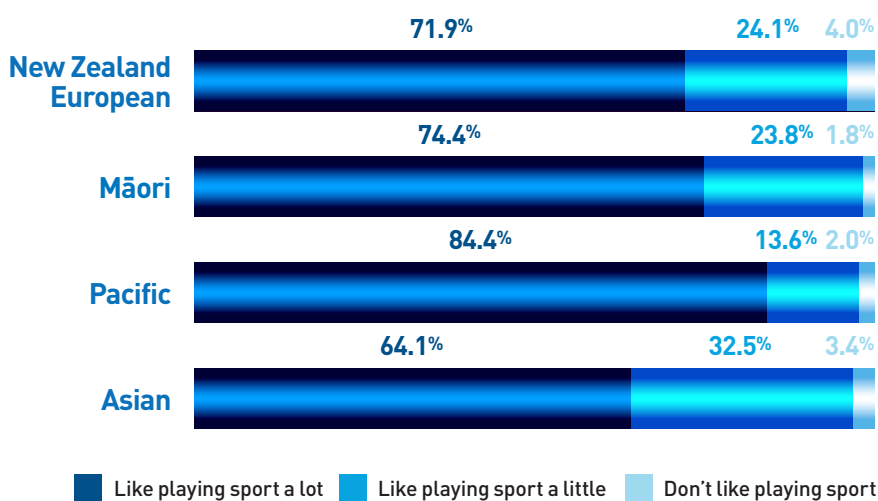
Views about playing sport vary with young people's ethnic background.

### Compared with boys and girls overall:

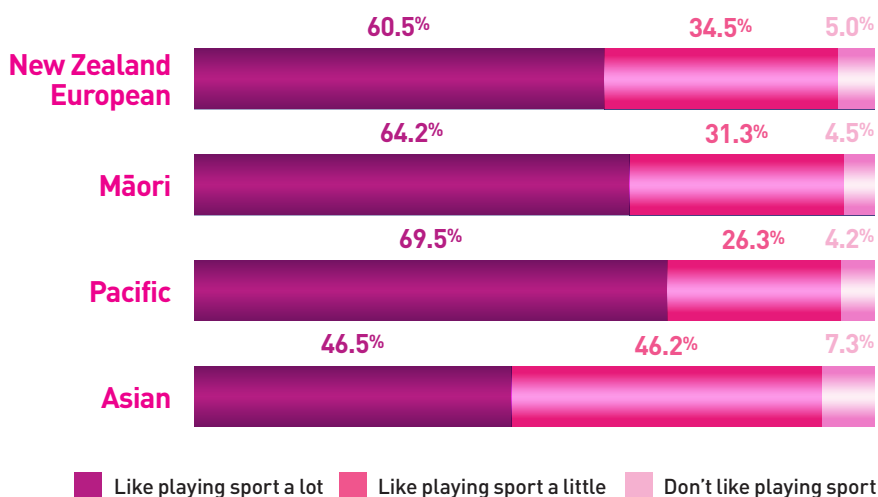
- Pacific young people were more likely to say that they *like playing sport a lot* (84.4% of Pacific boys said this, compared with 72.6% of all boys; and 69.5% of Pacific girls said this, compared with 60.3% of all girls).
- Asian young people, and particularly girls, were less likely to say they *like playing sport a lot* (46.5% of Asian girls said they *like playing sport a lot*, compared with 60.3% of all girls; and 64.1% of Asian boys said this, compared with 72.6% of all boys).

### Extent to which young people like playing sport by gender and ethnicity

## BOYS



## GIRLS



## ALL BOYS

72.6%  
Like playing sport a lot

23.9%  
Like playing sport a little

3.5%  
Don't like playing sport



## ALL GIRLS

60.3%  
Like playing sport a lot

34.7%  
Like playing sport a little

5.0%  
Don't like playing sport



### POINTS TO NOTE:

Students were able to identify with more than one ethnic group (eg. Māori and Pacific) and so the figures for each ethnic group should only be compared with the totals (eg. results for Pacific boys can be compared with those for all boys, but not with boys in other ethnic groups).

# 3. PARTICIPATION IN SPORT AND RECREATION





# Participation in Sport and Recreation Activities

## Participation by Gender and Age

Almost all young people had taken part in one or more sport and recreation activities at least once “this year”. Less than 1 percent of young people said they hadn’t done any sport or recreation activities; this figure is slightly higher (1.7%) for 15 to 18-year-olds.

Asking about “this year” provides a measure of participation in both summer and winter season sports/

activities. Later in this section we look at how often young people take part in different sports/activities to see which ones are done frequently and occasionally, and how many activities they take part in, in total and regularly.

Swimming is one of the top activities for boys and girls of all ages, ranking first or second in all the top 20s.

### Top 20 sport and recreation activities participated in “this year” by 5 to 10-year-olds

Boys 5-10 years				Girls 5-10 years		
	Activities	%	Number Participating	Activities	%	Number Participating
1	Swimming	86.2	150,000	Swimming	90.2	152,000
2	Athletics (run, jump, throw)	77.4	135,000	Athletics (run, jump, throw)	79.6	134,000
3	Cycling, biking	76.9	134,000	Cycling, biking	78.5	133,000
4	Football, soccer, futsal	73.8	129,000	Cross-country	73.6	124,000
5	Cross-country	70.0	122,000	Gymnastics, trampoline, aerobics	72.2	122,000
6	Rugby, Rippa Rugby	65.6	114,000	Dance (eg. ballet, b-boy, b-girl)	59.9	101,000
7	Gymnastics, trampoline, aerobics	60.2	105,000	Tramping, bush walks	56.8	96,000
8	Tramping, bush walks	57.9	101,000	Netball	50.0	84,000
9	Skateboarding	52.9	92,000	Football, soccer, futsal	44.7	76,000
10	Fishing	47.4	83,000	Māori activities (eg. kapa haka)	41.8	71,000
11	Cricket	46.1	80,000	Softball, T-ball	36.3	61,000
12	Softball, T-ball	41.7	73,000	Fishing	35.4	60,000
13	Basketball, Mini-ball	41.6	72,000	Rugby, Rippa Rugby	35.2	59,000
14	Māori activities (eg. kapa haka)	37.4	65,000	Cricket	29.3	50,000
15	Table tennis	33.2	58,000	Basketball, Mini-ball	29.1	49,000
16	Dance (eg. ballet, b-boy, b-girl)	33.2	58,000	Skateboarding	28.8	49,000
17	Tennis, Grasshoppers	30.7	54,000	Table tennis	28.6	48,000
18	Hockey	26.8	47,000	Tennis, Grasshoppers	27.5	46,000
19	Bodyboarding	25.3	44,000	Hockey	24.8	42,000
20	Martial arts (eg. karate, judo)	22.2	39,000	Bodyboarding	22.9	39,000

Athletics includes run, jump, throw, which is a foundation programme of Athletics New Zealand and was used in the survey forms to help describe athletics to younger students.

- Swimming, athletics and cycling/biking are the sports/activities most boys and girls in the youngest age group take part in (these are the top three activities and share the same ranking for both boys and girls).
- Cross-country is also in the top five for boys (ranked 5th) and girls (ranked 4th).
- Football makes up the top five sports/activities for boys, while gymnastics completes the top five for girls.
- Seven sports/activities are common to the top 10 for boys and girls (although not always in the same order): swimming, athletics, cycling/biking, football, cross-country, gymnastics and tramping.
- Only two activities are not in both top 20s. Martial arts is in the boys’ top 20 but not in the girls’ and netball is in the girls’ top 20 but not in the boys’.



**POINTS TO NOTE:**

The survey forms asked about participation in sport and recreation activities "this year". Forms were completed in August/September and so the responses include participation in both summer and winter season sports/activities.

The survey took place just before the 2011 Rugby World Cup and this may have influenced young people's participation in rugby.

Participation could have been in any setting – at home, at school or somewhere else.

Survey forms included two questions about participation. The first question included a list of sports and activities (28 sports/activities in the Years 1 to 6 forms and 41 in the Years 7 to 13 forms). The second question asked students (parents/caregivers) to write in "other sports and active things" done "this year".

The top 20 activities that young people had taken part in at least once this year are shown here. Appendix 4 lists the participation rates for all the sports/activities asked about/mentioned.

**Top 20 sport and recreation activities participated in "this year" by 11 to 14-year-olds**

Boys 11-14 years				Girls 11-14 years		
	Activities	%	Number Participating	Activities	%	Number Participating
1	Running, jogging, cross-country	79.8	95,000	Running, jogging, cross-country	84.8	97,000
2	Swimming	79.1	94,000	Swimming	83.2	95,000
3	Football, soccer, futsal	72.0	86,000	Walking for fitness*	72.3	83,000
4	Rugby	71.0	85,000	Netball	72.1	83,000
5	Basketball	68.4	82,000	Athletics, track and field	68.7	79,000
6	Cycling, biking (not mountain biking)	65.3	78,000	Football, soccer, futsal	65.2	75,000
7	Athletics, track and field	64.4	77,000	Cycling, biking (not mountain biking)	65.1	74,000
8	Touch*	63.0	75,000	Basketball	62.5	72,000
9	Table tennis	58.9	70,000	Dance (eg. ballet, b-boy, b-girl)	53.9	62,000
10	Fishing	54.3	65,000	Touch*	51.7	59,000
11	Walking for fitness*	51.1	61,000	Tramping, bush walks	50.0	57,000
12	Tramping, bush walks	50.6	60,000	Gymnastics, trampoline, aerobics	49.4	57,000
13	Cricket	50.1	60,000	Volleyball, Kiwi Volley	47.6	55,000
14	Badminton*	45.8	55,000	Badminton*	46.6	53,000
15	Skateboarding	45.3	54,000	Rugby	46.3	53,000
16	Rugby league*	44.9	54,000	Softball, T-ball	45.7	52,000
17	Canoeing, kayaking*	44.0	53,000	Table tennis	45.1	52,000
18	Softball, T-ball	43.9	52,000	Tennis	42.9	49,000
19	Tennis	43.6	52,000	Canoeing, kayaking*	40.5	46,000
20	Hockey	41.2	49,000	Hockey	39.6	45,000

\* indicates an activity listed in the Years 7 to 13 survey forms and not in the Years 1 to 6 forms – see Reader Notes 1 & 2, Appendix 5.

- Running/jogging/cross-country and swimming are the two activities most boys and girls in this age group take part in.
- Football, rugby and basketball complete the top five for boys. Walking, netball and athletics complete the top five for girls.
- Seven sports/activities are common to the top 10 for boys and girls (although not always in the same order): running/jogging/cross-country, swimming, football, basketball, cycling/biking, athletics and touch.
- Sports/activities in the boys' top 20 but not in the girls' include: fishing, cricket, skateboarding and rugby league. Sports/activities in the girls' top 20 but not in the boys' include: netball, dance, gymnastics and volleyball.

### Top 20 sport and recreation activities participated in “this year” by 15 to 18-year-olds

Boys 15-18 years				Girls 15-18 years		
	Activities	%	Number Participating	Activities	%	Number Participating
1	Running, jogging, cross-country	74.1	63,000	Running, jogging, cross-country	78.1	66,000
2	Swimming	67.9	58,000	Swimming	76.0	64,000
3	Athletics, track and field	62.3	53,000	Walking for fitness*	73.8	62,000
4	Football, soccer, futsal	61.9	53,000	Athletics, track and field	58.8	50,000
5	Basketball	60.9	52,000	Cycling, biking (not mountain biking)	52.8	45,000
6	Rugby	58.1	50,000	Netball	51.2	43,000
7	Cycling, biking (not mountain biking)	54.8	47,000	Dance (eg. ballet, b-boy, b-girl)	50.5	43,000
8	Table tennis	51.7	44,000	Basketball	47.4	40,000
9	Touch*	50.7	43,000	Football, soccer, futsal	46.9	40,000
10	Badminton*	46.2	40,000	Badminton*	45.7	39,000
11	Fishing	43.8	38,000	Tramping, bush walks	45.2	38,000
12	Walking for fitness*	42.4	36,000	Volleyball, Kiwi Volley	39.7	34,000
13	Tramping, bush walks	41.9	36,000	Canoeing, kayaking*	36.3	31,000
14	Canoeing, kayaking*	36.6	31,000	Table tennis	35.2	30,000
15	Tennis	36.5	31,000	Touch*	34.5	29,000
16	Rugby league*	35.2	30,000	Tennis	33.2	28,000
17	Volleyball, Kiwi Volley	33.9	29,000	Gymnastics, trampoline, aerobics	31.9	27,000
18	Cricket	31.6	27,000	Rugby	30.3	26,000
19	Mountain biking*	31.0	27,000	Fishing	27.7	23,000
20	Skateboarding	30.4	26,000	Bodyboarding (not surfing)	24.7	21,000

\* indicates an activity listed in the Years 7 to 13 survey forms and not in the Years 1 to 6 forms – see Reader Note 2, Appendix 5.

- Running/jogging/cross-country and swimming are the two activities most boys and girls in this age group take part in; these activities are also the top two for 11 to 14-year-olds.
- Athletics is in the top five for 15 to 18-year-old boys (ranked 3rd) and girls (ranked 4th).
- Football and basketball make up the top five sports/activities for boys, while walking and cycling complete the top five for girls.
- Seven sports/activities are common to the top 10 for boys and girls (although not always in the same order): running/jogging/cross-country, swimming, athletics, football, basketball, cycling/biking and badminton.
- Sports/activities that are in boys' top 20 but not in girls' include: fishing, cricket, skateboarding and rugby league. Sports/activities in girls' top 20 but not in boys' include: netball, dance, gymnastics and volleyball. For both boys and girls, these lists of sports/activities are the same as those for 11 to 14-year-old boys and girls.



## Participation by Gender and Ethnicity

### Top 20 sport and recreation activities participated in “this year” by boys and girls

All boys			All girls	
	Activities	%	Activities	%
1	Swimming	79.8	Swimming	84.7
2	Running, jogging, cross-country	74.0	Running, jogging, cross-country	78.1
3	Football, soccer, futsal	70.5	Walking for fitness*	73.0
4	Athletics, track and field	69.8	Athletics, track and field	71.4
5	Cycling, biking (not mountain biking)	68.2	Cycling, biking (not mountain biking)	68.4
6	Rugby, Rippa Rugby	65.6	Netball	57.1
7	Touch*	57.5	Dance (eg. ballet, b-boy, b-girl)	55.9
8	Basketball, Mini-ball	54.4	Gymnastics, trampoline, aerobics	55.8
9	Tramping, bush walks	51.9	Tramping, bush walks	52.0
10	Fishing	48.8	Football, soccer, futsal	51.6
11	Walking for fitness*	47.1	Badminton*	46.1
12	Badminton*	45.9	Touch*	43.9
13	Skateboarding	45.4	Basketball, Mini-ball	43.7
14	Table tennis	45.4	Canoeing, kayaking*	38.6
15	Gymnastics, trampoline, aerobics	44.1	Rugby, Rippa Rugby	37.5
16	Cricket	44.0	Softball, T-ball	36.2
17	Canoeing, kayaking*	40.6	Table tennis	35.3
18	Rugby league*	40.4	Fishing	33.9
19	Softball, T-ball	37.6	Tennis	33.6
20	Tennis	36.0	Māori activities (eg. kapa haka)	33.3

Athletics includes run, jump, throw, which is a foundation programme of Athletics New Zealand and was used in the survey forms to help describe athletics to younger students.

\* indicates an activity listed in the Years 7 to 13 survey forms and not in the Years 1 to 6 forms – see Reader Notes 1 & 2, Appendix 5.

#### POINTS TO NOTE:

Students were able to identify with more than one ethnic group (eg. Māori and Pacific) and so the figures for each ethnic group should only be compared with the totals, which are shown in the table to the left (eg. results for Pacific boys can be compared with those for all boys, but not with boys in other ethnic groups).

- Most of the sports/activities in the top 10s for young people from different ethnic backgrounds are the same, although the rank order of sports/activities varies.
- The top 10s for boys and girls of New Zealand European ethnicity are the same as those for all boys and girls, respectively, although the rank order varies. For example, cycling/biking is more popular with boys of New Zealand European ethnicity than with boys overall, while gymnastics is more popular with girls of New Zealand European ethnicity than with girls overall.
- For boys and girls in the other three main ethnic groups the top 10s are different.

#### Compared with all boys:

- skateboarding and rugby league are more popular with Māori boys
- rugby league and walking are more popular with Pacific boys
- badminton and walking are more popular with Asian boys.

#### Compared with all girls:

- touch and Māori sports/activities (eg. kapa haka) are more popular with Māori girls
- basketball, touch and volleyball are more popular with Pacific girls
- badminton is more popular with Asian girls.
- Rugby is more popular with Māori (ranked 2nd) and Pacific boys (ranked 1st) than with boys overall (ranked 6th).
- Touch is more popular with both Pacific boys (ranked 2nd) and girls (ranked 5th) than with boys and girls overall (ranked 7th and 12th, respectively).

NZ European boys			NZ European girls		
	Activities	%	Activities	%	
1	Swimming	82.6	Swimming	88.3	
2	Running, jogging, cross-country	76.3	Running, jogging, cross-country	80.9	
3	Cycling, biking (not mountain biking)	72.6	Walking for fitness*	74.6	
4	Football, soccer, futsal	71.7	Cycling, biking (not mountain biking)	73.9	
5	Athletics, track and field	71.4	Athletics, track and field	72.8	
6	Rugby, Rippa Rugby	65.1	Gymnastics, trampoline, aerobics	59.5	
7	Tramping, bush walks	57.8	Netball	57.6	
8	Touch*	55.1	Tramping, bush walks	57.3	
9	Fishing	54.1	Dance (eg. ballet, b-boy, b-girl)	56.8	
10	Basketball, Mini-ball	53.1	Football, soccer, futsal	52.4	

Athletics includes run, jump, throw. \*indicates an activity listed in the Years 7 to 13 survey forms and not in the Years 1 to 6 forms – see Reader Notes 1 & 2, Appendix 5.

**Top 10 sport and recreation activities participated in by New Zealand European boys and girls**

Māori boys			Māori girls		
	Activities	%	Activities	%	
1	Swimming	80.1	Swimming	82.4	
2	Rugby, Rippa Rugby	75.9	Running, jogging, cross-country	75.8	
3	Running, jogging, cross-country	73.3	Athletics, track and field	73.1	
4	Athletics, track and field	67.2	Walking for fitness*	67.9	
5	Touch*	67.2	Cycling, biking (not mountain biking)	67.0	
6	Football, soccer, futsal	66.3	Netball	61.1	
7	Cycling, biking (not mountain biking)	65.8	Touch*	59.6	
8	Basketball, Mini-ball	58.7	Māori activities (eg. kapa haka)	58.7	
9	Skateboarding	57.3	Gymnastics, trampoline, aerobics	57.3	
10	Rugby league*	54.9	Dance (eg. ballet, b-boy, b-girl)	55.3	

Athletics includes run, jump, throw. \*indicates an activity listed in the Years 7 to 13 survey forms and not in the Years 1 to 6 forms – see Reader Notes 1 & 2, Appendix 5.

**Top 10 sport and recreation activities participated in by Māori boys and girls**

Pacific boys			Pacific girls		
	Activities	%	Activities	%	
1	Rugby, Rippa Rugby	76.8	Swimming	77.2	
2	Touch*	75.2	Walking for fitness*	72.4	
3	Swimming	70.4	Athletics, track and field	72.1	
4	Rugby league*	66.6	Running, jogging, cross-country	69.7	
5	Athletics, track and field	65.3	Touch*	69.1	
6	Running, jogging, cross-country	65.2	Netball	61.9	
7	Football, soccer, futsal	62.1	Dance (eg. ballet, b-boy, b-girl)	56.2	
8	Basketball, Mini-ball	56.8	Cycling, biking (not mountain biking)	52.2	
9	Walking for fitness*	54.8	Basketball, Mini-ball	51.9	
10	Cycling, biking (not mountain biking)	51.6	Volleyball, Kiwi Volley	50.9	

Athletics includes run, jump, throw. \*indicates an activity listed in the Years 7 to 13 survey forms and not in the Years 1 to 6 forms – see Reader Notes 1 & 2, Appendix 5.

**Top 10 sport and recreation activities participated in by Pacific boys and girls**

Asian boys			Asian girls		
	Activities	%	Activities	%	
1	Swimming	75.1	Swimming	78.3	
2	Football, soccer, futsal	74.4	Walking for fitness*	76.2	
3	Running, jogging, cross-country	72.6	Running, jogging, cross-country	74.4	
4	Athletics, track and field	69.8	Athletics, track and field	67.7	
5	Cycling, biking (not mountain biking)	61.3	Badminton*	64.3	
6	Basketball, Mini-ball	57.1	Cycling, biking (not mountain biking)	59.5	
7	Badminton*	56.7	Dance (eg. ballet, b-boy, b-girl)	57.2	
8	Touch*	52.9	Football, soccer, futsal	47.8	
9	Walking for fitness*	52.5	Netball	46.2	
10	Rugby, Rippa Rugby	49.3	Gymnastics, trampoline, aerobics	44.7	

Athletics includes run, jump, throw. \*indicates an activity listed in the Years 7 to 13 survey forms and not in the Years 1 to 6 forms – see Reader Notes 1 & 2, Appendix 5.

**Top 10 sport and recreation activities participated in by Asian boys and girls**

# Participation in Games

## Participation by Gender and Age

Young people were asked about or mentioned participation in active games (like four square and tag) and play activities. Around 8 out of 10 boys (78%) and girls (81.5%) had taken part in games/play at least once “this year”.

Both boys and girls in the youngest age group, as might be expected, were more likely to play games than those in the older age groups, particularly 15 to 18-year-olds.

### Participation in games and play activities “this year” by gender and age

	5-10 years		11-14 years		15-18 years	
	Boys %	Girls %	Boys %	Girls %	Boys %	Girls %
<b>Took part in games and play activities – at least once “this year”</b>	84.3	86.7	81.2	84.2	60.9	68.0

### Participation in games and play activities “this year” by gender and ethnicity

	All young people		NZ European		Māori		Pacific		Asian	
	Boys %	Girls %	Boys %	Girls %	Boys %	Girls %	Boys %	Girls %	Boys %	Girls %
<b>Took part in games and play activities – at least once “this year”</b>	78.0	81.5	79.6	82.8	78.1	84.5	72.4	81.8	74.3	77.2

Compared with all boys (78%):

- Pacific boys (72.4%) and Asian boys (74.3%) were less likely to play games.

Compared with all girls (81.5%):

- Asian girls (77.2%) were less likely to play games.



# Frequency of Participation

## By Gender and Year-level

The previous section reports on sports/activities done at least once this year, which provides a measure of overall participation. Looking at frequency of participation provides further insight into participation in sports/activities.

Frequency is measured on a three-point scale: not done this year, done a few times this year and done regularly, which is defined as one or more times a week.

### How often young people take part in sports/activities “this year” – Years 1-2 (mostly 5 to 6-year-olds)

Sports and recreation activities	Boys Years 1-2			Girls Years 1-2		
	Not done this year %	Done a few times this year %	Done regularly* this year %	Not done this year %	Done a few times this year %	Done regularly* this year %
Athletics (run, jump, throw)	6.6	36.0	57.4	4.6	36.8	58.5
Basketball, Mini-ball	61.1	30.0	8.9	72.9	20.8	6.3
Bodyboarding	76.1	23.2	0.7	78.2	20.7	1.1
Cricket	56.2	37.6	6.2	75.5	23.6	1.0
Cross-country	27.2	62.0	10.8	24.2	67.5	8.3
Cycling, biking	10.0	30.6	59.4	10.8	45.9	43.4
Dance (eg. ballet, b-boy, b-girl)	56.1	28.9	15.1	28.5	28.7	42.8
Fishing	52.5	44.8	2.7	68.5	29.7	1.8
Flippa Ball, water polo	94.2	5.1	0.7	97.5	2.2	0.3
Football, soccer, futsal	18.3	39.3	42.4	61.3	30.4	8.4
Gymnastics, trampoline, aerobics	25.7	37.0	37.3	18.5	33.0	48.5
Hockey	85.0	9.4	5.6	86.0	10.6	3.4
Māori activities (eg. kapa haka)	62.9	27.5	9.6	61.2	24.4	14.4
Martial arts (eg. karate, judo)	86.7	7.0	6.2	93.2	4.9	1.9
Netball	90.4	8.2	1.4	68.4	21.7	9.9
Pacific activities (eg. kilikiti, soke)	96.2	3.4	0.5	95.8	3.5	0.6
Rugby, Rippa Rugby	37.1	31.7	31.1	79.9	15.7	4.4
Sailing, yachting	94.7	5.3	0.0	97.1	2.6	0.3
Skateboarding	48.2	38.0	13.8	80.2	16.7	3.1
Skiing	92.3	6.8	0.9	90.9	8.6	0.5
Snowboarding	98.6	1.1	0.3	98.2	1.8	0.0
Softball, T-ball	65.0	31.2	3.8	77.6	20.2	2.2
Swimming	5.4	46.4	48.2	4.7	49.2	46.0
Table tennis	82.8	16.8	0.4	87.5	11.9	0.6
Tennis, Grasshoppers	75.1	20.2	4.7	83.6	15.3	1.1
Tramping, bush walks	38.5	55.5	6.1	42.1	52.1	5.9
Volleyball, Kiwi Volley	91.5	8.4	0.1	94.7	4.7	0.5
<b>Games</b>	<b>5.7</b>	<b>32.3</b>	<b>62.0</b>	<b>8.2</b>	<b>36.2</b>	<b>55.6</b>

\* done regularly was defined as one or more times a week.

#### Sports/activities done most often by boys were:

- cycling/biking, athletics (including run, jump, throw) and swimming.

#### Sports/activities done most often by girls were:

- athletics (including run, jump, throw), gymnastics and swimming.

The main sports/activities that boys said they did more often than girls were rugby (including Rippa Rugby) and football. For girls, the main activity that they said they did more often than boys was dance.



**How often young people take part in sports/activities "this year" – Years 3-6 (mostly 7 to 10-year-olds)**

Sports and recreation activities	Boys Years 3-6			Girls Years 3-6		
	Not done this year %	Done a few times this year %	Done regularly* this year %	Not done this year %	Done a few times this year %	Done regularly* this year %
Athletics (run, jump, throw)	25.1	48.3	26.7	24.2	51.5	24.3
Basketball, Mini-ball	47.0	36.0	17.0	63.3	27.7	9.0
Bodyboarding	67.5	27.6	4.8	72.6	23.2	4.2
Cricket	42.1	43.6	14.3	61.8	33.7	4.5
Cross-country	21.5	52.9	25.6	21.0	53.5	25.5
Cycling, biking	22.5	42.5	35.0	21.4	47.9	30.7
Dance (eg. ballet, b-boy, b-girl)	67.5	21.5	11.0	41.5	28.1	30.4
Fishing	42.7	43.4	13.9	56.9	37.3	5.8
Flippa Ball, water polo	79.1	16.0	4.9	78.3	17.3	4.4
Football, soccer, futsal	21.3	38.8	39.9	42.3	42.6	15.1
Gymnastics, trampoline, aerobics	40.9	36.8	22.3	28.5	39.4	32.2
Hockey	59.2	28.2	12.6	62.8	25.2	12.0
Māori activities (eg. kapa haka)	53.8	25.8	20.4	50.1	27.1	22.8
Martial arts (eg. karate, judo)	66.7	18.5	14.8	79.4	13.1	7.5
Netball	75.9	20.6	3.5	29.6	26.6	43.8
Pacific activities (eg. kilikiti, soke)	85.4	9.7	4.9	86.6	9.1	4.3
Rugby, Rippa Rugby	22.7	37.8	39.5	47.4	41.5	11.2
Sailing, yachting	82.4	14.7	2.9	84.3	14.1	1.6
Skateboarding	37.5	40.3	22.2	61.1	31.7	7.3
Skiing	73.5	20.5	6.1	75.7	18.9	5.4
Snowboarding	78.3	16.3	5.4	85.9	11.3	2.9
Softball, T-ball	43.5	44.8	11.7	47.3	44.0	8.7
Swimming	11.4	54.2	34.5	8.2	47.0	44.8
Table tennis	47.0	40.4	12.6	54.4	37.1	8.5
Tennis, Grasshoppers	57.5	32.9	9.6	59.8	30.8	9.4
Tramping, bush walks	34.4	48.6	17.0	35.7	51.1	13.2
Volleyball, Kiwi Volley	71.9	22.7	5.4	65.9	26.8	7.3
<b>Games</b>	<b>11.5</b>	<b>37.1</b>	<b>51.4</b>	<b>8.8</b>	<b>41.1</b>	<b>50.1</b>

\* done regularly was defined as one or more times a week.

**POINTS TO NOTE:**

Frequency is reported here on a three-point scale and for the lists of sports/activities students were asked about (28 sports/activities in the Years 1 to 6 forms and 41 in the Years 7 to 13 forms).

Readers should note that the tables and charts in this section show results by the four year-level survey forms students completed, rather than by the three age groups used earlier - Reader Note 1, Appendix 5 explains the reason for this approach. The year-levels of the four survey forms align, for the most part, with the Years students are in at school and so their age. Years 1-2 students are mostly 5 to 6-year-olds, Years 3-6 students are mostly 7 to 10-year-olds, Years 7-10 are mostly 11 to 14-year-olds, and Years 11-13 are mostly 15 to 18-year-olds.

**Sports/activities done most often by boys were:**

- football, rugby and cycling/biking.

**Sports/activities done most often by girls were:**

- swimming, netball and gymnastics.

The main sports/activities that boys said they did more often than girls were rugby (including Rippa Rugby) and football. For girls, the main sports/activities that they said they did more often than boys were netball and dance.

## How often young people take part in sports/activities “this year” – Years 7-10 (mostly 11 to 14-year-olds)

Sports and recreation activities	Boys Years 7-10			Girls Years 7-10		
	Not done this year %	Done a few times this year %	Done regularly* this year %	Not done this year %	Done a few times this year %	Done regularly* this year %
Adventure racing	76.0	21.1	2.9	82.1	16.2	1.7
Athletics, track and field	31.7	59.9	8.4	27.3	65.6	7.1
Badminton	49.1	41.0	9.9	50.9	38.7	10.4
Basketball	22.9	53.5	23.6	30.3	54.5	15.2
Bodyboarding (not surfing)	64.6	32.9	2.5	71.1	27.4	1.5
Canoeing, kayaking	50.1	47.4	2.5	56.0	42.0	2.1
Cricket	46.0	41.6	12.4	58.2	38.2	3.6
Cycling, biking (not mountain biking)	28.9	44.4	26.7	32.2	51.3	16.5
Dance (eg. ballet, b-boy, b-girl)	77.3	16.1	6.6	41.3	31.4	27.2
Fishing	41.6	50.3	8.0	60.7	37.2	2.1
Football, soccer, futsal	21.2	44.9	33.9	30.1	54.2	15.7
Golf	62.5	33.6	3.9	80.5	17.5	2.0
Gymnastics, trampoline, aerobics	62.1	30.7	7.2	48.5	38.0	13.6
Hockey	54.0	36.1	9.9	57.3	31.5	11.2
Indoor climbing	63.9	34.3	1.7	68.1	30.1	1.8
Māori activities (eg. kapa haka)	69.3	21.6	9.1	64.7	22.7	12.6
Martial arts (eg. karate, judo)	74.3	14.3	11.4	85.0	9.9	5.1
Mountain biking	55.2	36.5	8.3	76.7	20.4	2.9
Netball	68.9	27.7	3.4	24.3	34.7	41.0
Orienteering	73.8	25.1	1.1	74.0	24.4	1.6
Pacific activities (eg. kilikiti, soke)	91.2	5.9	2.9	88.3	8.1	3.6
Rowing	82.6	15.8	1.6	86.8	11.7	1.5
Rugby	24.7	40.3	35.0	50.9	41.9	7.2
Rugby league	49.6	33.4	17.0	74.4	21.8	3.8
Running, jogging, cross-country	12.9	54.3	32.8	9.1	58.8	32.1
Sailing, yachting	84.1	13.5	2.4	91.9	7.5	0.7
Skateboarding	52.7	32.6	14.8	69.9	26.2	3.9
Skiing	77.2	20.1	2.7	80.9	17.1	2.0
Snowboarding	78.5	19.0	2.5	88.9	9.9	1.1
Softball, T-ball	53.5	41.6	4.9	51.3	44.0	4.7
Surfing (not bodyboarding)	79.5	17.2	3.3	85.3	12.7	2.1
Swimming	14.8	63.4	21.8	12.4	62.8	24.8
Table tennis	35.8	50.0	14.2	51.4	42.4	6.2
Tennis	51.5	39.0	9.5	53.9	39.2	6.9
Touch	31.2	47.9	20.9	44.0	44.0	11.9
Tramping, bush walks	45.9	48.4	5.7	47.8	47.6	4.6
Tri(athlon), Duathlon	79.3	19.3	1.4	81.2	18.1	0.7
Volleyball, Kiwi Volley	61.7	31.8	6.4	47.4	41.6	11.0
Walking for fitness	43.0	36.3	20.7	22.3	44.8	32.9
Water polo, Flippa Ball	85.1	11.5	3.4	86.4	10.3	3.3
<b>Games</b>	<b>13.3</b>	<b>46.2</b>	<b>40.5</b>	<b>12.3</b>	<b>52.3</b>	<b>35.5</b>

\* done regularly was defined as one or more times a week.

### Sports/activities done most often by boys were:

- football, rugby and running/jogging/cross-country.

### Sports/activities done most often by girls were:

- netball, walking and running/jogging/cross-country.

The main sports/activities that boys said they did more often than girls were rugby and football. For girls, the main sports/activities that they said they did more often than boys were netball and dance.

**How often young people take part in sports/activities "this year" – Years 11-13 (mostly 15 to 18-year-olds)**

Sports and recreation activities	Boys Years 11-13			Girls Years 11-13		
	Not done this year %	Done a few times this year %	Done regularly* this year %	Not done this year %	Done a few times this year %	Done regularly* this year %
Adventure racing	85.5	13.1	1.4	91.4	7.9	0.8
Athletics, track and field	31.5	64.3	4.1	37.5	57.8	4.7
Badminton	49.7	43.6	6.7	50.9	40.6	8.5
Basketball	33.9	49.5	16.7	49.3	41.5	9.2
Bodyboarding (not surfing)	74.4	23.6	2.0	72.5	26.7	0.9
Canoeing, kayaking	61.1	36.8	2.1	61.9	36.8	1.3
Cricket	64.6	27.0	8.4	75.2	23.1	1.7
Cycling, biking (not mountain biking)	41.8	43.2	15.0	43.7	47.8	8.4
Dance (eg. ballet, b-boy, b-girl)	79.7	14.2	6.1	47.4	31.1	21.5
Fishing	52.5	43.8	3.7	71.6	27.5	1.0
Football, soccer, futsal	33.7	42.3	24.0	49.7	39.4	10.9
Golf	71.0	26.2	2.8	84.0	14.9	1.1
Gymnastics, trampoline, aerobics	75.0	20.8	4.2	66.5	27.6	5.9
Hockey	72.0	20.5	7.5	76.2	16.4	7.4
Indoor climbing	70.7	26.9	2.4	79.3	19.5	1.2
Māori activities (eg. kapa haka)	85.4	11.7	2.9	83.5	11.6	4.9
Martial arts (eg. karate, judo)	80.0	10.6	9.4	87.8	8.1	4.1
Mountain biking	67.2	27.4	5.4	83.5	14.9	1.6
Netball	77.9	19.9	2.3	45.4	30.2	24.4
Orienteering	85.4	14.0	0.7	85.0	14.1	0.9
Pacific activities	93.4	4.6	2.0	93.4	4.7	1.9
Rowing	85.9	12.0	2.1	86.7	10.0	3.4
Rugby	39.1	37.7	23.2	69.5	26.9	3.6
Rugby league	62.2	26.2	11.7	86.2	11.8	2.1
Running, jogging, cross-country	20.9	54.7	24.4	18.5	53.5	28.0
Sailing, yachting	89.5	9.0	1.5	91.6	7.3	1.2
Skateboarding	67.5	23.0	9.5	80.7	17.9	1.4
Skiing	80.4	17.0	2.7	79.2	19.0	1.8
Snowboarding	80.6	17.5	1.9	89.5	9.7	0.9
Softball, T-ball	76.9	21.2	1.9	75.6	22.3	2.1
Surfing (not bodyboarding)	81.3	14.9	3.8	84.6	13.8	1.6
Swimming	28.1	62.0	9.9	21.3	66.8	11.8
Table tennis	43.7	47.5	8.8	63.3	32.7	4.1
Tennis	61.0	31.6	7.4	64.2	31.9	3.9
Touch	45.3	39.6	15.2	64.1	29.3	6.6
Tramping, bush walks	55.1	40.8	4.0	52.6	45.0	2.4
Tri(athlon), Duathlon	90.4	9.0	0.6	90.5	8.9	0.6
Volleyball, Kiwi Volley	61.9	31.1	7.0	57.1	32.1	10.8
Walking for fitness	54.0	30.5	15.5	22.5	42.4	35.2
Water polo, Flippa Ball	94.0	4.5	1.5	93.4	5.2	1.5
<b>Games</b>	<b>33.8</b>	<b>48.0</b>	<b>18.2</b>	<b>27.6</b>	<b>57.5</b>	<b>14.9</b>

\* done regularly was defined as one or more times a week.

**Sports/activities done most often by boys were:**

- running/jogging/cross-country, football and rugby.

**Sports/activities done most often by girls were:**

- walking, running/jogging/cross-country and netball.

The main sports/activities that boys said they did more often than girls were rugby and football. For girls, the main sports/activities that they said they did more often than boys were netball, walking and dance.

# Number of Sport and Recreation Activities

## By Gender and Year-level

Only a small percentage of young people (1% or less) said they had not taken part in any sport and recreation activities in the "last year".

For those young people taking part, depending on their gender and age (as indicated here by year-level), the average number of sports/activities they took part in varied from around 9 to 17 activities.

Boys took part in more sports/activities than girls in all four year levels:

- averages for boys ranged from 10.1 to 16.7 sports/activities (for Years 1-2 and Years 7-10, respectively)
- averages for girls ranged from 8.9 to 16 sports/activities (also for Years 1-2 and Years 7-10, respectively).

Around one-half of boys (54.3%) and girls (50.7%) in Years 7-10 said that they had taken part in 16 or more activities "this year". This proportion was higher than for the other three year levels.

For girls and boys in three of the four year levels the pattern of participation is similar (ie. the proportions in each of the five activity categories is similar). The exception is young people in Years 1-2, where more girls (68.5%) than boys (53.9%) took part in 1-10 activities and fewer took part in 11-15 activities (26.8% for girls and 36.6% for boys).

### Number of sports/activities participated in "this year" by gender and year-level

#### BOYS YEARS 1-2

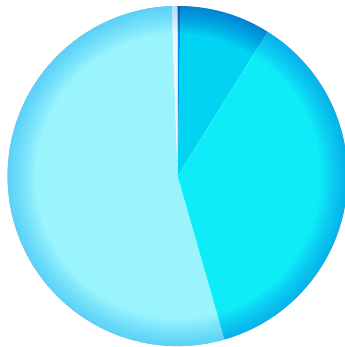
**0.3%**  
21 or more activities

**8.8%**  
16-20 activities

**36.6%**  
11-15 activities

**53.9%**  
1-10 activities

**0.5%**  
No activities



Average **10.1** activities

#### BOYS YEARS 3-6

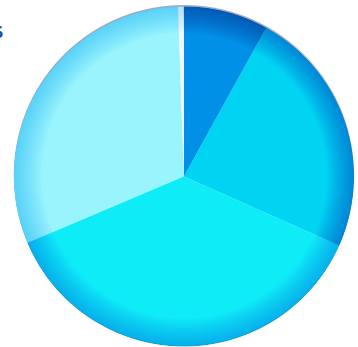
**8.3%**  
21 or more activities

**23.6%**  
16-20 activities

**36.7%**  
11-15 activities

**31.0%**  
1-10 activities

**0.3%**  
No activities



Average **13.2** activities

#### GIRLS YEARS 1-2

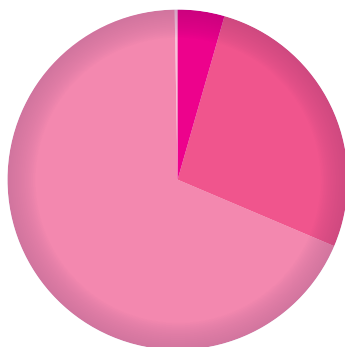
**0.0%**  
21 or more activities

**4.6%**  
16-20 activities

**26.8%**  
11-15 activities

**68.5%**  
1-10 activities

**0.1%**  
No activities



Average **8.9** activities

#### GIRLS YEARS 3-6

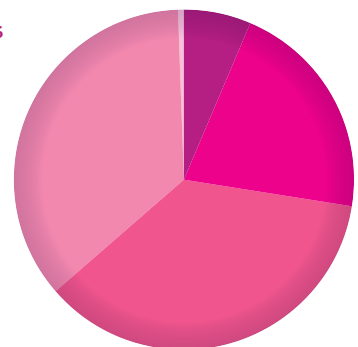
**6.6%**  
21 or more activities

**21.1%**  
16-20 activities

**36.1%**  
11-15 activities

**35.8%**  
1-10 activities

**0.4%**  
No activities



Average **12.6** activities

**POINTS TO NOTE:**

Readers should note that the tables and charts in this section show results by the four year-level survey forms students completed, rather than by the three age groups used earlier - Reader Note 1, Appendix 5 explains the reason for this approach. The year-levels of the four survey forms align, for the most part, with the Years students are in at school and so their age. Years 1-2 students are mostly 5 to 6-year-olds, Years 3-6 students are mostly 7 to 10-year-olds, Years 7-10 are mostly 11 to 14-year-olds, and Years 11-13 are mostly 15 to 18-year-olds.

Readers should note that a smaller number of sports/activities was in the list in the Years 1 to 6 survey forms and this may have influenced the number of sports/activities reported by young people.

Averages shown are calculated for those who did one or more sports/activities.

Readers should also note that the figures in this section exclude participation in games/play activities.

**BOYS YEARS 7-10**

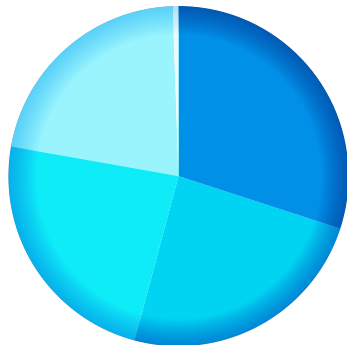
**30.3%**  
21 or more activities

**24.0%**  
16-20 activities

**23.8%**  
11-15 activities

**21.5%**  
1-10 activities

**0.5%**  
No activities



Average **16.7** activities

**BOYS YEARS 11-13**

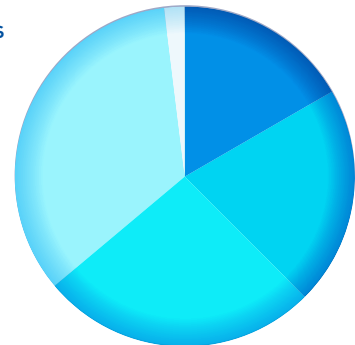
**16.9%**  
21 or more activities

**20.6%**  
16-20 activities

**26.4%**  
11-15 activities

**34.3%**  
1-10 activities

**1.8%**  
No activities



Average **13.7** activities

**GIRLS YEARS 7-10**

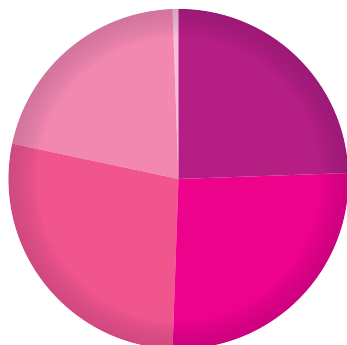
**24.6%**  
21 or more activities

**26.1%**  
16-20 activities

**27.9%**  
11-15 activities

**21.0%**  
1-10 activities

**0.4%**  
No activities



Average **16.0** activities

**GIRLS YEARS 11-13**

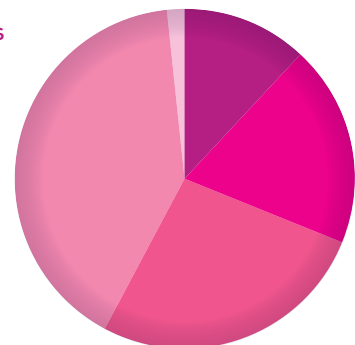
**12.0%**  
21 or more activities

**19.2%**  
16-20 activities

**26.7%**  
11-15 activities

**40.6%**  
1-10 activities

**1.4%**  
No activities



Average **12.6** activities

# Regular Participation in Sport and Recreation Activities

## By Gender and Year-level

Further insights into young people's participation come from looking at the percentage of young people who do a number of sports/activities **regularly** (ie. one or more times a week "this year").

Looking first at **all** sports and activities, on average young people take part in between 3 and 5 activities regularly.

- Boys of all ages take part in more activities on a regular basis than girls.
- For both boys and girls, the averages are highest for those in Years 3-6 (mostly 7 to 10-year-olds) and lowest for those in Years 11-13 (mostly 15 to 18-year-olds).

Participation levels are high for boys and girls when the focus is on **one or more** regular sports/activities:

- around 9 out of 10 boys of all ages take part in one or more sports/activities regularly (ie. boys in Years 1-13)
- around 9 out of 10 girls in Years 1-10 and 8 out of 10 girls in Years 11-13 take part in one or more sports/activities regularly.

Regular participation in **two or more** sports/activities is also high for boys and girls in Years 1-10 but is lower for those in Years 11-13:

**For boys:**

- between 8 and 9 out of 10 boys in Years 1-10 take part in two or more sports/activities regularly
- around 7 out of 10 boys in Years 11-13 take part in two or more sports/activities regularly.

**For girls:**

- around 8 out of 10 girls in Years 1-10 take part in two or more sports/activities regularly
- around 6 out of 10 girls in Years 11-13 take part in two or more sports/activities regularly.

Boys and girls in Years 11-13 were mostly likely not to take part in any activities regularly (the figures are 12.8% and 16.9% for boys and girls, respectively).

### Regular participation by gender and year-level – ALL sports/activities

	Boys				Girls			
	Years 1-2	Years 3-6	Years 7-10	Years 11-13	Years 1-2	Years 3-6	Years 7-10	Years 11-13
Average number of sports/activities take part in regularly <sup>1,2</sup>	4.5	5.3	4.8	3.5	4.1	4.8	4.3	3.2
	%	%	%	%	%	%	%	%
Take part in one or more sports/activities regularly	94.8	93.9	93.1	87.2	92.7	93.7	90.8	83.1
Take part in two or more sports/activities regularly	86.6	84.9	80.4	66.8	81.7	83.0	76.6	61.5
Did not take part in any activities regularly	5.2	6.1	6.9	12.8	7.3	6.3	9.2	16.9

1. Regular is defined as one or more times a week "this year".  
2. Averages shown are calculated for those who did one or more sports/activities.

As games is an activity done regularly by a high proportion of young people, particularly those in the younger age groups (Years 1-10), this activity has been excluded from the figures in the table below.

Excluding games results in slightly lower averages and participation rates but the differences between the figures in this table and the previous table are small. The pattern of participation (ie. the higher and lower averages and percentages) for boys and girls across the age groups remains the same.

**Regular participation by gender and year-level – EXCLUDING games**

	Boys				Girls			
	Years 1-2	Years 3-6	Years 7-10	Years 11-13	Years 1-2	Years 3-6	Years 7-10	Years 11-13
Average number of sports/activities take part in regularly <sup>1,2</sup>	3.9	4.8	4.5	3.3	3.5	4.3	4.0	3.1
	%	%	%	%	%	%	%	%
Take part in one or more sports/activities regularly	93.5	92.5	91.4	85.8	91.2	92.6	89.7	82.1
Take part in two or more sports/activities regularly	81.8	81.6	76.6	64.2	77.4	79.8	73.9	59.7
Did not take part in any activities regularly	6.5	7.5	8.6	14.2	8.8	7.4	10.3	17.9

1. Regular is defined as one or more times a week "this year".  
2. Averages shown are calculated for those who did one or more sports/activities, excluding games.



# Participation in Events

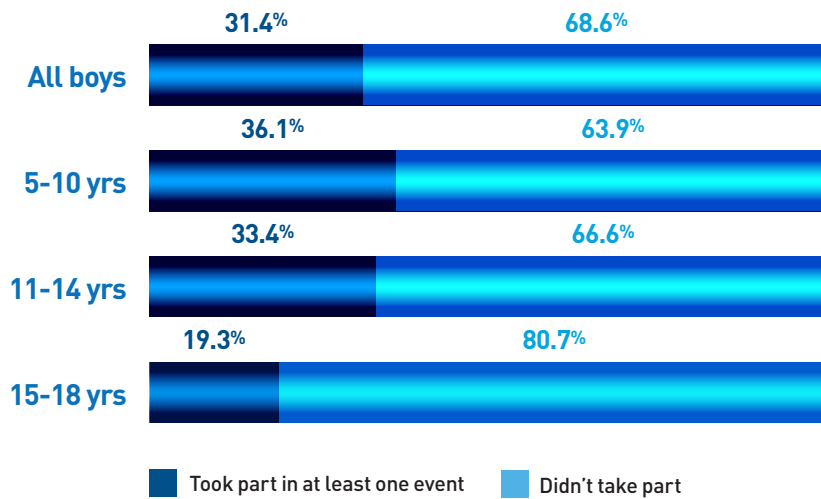
## By Gender and Age

### POINTS TO NOTE:

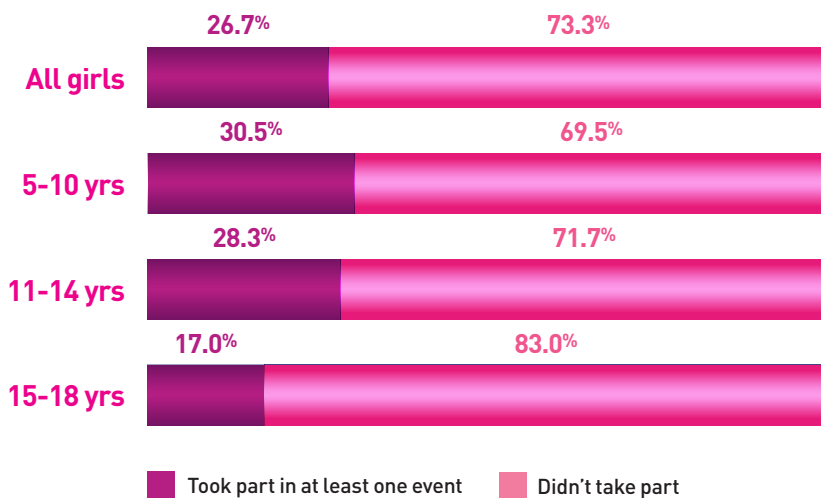
Events were described in the survey forms as: “big weekend events where lots and lots of people have taken part”. Students were asked if they had taken part in five different types of event. Examples were given of different types of event.

### Participation in weekend events “this year” by gender and age

#### BOYS



#### GIRLS



Around 3 out of 10 boys (31.4%) and girls (26.7%) said that they had taken part in at least one sport or recreation event this year. Participation for both boys and girls decreased with age – to around 2 out of 10 (19.3% for 15 to 18-year-old boys and 17.0% for girls of this age).



### Participation in different types of weekend events “this year” by gender and age

Type of event	5-10 years		11-14 years		15-18 years	
	Boys %	Girls %	Boys %	Girls %	Boys %	Girls %
Triathlon/duathlon	14.5	11.1	11.2	10.7	3.9	3.1
Running/walking	16.6	14.7	12.4	11.4	8.9	10.4
Biking	11.5	8.7	11.5	5.4	5.6	2.7
Fishing	16.8	10.4	14.5	7.0	6.3	3.1
Swimming	12.2	14.3	10.2	10.8	3.4	3.9

Boys’ participation was higher than that for girls in four out of the five types of event. Swimming events were the exception, with girls of all ages slightly more likely to say they had taken part in these events than boys. Girls aged 15-18 years were also more likely than boys of this age to say they had taken part in running/walking events.

For younger boys (5-14 years), fishing events were most popular. For older boys (15-18 years), running/walking events were most popular. For girls of all ages, running/walking events were most popular, followed by swimming events.

## By Gender and Ethnicity

### Participation in different types of weekend events “this year” by gender and ethnicity

Type of event	All young people		NZ European		Māori		Pacific		Asian	
	Boys %	Girls %	Boys %	Girls %	Boys %	Girls %	Boys %	Girls %	Boys %	Girls %
Triathlon/duathlon	11.1	9.1	12.2	10.2	10.2	9.1	9.8	8.1	5.2	4.7
Running/walking	13.5	12.7	13.3	12.6	13.7	13.4	18.3	15.6	10.7	12.2
Biking	10.1	6.3	11.0	6.5	10.0	6.7	10.5	6.1	4.9	4.6
Fishing	13.7	7.7	14.9	8.0	17.7	12.4	12.6	6.9	5.2	3.2
Swimming	9.6	10.9	9.3	10.8	10.8	13.6	12.6	11.4	7.5	8.9
Took part in at least one event	31.4	26.7	33.0	27.7	33.1	30.2	31.4	25.9	18.8	20.1

Compared with participation by all boys (31.4%), participation in events by boys of New Zealand European (33%), Māori (33.1%) and Pacific (31.4%) ethnicity was at a similar level, while participation by Asian boys was lower (18.8%).

The pattern is similar for girls; compared with participation by all girls (26.7%), participation in events by girls of New Zealand European (27.7%), Māori (30.2%) and Pacific (25.9%) ethnicity was similar, while participation by Asian girls was lower (20.1%).

Preferences for different types of events vary with ethnicity. For example:

- fishing is more popular with Māori boys (17.7%) than boys overall (13.7%) and the same occurs for Māori girls (12.4% compared with 7.7%)
- running/walking events are more popular with Pacific boys than with boys overall (18.3% compared with 13.5%)
- participation in all types of event is lower for Asian boys and girls, compared with all boys and girls, respectively.





# 4. HOW YOUNG PEOPLE TAKE PART IN SPORT AND RECREATION

# Participation with Sports Clubs

## By Gender and Age

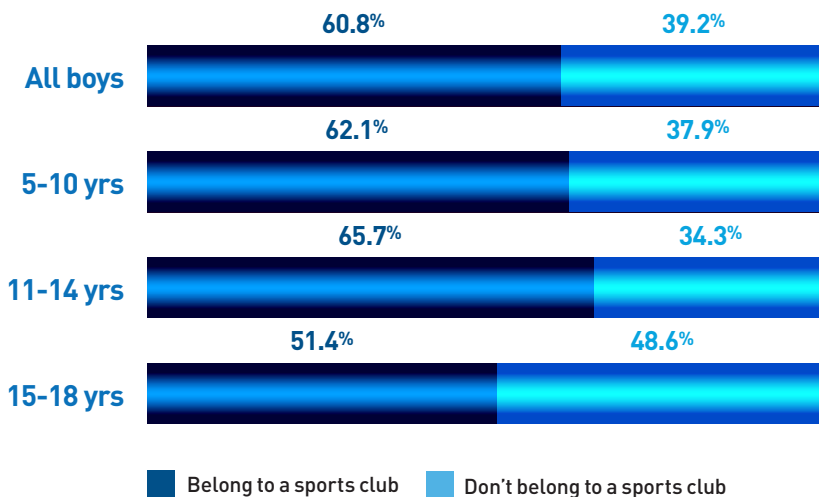
### POINTS TO NOTE:

The survey forms asked if students had belonged to a sports club outside of school this year.

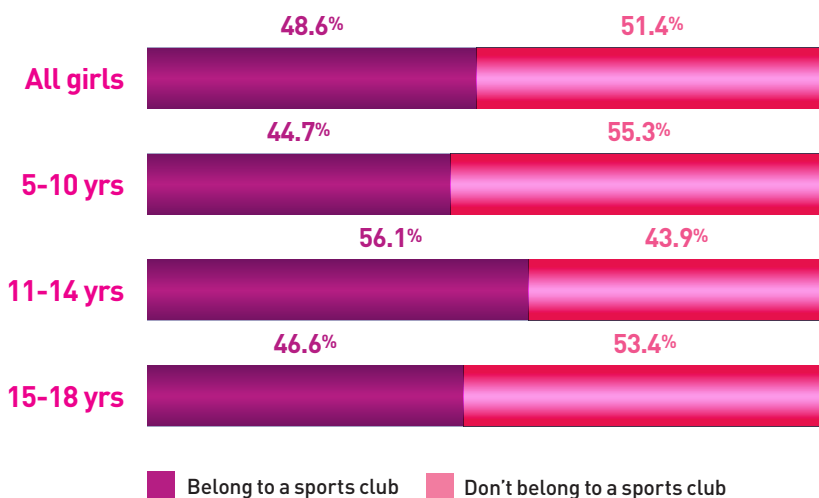
Examples of clubs were included in the survey forms. The examples were netball clubs, rugby clubs and tramping clubs to indicate that the question was about sport and active recreation clubs.

### Participation with sports clubs (outside of school) "this year" by gender and age

## BOYS



## GIRLS



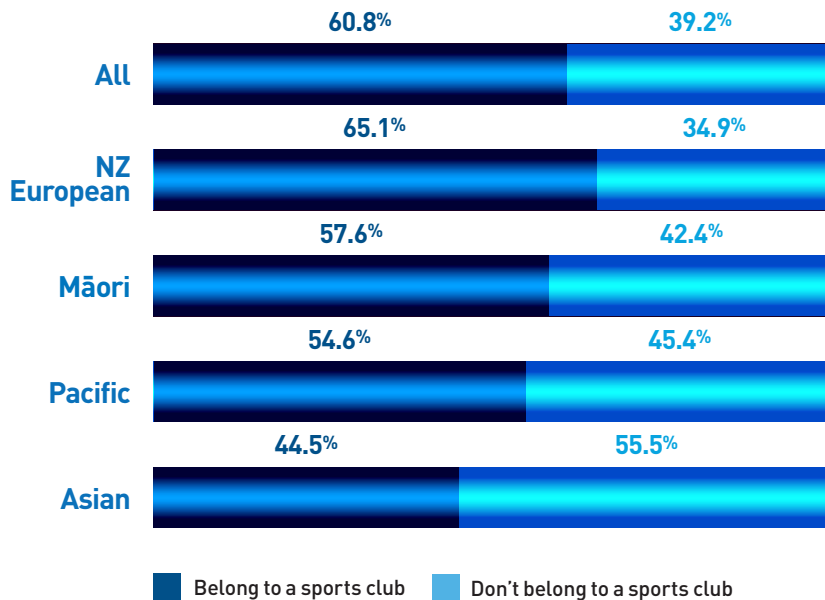
### When asked if they had belonged to a sports club outside of school this year:

- 6 out of 10 boys and almost 5 out of 10 girls said they had belonged to a sports club
- from this level of participation, it is estimated that 230,000 boys and 177,000 girls belong to sports clubs
- participation levels were highest for 11 to 14-year-olds; 65.7% of boys in this age group said they belonged to a sports club, as did 56.1% of girls
- participation levels were lowest for 15 to 18-year-old boys (51.4%) and 5 to 10-year-old girls (44.7%), followed closely by 15 to 18-year-old girls (46.6%).

## By Gender and Ethnicity

Participation with sports clubs (outside of school) "this year" by gender and ethnicity

### BOYS

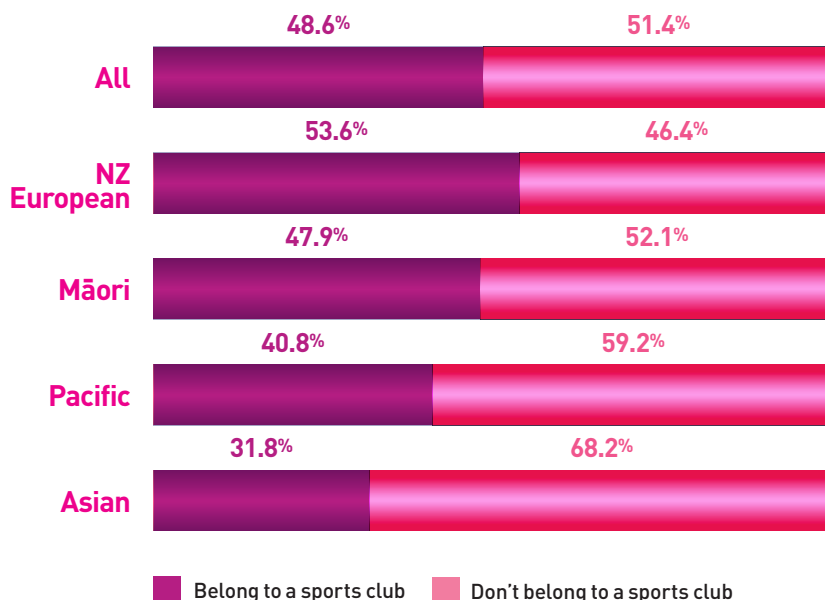


Participation with clubs varies with young people's ethnic backgrounds.

Compared with all boys (60.8%):

- boys of New Zealand European ethnicity were most likely to say they belonged to a sports club (65.1%)
- Asian boys were least likely to say they belonged to a sports club (44.5%).

### GIRLS



The pattern of responses is similar for girls. Compared with all girls (48.6%):

- girls of New Zealand European ethnicity were most likely to say they belonged to a sports club (53.6%)
- Asian girls were least likely to say they belonged to a sports club, with only 3 out of 10 (31.8%) Asian girls saying they belonged to a sports club.

# Participation with School Sports Teams

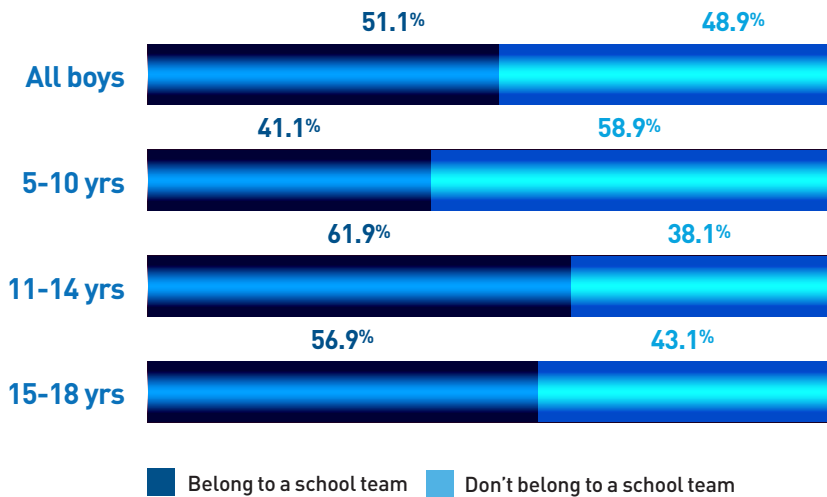
## By Gender and Age

**POINTS TO NOTE:**

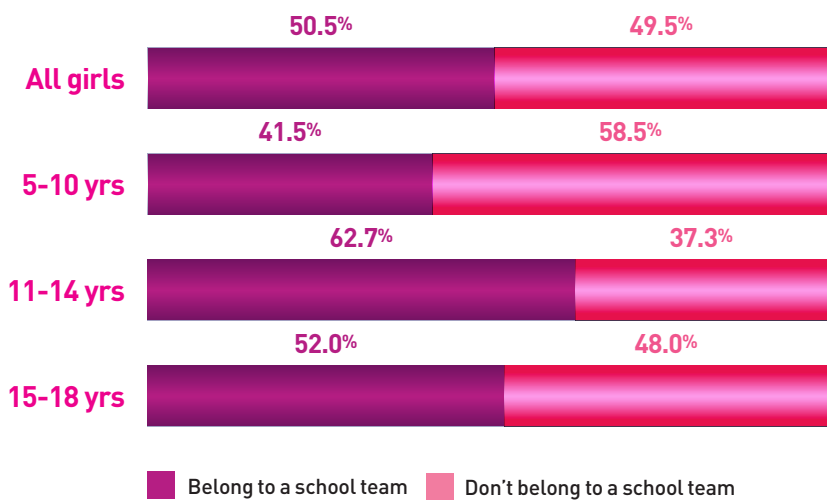
The survey forms asked if students had belonged to a sports team at school this year. Examples of sports teams included in the survey forms were netball teams and rugby teams.

**Participation with sports teams at school “this year” by gender and age**

### BOYS



### GIRLS



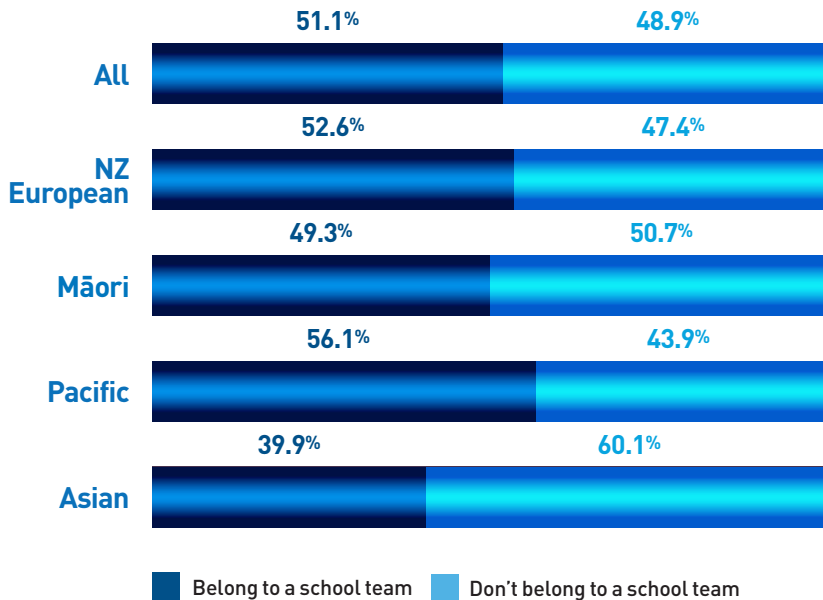
**When asked if they had belonged to a sports team at school this year:**

- 5 out of 10 boys and girls said they had belonged to a school sports team
- participation levels were highest for 11 to 14-year-olds and, within this age group, slightly higher for girls; 62.7% of 11 to 14-year-old girls said they belonged to a school sports team, as did 61.9% of boys in this age group
- participation levels were lowest for 5 to 10-year-old boys and girls; 4 out of 10 boys (41.1%) and girls (41.5%) in this age group belonged to a school sports team
- for 15 to 18-year-olds, school sports team membership is slightly higher for boys (56.9%) than girls (52.0%). For both boys and girls of this age, the level of school sports team membership is higher than that for clubs.

## By Gender and Ethnicity

Participation with sports teams at school "this year" by gender and ethnicity

### BOYS

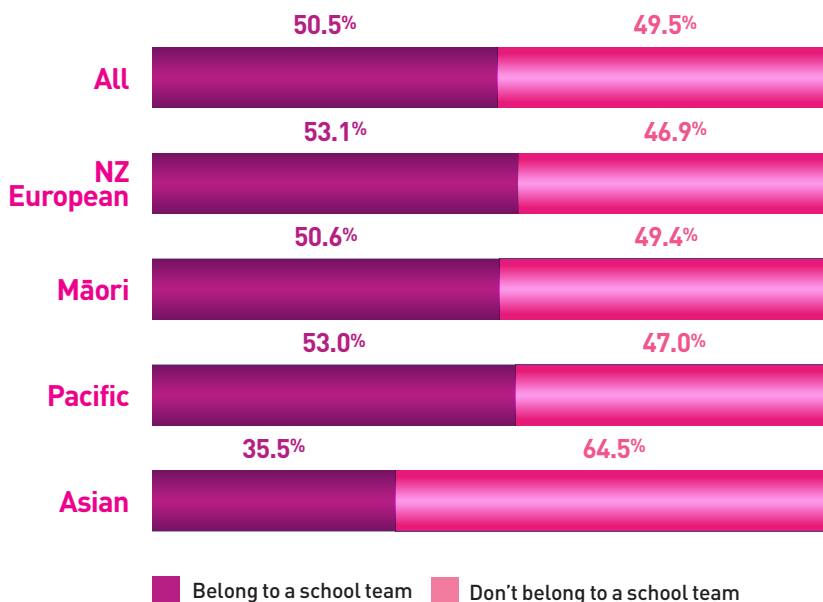


Whether or not young people belong to a school sports team varies with their ethnic background.

Compared with all boys (51.1%):

- Pacific boys were most likely to say they belonged to a school sports team (56.1%), closely followed by boys of New Zealand European ethnicity (52.6%)
- Asian boys (39.9%) were least likely to say they belonged to a school sports team.

### GIRLS



The pattern of responses is similar for girls. Compared with all girls (50.5%):

- girls of Pacific (53.0%) and New Zealand European ethnicity (53.1%) were most likely to say they belonged to a school sports team
- Asian girls (35.5%) were least likely to say they belonged to a school sports team.

# Participation with Coaches/Instructors

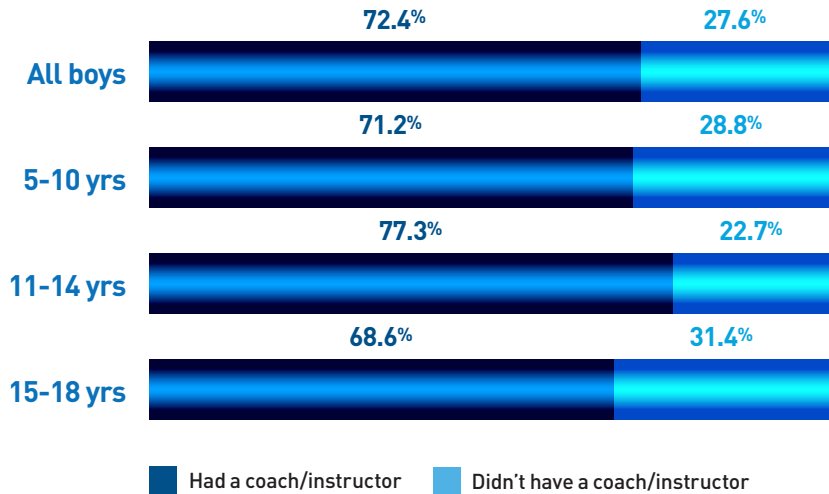
## By Gender and Age

**POINTS TO NOTE:**

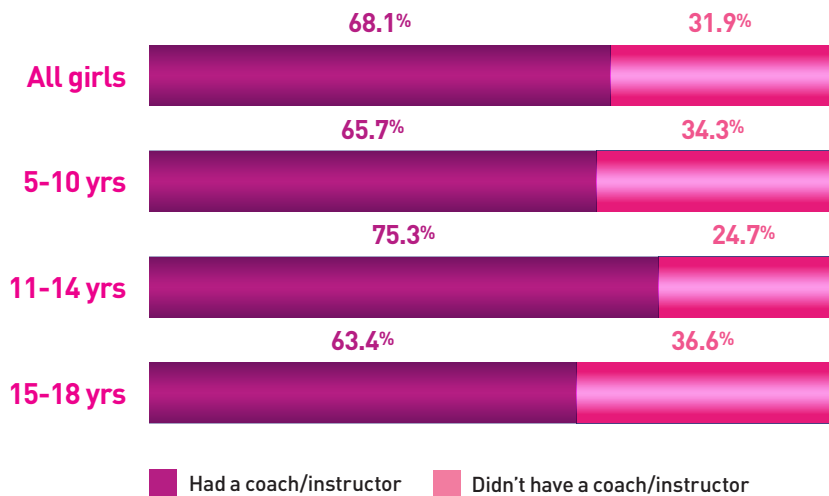
The survey forms asked if students had received coaching or instruction this year for any of the “sports or active things” they did that was not in PE or Fitness.

**Participation with a coach/instructor “this year” by gender and age**

### BOYS



### GIRLS



When asked if they'd had a coach or instructor this year for any of the sport and recreation activities they took part in:

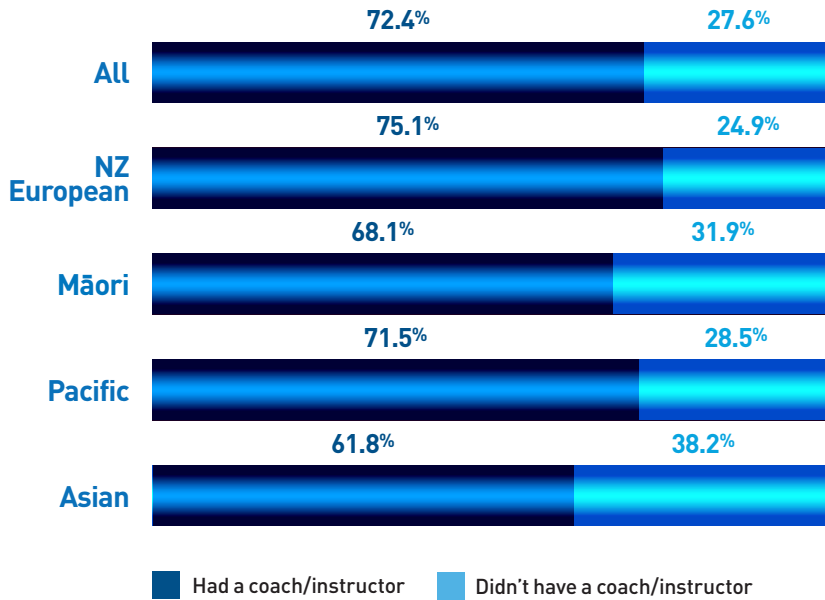
- 7 out of 10 boys (72.4%) and girls (68.1%) said they had received some coaching or instruction
- participation levels were highest for 11 to 14-year-olds and, within this age group, similar for boys (77.3%) and girls (75.3%)
- participation levels were lowest for 15 to 18-year-olds, although a majority of young people in this age group said they had received some coaching or instruction; 7 out of 10 boys (68.6%) and 6 out of 10 girls (63.4%).



## By Gender and Ethnicity

Participation with a coach/instructor "this year" by gender and ethnicity

### BOYS

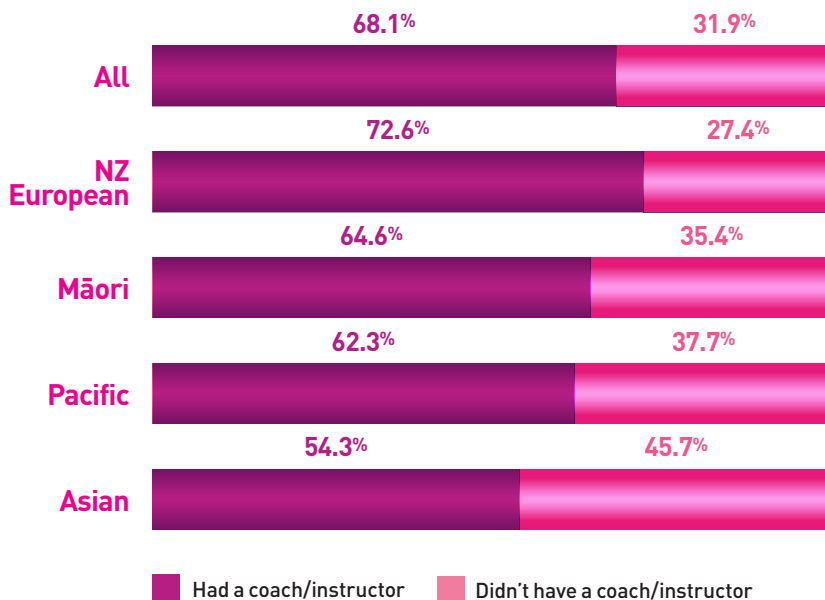


The extent to which young people receive coaching/ instruction varies with young people's ethnic backgrounds.

Compared with all boys (72.4%):

- boys of New Zealand European ethnicity (75.1%) were most likely to say they'd had coaching or instruction, closely followed by Pacific boys (71.5%)
- Asian boys were least likely to say they'd had coaching or instruction (61.8%).

### GIRLS



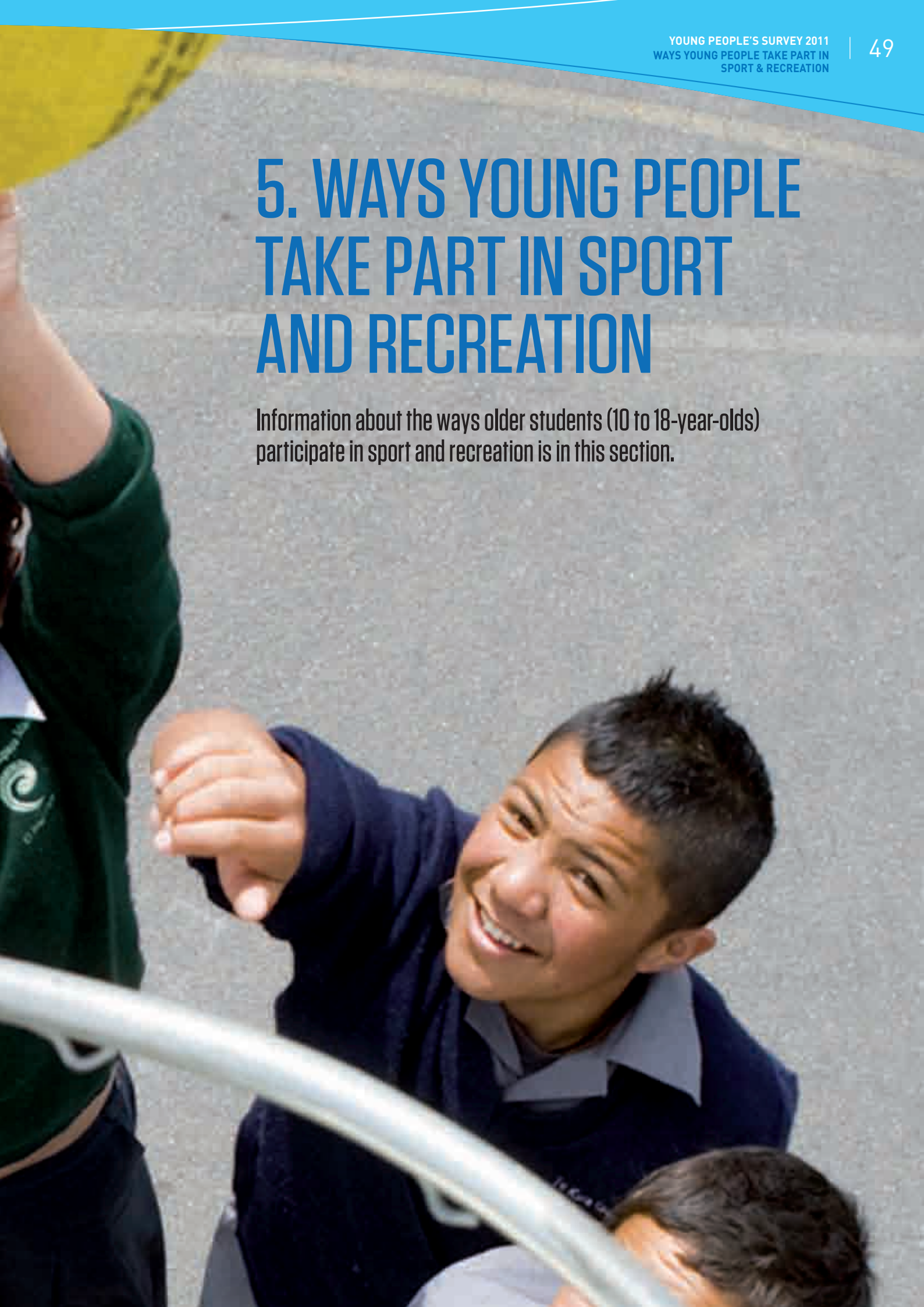
Compared with all girls (68.1%):

- girls of New Zealand European ethnicity (72.6%) were most likely to say they'd had coaching/instruction
- Asian girls (54.3%) were least likely to say they'd had coaching/instruction
- Pacific girls, unlike Pacific boys, did not report one of the higher levels of coaching/instruction. Six out of 10 Pacific girls (62.3%) said they'd had coaching/instruction compared with almost 7 out of 10 girls overall (68.1%), while the figure for Pacific boys was similar to that for all boys; over 7 out of 10 for both groups of boys.



# 5. WAYS YOUNG PEOPLE TAKE PART IN SPORT AND RECREATION

Information about the ways older students (10 to 18-year-olds) participate in sport and recreation is in this section.



# Participation in Different Settings

Ways young people took part in sport and recreation “this year” by gender and age

## POINTS TO NOTE:

Results in this section are for students who completed the Years 7 to 10 and Years 11 to 13 survey forms. These questions were not in the Years 1 to 2 and Years 3 to 6 survey forms. The age range of students completing the Years 7 to 13 survey forms was 10 to 18 years, and so readers should note that the tables and charts in this section refer to 10 to 14-year-olds and not 11 to 14-year-olds, which is the age range used in the earlier sections.

Questions about participation in different settings were asked for the list of 41 activities. Students also could report that they did “other kinds of sport and active things” in these settings, but they were not asked what these “other” activities were. Students also could report that they had “not done any of these things”.

“Mucking around” with friends, family or on their own could include things done during lunchtime at school, at the beach, at home or at a friend’s house. It includes things like shooting hoops or playing cricket in the backyard.

Sports/activities organised by schools (not in class time) could include those played with school sports teams, in school competitions, or during lunchtimes or after school. The question did not say that sports/activities had to be played at school.

For the question about sports/activities organised by clubs outside of school, examples of clubs were given that included tennis clubs, netball clubs and tramping clubs.

Sports and recreation activities	Boys 10-14 years			Girls 10-14 years		
	Done while “mucking around” <sup>*</sup> %	Organised by school (outside of class time) %	With a club (outside of school) %	Done while “mucking around” %	Organised by school (outside of class time) %	With a club (outside of school) %
Adventure racing	10.9	3.9	2.9	9.0	2.9	2.3
Athletics, track and field	19.2	22.2	7.6	20.9	23.2	8.3
Badminton	28.0	13.4	8.1	30.4	12.5	5.8
Basketball	61.3	34.7	13.7	59.2	25.3	8.8
Bodyboarding	23.2	2.2	2.8	22.2	1.0	1.8
Canoeing, kayaking	21.4	3.9	5.0	20.3	2.8	2.9
Cricket	45.0	22.0	12.8	34.2	9.6	4.3
Cycling, biking (not mountain biking)	40.8	7.2	7.2	40.5	4.4	4.4
Dance	10.1	5.1	3.4	43.9	16.9	21.8
Fishing	39.8	4.6	9.4	26.0	2.1	3.3
Football, soccer, futsal	57.3	35.6	25.1	44.9	23.6	10.9
Games	59.0	28.1	9.9	70.4	29.0	10.5
Golf	24.2	4.6	8.1	12.1	2.2	2.7
Gymnastics, trampoline, aerobics	13.7	4.7	3.3	29.9	8.4	8.8
Hockey	21.1	15.7	8.7	18.6	16.7	7.8
Indoor climbing	16.9	4.0	4.9	16.9	3.3	4.0
Māori activities	7.2	9.1	3.8	10.2	12.0	5.1
Martial arts (eg. karate, judo)	12.6	3.2	11.0	8.2	2.0	4.7
Mountain biking	30.6	6.9	8.6	13.0	2.1	2.7
Netball	13.8	10.3	3.1	58.2	48.0	26.7
Orienteering	6.3	7.7	3.3	6.0	7.2	2.9
Pacific activities	3.3	2.4	2.1	4.7	3.0	1.8
Rowing	6.9	2.7	2.5	4.8	2.6	2.1
Rugby	58.8	38.4	28.9	33.2	13.9	7.7
Rugby league	41.9	20.3	15.2	14.8	6.3	4.1
Running, jogging, cross-country	38.4	28.1	10.3	45.3	30.0	10.8
Sailing, yachting	6.4	2.0	3.3	3.8	0.9	1.5
Skateboarding	35.9	8.6	7.7	23.2	2.8	3.0
Skiing	15.0	3.9	4.9	12.3	3.2	3.7
Snowboarding	13.7	4.0	5.2	6.4	1.6	1.9
Softball, T-ball	19.1	12.0	7.2	17.4	11.1	4.9
Surfing (not bodyboarding)	13.2	2.3	3.7	9.8	1.4	2.4
Swimming	51.1	23.2	16.8	61.0	27.0	22.2
Table tennis	38.0	14.0	8.4	27.5	6.9	4.1
Tennis	32.3	11.6	13.2	32.3	9.3	11.2
Touch	51.0	29.2	15.5	37.6	21.0	10.7
Tramping, bush walks	24.8	5.3	5.4	25.4	4.4	5.0
Tri(athlon), Duathlon	5.8	5.2	3.3	4.5	5.0	2.6
Volleyball, Kiwi Volley	14.9	8.9	3.0	27.0	15.9	6.1
Walking for fitness	24.2	9.6	6.7	46.3	13.2	10.7
Water polo, Flippa Ball	6.6	4.7	2.9	5.8	3.3	2.4
Other kinds of sport or active things	22.0	13.0	10.8	25.5	15.8	12.7
None of these	1.3	14.5	21.0	1.7	13.8	26.8
At least one of these sports/activities	98.7	85.5	79.0	98.3	86.2	73.2

\* includes sports/activities done at lunchtime at school, at the beach, at home or at a friend’s house; examples given were shooting hoops or playing cricket in the backyard.

## Participation rates in the three settings

### Participation rates reported by young people vary across the three settings.

- Participation rates for almost all sports/activities are highest when young people are "mucking around". Athletics, Māori activities and orienteering are three exceptions and these sport/activities have the highest participation rates in the school setting (for boys and girls in both age groups).
- Participation rates for most sports/activities are higher in the school setting than with clubs. Golf, martial arts and tennis (for 10 to 14-year-olds) are some exceptions to this pattern.
- Sports/activities that have relatively high participation rates in both the school setting and with clubs include:
  - for boys: football, rugby, rugby league, swimming and touch
  - for girls: dance, football (10 to 14-year-olds), netball, swimming and walking.
- Further information is provided on the next page.

Sports and recreation activities	Boys 15-18 years			Girls 15-18 years		
	Done while "mucking around" <sup>*</sup> %	Organised by school (outside of class time) %	With a club (outside of school) %	Done while "mucking around" <sup>*</sup> %	Organised by school (outside of class time) %	With a club (outside of school) %
Adventure racing	7.3	3.4	2.3	4.4	2.0	1.3
Athletics, track and field	14.7	30.9	5.9	13.0	28.2	5.1
Badminton	23.1	17.7	5.8	27.1	20.2	6.7
Basketball	47.5	29.6	8.8	40.9	21.7	6.7
Bodyboarding	16.5	2.9	2.1	17.6	1.5	1.4
Canoeing, kayaking	18.1	7.9	3.9	21.1	5.6	2.6
Cricket	28.5	15.6	7.5	22.4	6.2	2.6
Cycling, biking (not mountain biking)	27.4	6.5	4.9	29.4	5.3	4.0
Dance	12.1	7.4	4.6	42.6	20.7	16.7
Fishing	31.9	5.6	6.1	21.3	1.8	3.6
Football, soccer, futsal	44.0	31.2	17.3	30.7	18.4	6.2
Games	38.0	19.0	5.4	47.4	20.7	6.2
Golf	20.1	6.4	6.9	10.2	2.4	1.8
Gymnastics, trampoline, aerobics	9.2	4.2	2.0	18.7	6.3	4.4
Hockey	12.3	11.1	4.1	9.8	11.6	4.2
Indoor climbing	10.6	6.1	3.6	9.9	4.0	2.1
Māori activities	5.3	7.0	3.1	6.3	8.6	4.2
Martial arts (eg. karate, judo)	12.0	4.2	9.2	5.0	2.0	3.9
Mountain biking	22.1	7.3	5.6	11.0	3.2	2.0
Netball	8.2	7.2	3.1	36.0	33.0	16.2
Orienteering	3.2	4.1	2.0	3.6	4.8	1.7
Pacific activities	3.3	3.1	2.0	3.6	3.2	2.2
Rowing	5.8	4.6	3.6	4.7	4.9	3.4
Rugby	46.3	32.1	15.5	23.6	10.6	5.1
Rugby league	29.8	15.8	8.6	9.2	4.5	2.8
Running, jogging, cross-country	32.6	24.3	8.0	42.7	27.4	9.7
Sailing, yachting	4.3	2.3	2.8	3.5	1.2	1.4
Skateboarding	25.1	6.5	5.8	13.8	1.7	1.4
Skiing	12.3	4.0	4.1	13.9	3.9	3.4
Snowboarding	12.9	4.2	5.0	7.4	2.2	2.3
Softball, T-ball	7.2	7.1	2.5	8.4	7.8	2.8
Surfing (not bodyboarding)	12.2	3.9	3.8	9.9	2.6	2.6
Swimming	38.1	18.8	9.3	53.8	23.2	12.9
Table tennis	32.1	13.8	5.6	23.2	7.7	2.6
Tennis	25.2	11.0	8.2	24.1	10.0	7.1
Touch	39.8	25.1	10.3	24.4	15.2	7.7
Tramping, bush walks	17.6	7.5	5.7	24.2	7.8	4.6
Tri(athlon), Duathlon	1.9	3.3	1.7	1.7	4.2	1.3
Volleyball, Kiwi Volley	18.3	15.9	4.4	25.8	19.5	6.3
Walking for fitness	18.2	6.1	4.8	50.0	14.1	11.4
Water polo, Flippa Ball	2.4	2.7	1.9	2.8	3.0	1.3
Other kinds of sport or active things	12.0	8.9	8.5	15.8	10.9	8.9
None of these	3.5	19.4	29.3	3.2	18.3	36.2
At least one of these sports/activities	96.5	80.6	70.7	96.8	81.7	63.8

<sup>\*</sup> includes sports/activities done at lunchtime at school, at the beach, at home or at a friend's house; examples given were shooting hoops or playing cricket in the backyard.

## Participation this year in sport and recreation while “mucking around”

- Almost all young people in this age group (10 to 18-year-olds) had taken part in one or more sport and recreation activities while they were “mucking around” with friends, family or on their own. This provides insights into participation in an informal or casual setting.
- Very few young people had not done any sport or recreation activities while “mucking around” (less than 2% of 10 to 14-year-olds and less than 4% of 15 to 18-year-olds).
- Games were popular in this setting for both boys and girls, particularly 10 to 14-year-old boys and girls.
- Sports and activities (excluding games) popular with boys and girls of different ages included:
  - boys 10 to 14 years old – basketball, rugby, football, swimming and touch (basketball in this setting for all young people may include shooting hoops)
  - boys 15 to 18 years old – basketball, rugby, football, touch and swimming
  - girls 10 to 14 years old – swimming, basketball, netball, walking and running/jogging
  - girls 15 to 18 years old – swimming, walking, running/jogging, dance and basketball.

## Participation this year in sport and recreation organised by schools outside of class time

- Over 8 out of 10 boys and girls had taken part in one or more sport and recreation activities organised by their school. This included participation in school sports teams, school competitions, and lunchtime or after school activities that the school organised.
- Participation in this setting was slightly higher for 10 to 14-year-olds than 15 to 18-year-olds; 85.5% of 10 to 14-year-old boys had taken part in one or more activities organised by their school, as had 86.2% of girls in this age group. The figures for 15 to 18-year-old boys and girls are 80.6% and 81.7%, respectively.
- Games were a popular activity in this setting, particularly for 10 to 14-year-old boys and girls.
- Activities in which most young people took part in this setting (excluding games) were:
  - boys 10 to 14 years old – rugby, football, basketball, touch and running/jogging/cross-country
  - boys 15 to 18 years old – rugby, football, athletics, basketball and touch
  - girls 10 to 14 years old – netball, running/jogging/cross-country, swimming, basketball and football
  - girls 15 to 18 years old – netball, athletics, running/jogging/cross-country, swimming and basketball.

## Participation this year in sport and recreation with clubs outside of school

Participation with clubs varied for boys and girls of different ages.

- Participation with clubs was highest for 10 to 14-year-olds. Participation was higher for boys than girls in both age groups:
  - among 10 to 14-year-olds, 8 out of 10 boys (79%) had taken part in one or more sports/activities organised by a club, compared with 7 out of 10 girls (73.2%)
  - among 15 to 18-year-olds, 7 out of 10 boys (70.7%) had taken part in one or more sports/activities organised by a club, compared with 6 out of 10 girls (63.8%).
- Activities in which most young people took part in this setting were:
  - boys 10 to 14 years old – rugby, football, swimming, touch and rugby league
  - boys 15 to 18 years old – football, rugby, touch, swimming and martial arts
  - girls 10 to 14 years old – netball, swimming, dance, tennis and football
  - girls 15 to 18 years old – dance, netball, swimming, walking and running/jogging.



# Highest Level at which Sport is Played

## By Gender and Age

Further insight into the way young people play sport comes from asking about the highest level at which they played sport this year. Levels ranged from playing sport socially with family and friends to playing representative sport, ie. playing for their region or country.

Results show that:

- At the social level, boys and girls in each of the two age groups (10 to 14-year-olds and 15 to 18-year-olds) report a similar level of participation; in both age groups around 2 out of 10 boys and 3 out of 10 girls said they played sport at this level but not at other levels.
- At the next level – school or club competitions – the level of participation for boys and girls in each of the two age groups is similar:
  - for 10 to 14-year-olds, around 4 out of 10 boys and girls said they played sport at this level
  - for 15 to 18-year-olds, around 3 out of 10 boys and girls said they played sport at this level.
- Beyond the school/club competition level, the pattern changes and boys in both age groups are more likely than girls to play at higher levels, ie. in a top team or representing their region or country:
  - for boys in both age groups, around 2 out of 10 said they played in a top school or club team, while the figures for girls were lower than this (16.8% for 10 to 14-year-old girls and 14.4% for 15 to 18-year-old girls)
  - for boys in both age groups, around 2 out of 10 said they represented their region or country and, again, the figures for girls were lower than this (12.3% for 10 to 14-year-old girls and 13.3% for 15 to 18-year-old girls).

### Highest level sport played “this year” by gender and age\*

	10-14 years		15-18 years	
	Boys %	Girls %	Boys %	Girls %
Played socially for fun with family and friends	21.4	26.8	23.6	29.6
Played in school or club competitions (open to all)	35.9	38.4	27.6	27.6
Played in a top school or club team (eg. Rugby First XV, Netball 'A' team)	19.0	16.8	20.0	14.4
Represented my region or country	17.5	12.3	17.7	13.3
Don't play sport	6.1	5.8	11.2	15.2

\* this question focused only on sport and the percentages who said they did not play are higher than those shown earlier for all sport and recreation activities.



## By Gender and Ethnicity

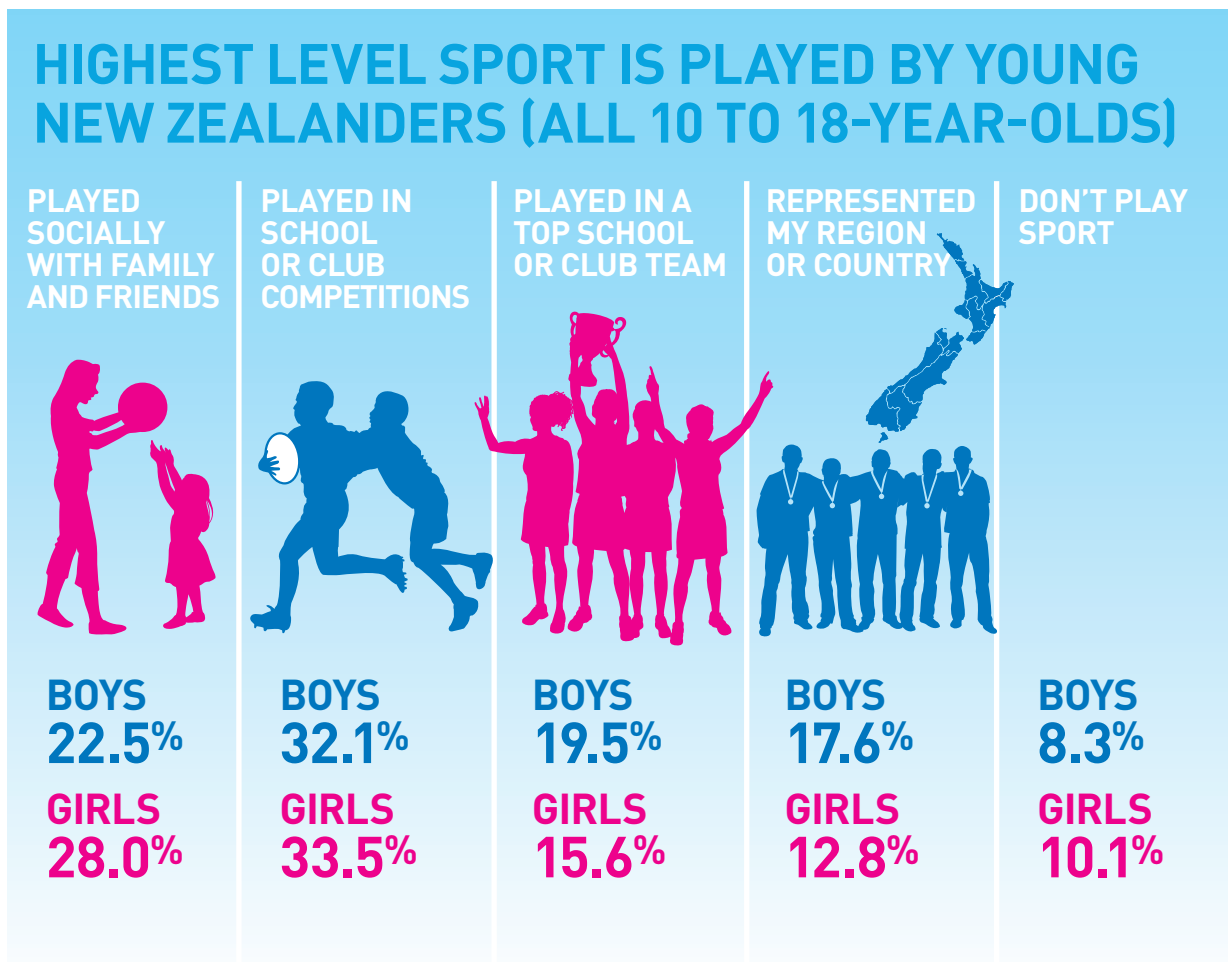
The level young people (10 to 18-year-olds) play sport at varies with their ethnic background.

Compared with boys overall:

- Māori boys and Asian boys are more likely to play sport at the social level
- Asian boys are more likely to play in school or club competitions but less likely to play in a top school or club team or to represent their region/country.

Compared with girls overall:

- Pacific and Asian girls are more likely to play sport at the social level
- Asian girls are less likely to play in a top school or club team and less likely to represent their region/country
- Māori and Pacific girls are less likely to play in school or club competitions.



Highest level sport played "this year" by gender and ethnicity\*

	NZ European		Māori		Pacific		Asian	
	Boys %	Girls %	Boys %	Girls %	Boys %	Girls %	Boys %	Girls %
Played socially with family and friends	20.0	24.4	27.1	28.8	22.3	31.6	29.7	43.0
Played in school or club competitions	31.5	35.6	29.4	28.0	31.7	28.5	36.7	32.3
Played in a top school or club team	20.3	16.0	19.1	18.3	23.3	18.3	13.6	8.7
Represented my region or country	19.3	14.2	16.8	15.5	17.5	13.5	11.4	4.2
Don't play sport	8.9	9.7	7.6	9.4	5.2	8.0	8.6	11.8

\* this question focused only on sport and the percentages who said they did not play are higher than those shown earlier for all sport and recreation activities.

# Volunteering

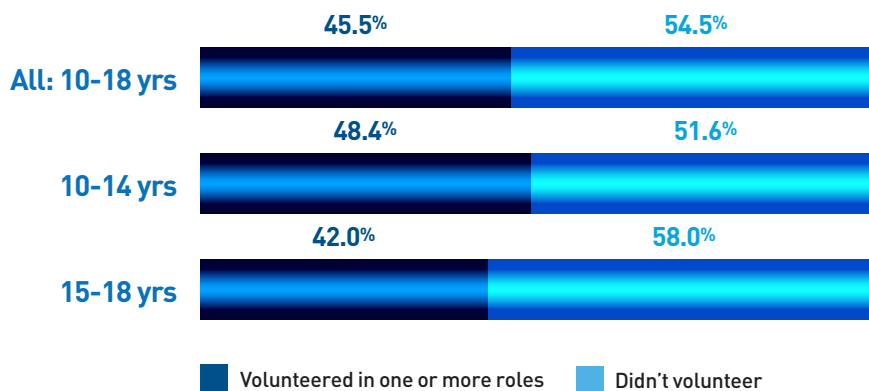
## POINTS TO NOTE:

Young people were asked if they had taken part in any of nine volunteer roles “regularly this year” for any of the “sport and active things” they did. The question asked them to exclude volunteering done as part of Physical Education or Fitness classes at school.

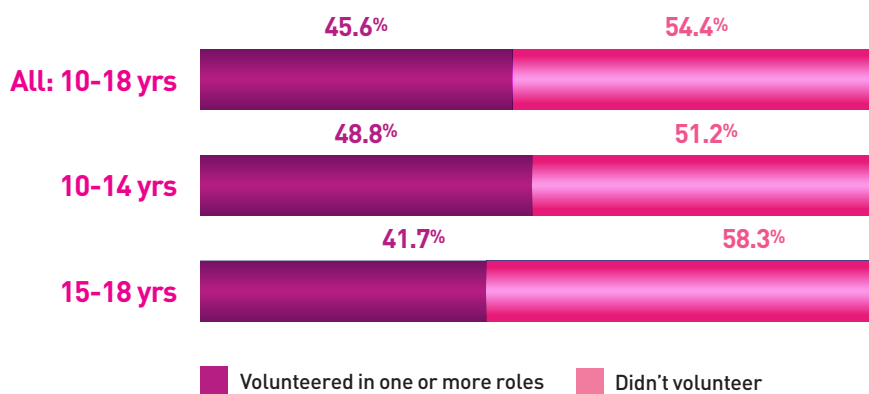
## By Gender and Age

### Volunteering by gender and age “this year”

#### BOYS



#### GIRLS



Young people were asked if they volunteered in a number of different roles for any of the “sport or active things” they did.

- Around 4 out of 10 boys (45.5%) and girls (45.6%) said they volunteered in one or more of these roles.
- Young people aged 10 to 14 years were slightly more likely to volunteer in these roles than those aged 15 to 18 years.
- The level of volunteering in most of the different roles was similar for boys and girls in the younger and older age groups.

### The main roles that young people were involved in were:

- team captain
- “helper” such as ball boy/girl, timekeeper and scorer.

### Coaching was the third main role young people were involved in:

- among 10 to 14-year-olds, over 1 out of 10 boys (15.6%) and girls (13.0%) said they were coaches or assistant coaches
- among 15 to 18-year-olds around 2 out of 10 boys (16.2%) and girls (18.1%) said they volunteered in these roles.

## Volunteer roles done regularly "this year" by gender and age

Volunteer roles*	10-14 years		15-18 years	
	Boys %	Girls %	Boys %	Girls %
Coach or assistant coach	15.6	13.0	16.2	18.1
Team manager or assistant manager	6.0	4.9	4.9	4.1
Club administrator	3.0	1.3	1.9	1.2
Referee/official	12.2	13.2	13.6	14.1
Helper (eg. ball boys/girls, timekeepers and scorers)	25.0	25.4	14.9	16.8
Lifeguard	2.8	2.5	3.2	3.5
Team captain	27.3	27.4	21.4	16.9
Physical activity leader	10.5	11.8	8.7	8.5
Event organiser	7.6	7.5	7.2	7.9

\* the question was: Have you done any of these things regularly this year, for any kind of sport or active things that you do outside of PE or Fitness?

## By Gender and Ethnicity

### Volunteer roles done regularly "this year" by gender and ethnicity

Volunteer roles*	All young people		NZ European		Māori		Pacific		Asian	
	Boys %	Girls %	Boys %	Girls %	Boys %	Girls %	Boys %	Girls %	Boys %	Girls %
Coach or assistant coach	15.9	15.3	15.8	15.9	17.6	17.3	19.5	20.6	14.2	9.0
Team manager or assistant manager	5.4	4.5	4.8	4.0	6.8	6.1	10.9	7.6	5.2	4.6
Club administrator	2.5	1.2	2.2	1.1	2.9	1.2	5.6	2.9	3.2	1.3
Referee/official	12.8	13.6	13.3	14.1	13.3	18.1	18.7	18.4	8.0	5.1
Helper	20.4	21.5	21.2	22.0	21.7	24.1	24.6	29.4	13.0	14.7
Lifeguard	3.0	3.0	3.1	3.6	3.2	2.6	3.8	1.9	1.4	1.1
Team captain	24.6	22.7	25.4	23.2	25.1	28.7	26.9	28.4	14.8	14.7
Physical activity leader	9.6	10.3	9.2	9.4	12.1	15.3	16.5	18.8	6.7	7.3
Event organiser	7.5	7.6	7.6	7.4	7.8	10.7	10.8	9.8	6.4	7.8
Volunteered in one or more roles	45.5	45.6	46.6	46.5	46.0	51.3	54.4	55.4	32.7	32.3

\* the question was: Have you done any of these things regularly this year, for any kind or sport of active things that you do outside of PE or Fitness?

### Young people's volunteering varies with their ethnic background.

#### Compared with all boys (45.5%):

- Pacific boys (54.4%) were more likely to be volunteers and:
  - these young people were more likely to be involved in most of the nine roles than boys overall.
- Asian boys (32.7%) were less likely to be volunteers:
  - and these young people were less likely to be officials, helpers and team captains than boys overall.

#### Compared with all girls (45.6%):

- Māori (51.3%) and Pacific girls (55.4%) were more likely to be volunteers and:
  - Māori girls were more likely to be officials, team captains and physical activity leaders than girls overall
  - Pacific girls were more likely to be coaches, officials, helpers, team captains and physical activity leaders than girls overall.
- Asian girls (32.3%) were less likely to be volunteers and:
  - these young people were less likely to be coaches, officials, helpers and team captains than girls overall.



# 6. TIME SPENT PARTICIPATING IN SPORT AND RECREATION



# Estimating Time

The 2011 Young People's Survey provides the first results – the baseline – for our strategic measure: **80% of school-aged children participating in organised sport for at least 3 hours a week**. To estimate how much time young people spend taking part in sport and recreation we collected information from students (or their parents/caregivers) and teachers.

## We asked about the time spent in a *normal* week doing:

1. *active PE* at school (ie. the time spent being active during PE classes)
2. training or practice with a coach or taking part in competitions (older students, 10 to 18-year-olds, also were asked about the time spent on extra training or practice, like running to get fit, but this time is not included in the calculations and results shown here)
3. sport or active things when “mucking around”.

## We've used this information to give estimates of the time spent on:

- sport and recreation when all time is combined (which is the sum of the three time estimates in the first column)
- sport and recreation while “mucking around” (point 3 in the first column)
- organised sport (which we have defined as the time students spend on *active PE* and the time they spend at training or practice with a coach or taking part in competitions, ie. points 1 and 2 in the first column). Sport is used here in its broadest sense and includes active recreation - “active things”.

## Results show the time students spent on sport and recreation in terms of:

- 3 or more hours a week
- less than 3 hours a week
- no time.

Appendix 1 provides more information about how students and teachers reported time and how the estimates were calculated. The wording of survey questions was tested with young people before the survey was carried out to make sure they could understand and answer the questions about time.



# Time Spent Participating in Sport and Recreation - Combined Time

## By Gender and Age

The majority of young people spend three or more hours a week on sport and recreation when the combined time is calculated.

- For young people aged 5 to 14 years the figure is around 9 out of 10 for both boys and girls.
- For 15 to 18-year-olds the figures are 8 out of 10 for boys (81.9%) and 7 out of 10 for girls (73.2%).
- Very few young people (5% or less) spent no time at all on sport and recreation activities.

### Time spent participating in sport and recreation in a normal week – combined time

#### BOYS 5-10 YEARS

**94.1%**

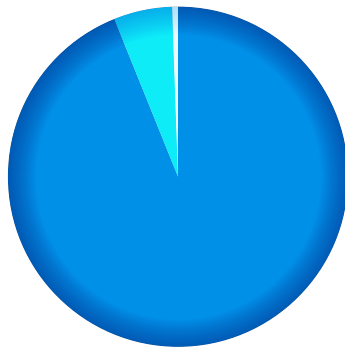
≥ 3 hours

**5.6%**

< 3 hours

**0.2%**

No time



#### GIRLS 5-10 YEARS

**93.0%**

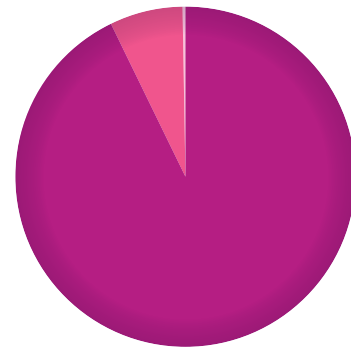
≥ 3 hours

**7.0%**

< 3 hours

**0.1%**

No time



#### BOYS 11-14 YEARS

**92.4%**

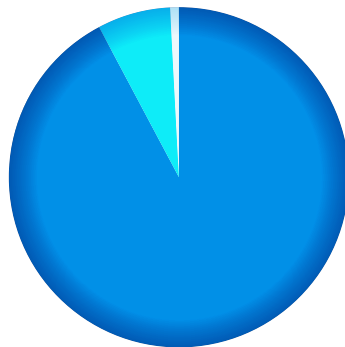
≥ 3 hours

**7.0%**

< 3 hours

**0.6%**

No time



#### GIRLS 11-14 YEARS

**90.9%**

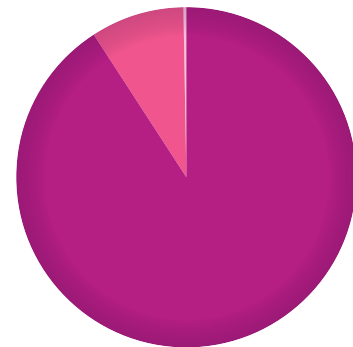
≥ 3 hours

**8.9%**

< 3 hours

**0.2%**

No time



#### BOYS 15-18 YEARS

**81.9%**

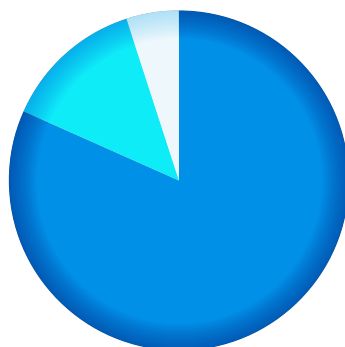
≥ 3 hours

**13.2%**

< 3 hours

**4.9%**

No time



#### GIRLS 15-18 YEARS

**73.2%**

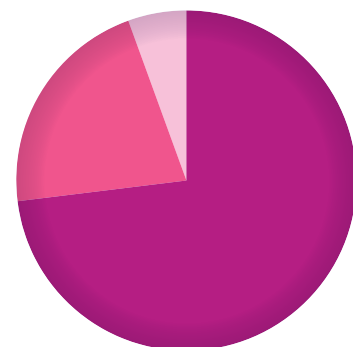
≥ 3 hours

**21.6%**

< 3 hours

**5.3%**

No time



# Time Spent Participating in Sport and Recreation while “Mucking Around”

## By Gender and Age

Time spent participating in sport and recreation in a normal week while “mucking around”

### BOYS 5-10 YEARS

**78.9%**

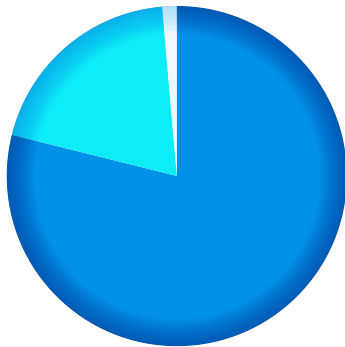
≥ 3 hours

**19.9%**

< 3 hours

**1.2%**

No time



### GIRLS 5-10 YEARS

**72.8%**

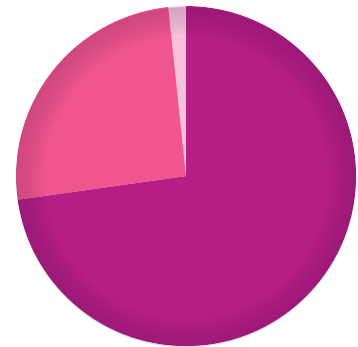
≥ 3 hours

**25.8%**

< 3 hours

**1.4%**

No time



### BOYS 11-14 YEARS

**70.8%**

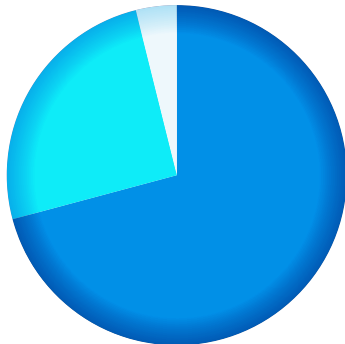
≥ 3 hours

**25.4%**

< 3 hours

**3.7%**

No time



### GIRLS 11-14 YEARS

**58.1%**

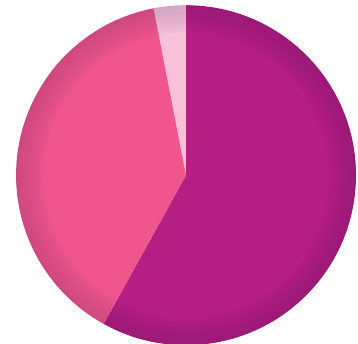
≥ 3 hours

**38.9%**

< 3 hours

**3.0%**

No time



### BOYS 15-18 YEARS

**58.4%**

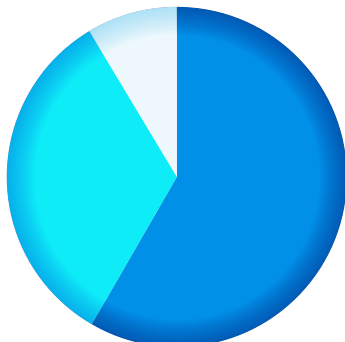
≥ 3 hours

**33.2%**

< 3 hours

**8.4%**

No time



### GIRLS 15-18 YEARS

**42.1%**

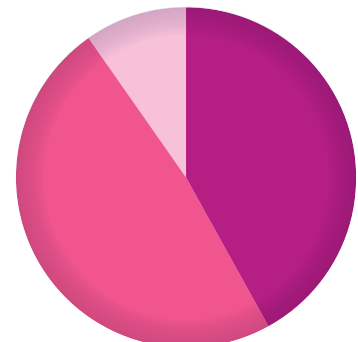
≥ 3 hours

**48.2%**

< 3 hours

**9.7%**

No time





The time young people spend on sport and recreation while "mucking around" with friends, family and on their own differs by gender and age.

- Boys of all ages were more likely than girls to spend three or more hours a week on sport and recreation in this context.
- For both boys and girls, the percentage spending three or more hours a week on sport and recreation when "mucking around" decreases with age:
  - for boys the figures range from 8 out of 10 for 5 to 10-year-olds (78.9%) to 6 out of 10 for 15 to 18-year-olds (58.4%)
  - for girls the figures range from 7 out of 10 for 5 to 10-year-olds (72.8%) to 4 out of 10 for 15 to 18-year-olds (42.1%).
- Fewer than 1 in 10 young people (9.7% or less) spent no time on sport and recreation activities when "mucking around".



# Time Spent Participating in Organised Sport

## By Gender and Age (7 to 18-year-olds)

Time spent participating in organised sport and recreation in a normal week

### BOYS 7-10 YEARS

**62.4%**

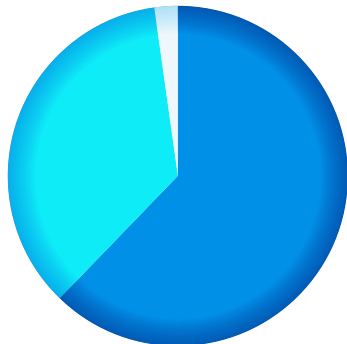
≥ 3 hours

**35.5%**

< 3 hours

**2.1%**

No time



### GIRLS 7-10 YEARS

**56.9%**

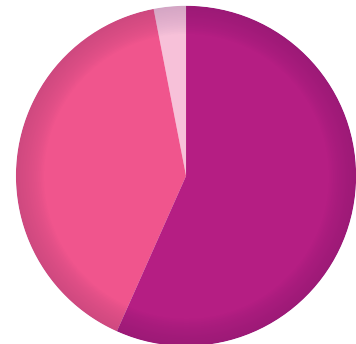
≥ 3 hours

**40.3%**

< 3 hours

**2.8%**

No time



### BOYS 11-14 YEARS

**67.7%**

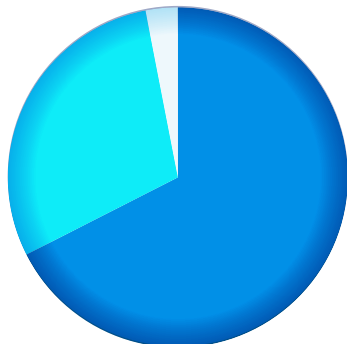
≥ 3 hours

**29.3%**

< 3 hours

**2.9%**

No time



### GIRLS 11-14 YEARS

**63.4%**

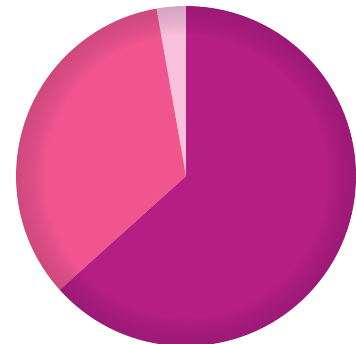
≥ 3 hours

**34.0%**

< 3 hours

**2.5%**

No time



### BOYS 15-18 YEARS

**55.3%**

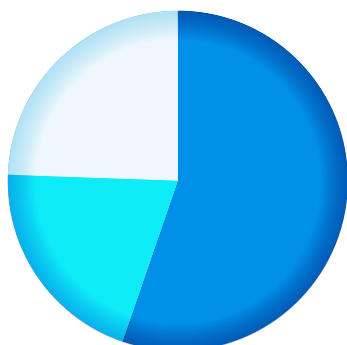
≥ 3 hours

**20.4%**

< 3 hours

**24.3%**

No time



### GIRLS 15-18 YEARS

**43.4%**

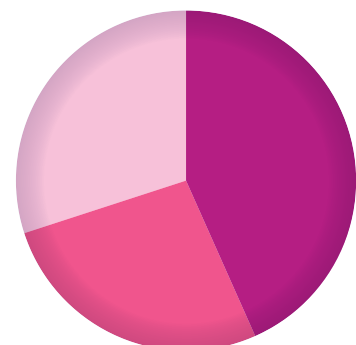
≥ 3 hours

**26.6%**

< 3 hours

**30.1%**

No time



**POINTS TO NOTE:**

The top two charts show participation in organised sport for young people aged 7 to 10 years. Younger children (5 and 6-year-olds) are excluded because the way they participate in organised sport as defined here is different from the way those in the older age groups participate. While almost all 5 to 6-year-olds do *active PE*, fewer take part in "training or practice with a coach or in competitions" and those that do participate in this way do so for shorter periods of time.

More information about the percentage of young people of different ages who took part in three or more hours of organised sport is in Appendix 3.

The time young people spend on organised sport differs by gender and age:

- Boys of all ages were more likely than girls to spend three or more hours a week on organised sport.
- Between 6 and 7 out of 10 boys and girls aged 7 to 14 years spent three or more hours a week on organised sport. The figures are slightly higher for 11 to 14-year-olds than for 7 to 10-year-olds. The percentages are:
  - boys - 67.7% for 11 to 14-year-olds and 62.4% for 7 to 10-year-olds
  - girls - 63.4% for 11 to 14-year-olds and 56.9% for 7 to 10-year-olds.
- Over 5 out of 10 (55.3%) 15 to 18-year-old boys spent three or more hours a week on organised sport, as did 4 out of 10 girls of this age (43.4%).
- Very few young people 7 to 14 years old (less than 3%) spent no time on organised sport. The figure is higher for 15 to 18-year-olds, with around 2 out of 10 boys (24.3%) and 3 out of 10 girls (30.1%) spending no time on organised sport.



# 7. INTEREST IN SPORT AND RECREATION

A young person is captured in motion, running across a lush green field. The person is wearing a red long-sleeved shirt and dark blue shorts. The background is a soft-focus landscape of green trees and grass, suggesting an outdoor park or sports field setting. The overall scene conveys a sense of active recreation and youth.

# Level of Interest in Activities

## Interest by Gender and Age

### POINTS TO NOTE:

Students were asked, "Are there any sports or active things that you would really like to try, or do more of"? Students could write in up to five sports/activities or tick a box to indicate that there were "no/none" activities they were interested in. This was not a tick list question.

Not all students answered this question, as shown by the figures for "not answered" in the tables.

\*The first column in the tables (headed "rank" and shaded light grey) shows the ranking of sports/activities interested in, while the figures in the columns headed "rank\*" and shaded dark grey show the ranking from

the earlier tables showing the top 20 sports/activities participated in.

Some activities were mentioned by a small number of students and have been grouped together; examples in these tables are: other ball sports/games and other ice/snow sports/activities.

A full list of the sports/activities that students would like to try/do more of is in Appendix 4.

The survey took place just before the 2011 Rugby World Cup and this may have influenced young people's interest in rugby.

Young people were asked if there were any "sports or active things they would really like to try or do more of" to gauge their interest in sport and recreation activities. They also could answer "no/none".

Most young people were interested in trying/doing more of one or more sports or recreation activities. The percentage of young people saying "no/none" varied by gender and age.

- For 5 to 10-year-olds, around 2 out of 10 boys (21.3%) and girls (18.5%) said there were "no" sports or activities that they want to try or do more of.
- For 11 to 14-year-olds, fewer girls said "no/none" than boys (the figures are around 2 out of 10, 20.1%, for girls and around 3 out of 10, 26.7%, for boys).
- For 15 to 18-year-olds, around 3 out of 10 boys (34.8%) and girls (32.5%) said there were "no/none" sports or activities that they want to try or do more of.

### Top 20 sport and recreation activities young people want to try or do more of by gender and age

Boys 5-10 years				Girls 5-10 years		
Rank	Rank*	Activities	%	Rank*	Activities	%
1	4	Football, soccer, futsal	23.1	8	Netball	21.1
2	6	Rugby, Rippa Rugby	21.5	1	Swimming	19.0
3	1	Swimming	10.0	9	Football, soccer, futsal	12.6
4	3	Cycling, biking (not mountain biking)	9.7	6	Dance	11.8
5	13	Basketball, Mini-ball	8.5	5	Gymnastics, trampoline, aerobics	11.2
6	17	Tennis, Grasshoppers	7.5	3	Cycling, biking (not mountain biking)	8.8
7	11	Cricket	7.0	18	Tennis, Grasshoppers	8.4
8	20	Martial arts (eg. karate, judo)	6.8	13	Rugby, Rippa Rugby	7.7
9	18	Hockey	5.9	19	Hockey	6.8
10	10	Fishing	5.5	15	Basketball, Mini-ball	5.9
11	5	Cross-country	4.3	4	Cross-country	5.8
12	12	Softball, T-ball	2.9	-	Skiing	3.5
13	-	Snowboarding	2.7	-	Horse riding/equestrian activities	3.4
14	-	Skiing	2.4	12	Fishing	3.2
15	-	Other ball sports/games (eg. AFL, handball, and baseball)	2.4	-	Other ice/snow-sports/activities (eg. ice hockey, ice skating)	2.7
16	-	Touch	2.4	14	Cricket	2.7
17	-	Golf	2.4	-	Other types of sports/activities (eg. marching)	2.6
18	16	Dance	2.4	11	Softball, T-ball	2.5
19	-	Other types of sports/activities	2.3	-	Touch	2.2
20	7	Gymnastics, trampoline, aerobics	2.2	-	Volleyball, Kiwi Volley	2.2
		No/none	21.3		No/none	18.5
		Not answered	11.7		Not answered	9.9

Boys 11-14 years				Girls 11-14 years		
Rank	Rank*	Activities	%	Rank*	Activities	%
1	4	Rugby	13.7	4	Netball	18.8
2	3	Football, soccer, futsal	12.2	2	Swimming	13.5
3	5	Basketball	7.9	8	Basketball	12.1
4	19	Tennis	7.2	6	Football, soccer, futsal	11.8
5	16	Rugby league	6.5	13	Volleyball	10.4
6	-	Snowboarding	5.2	18	Tennis	9.8
7	20	Hockey	5.1	20	Hockey	9.0
8	8	Touch	5.1	15	Rugby	8.8
9	14	Badminton	4.8	14	Badminton	8.1
10	13	Cricket	4.6	10	Touch	7.9
11	2	Swimming	4.5	9	Dance	7.3
12	10	Fishing	4.1	1	Running, jogging, cross-country	6.2
13	6	Cycling, biking (not mountain biking)	3.8	12	Gymnastics, trampoline, aerobics	5.4
14	1	Running, jogging, cross-country	3.8	-	Surfing (not bodyboarding)	4.2
15	9	Table tennis	3.4	-	Skiing	4.0
16	-	Skiing	3.4	-	Horse riding/equestrian activities	3.6
17	-	Surfing (not bodyboarding)	3.1	7	Cycling, biking (not mountain biking)	3.5
18	-	Golf	3.0	-	Snowboarding	3.0
19	-	Motor sports	2.8	16	Softball, T-ball	2.9
20	15	Skateboarding	2.7	-	Martial arts (eg. karate, judo)	2.9
		No/none	26.7		No/none	20.1
		Not answered	8.5		Not answered	5.4

Boys 15-18 years				Girls 15-18 years		
Rank	Rank*	Activities	%	Rank*	Activities	%
1	6	Rugby	6.9	6	Netball	8.6
2	5	Basketball	5.4	2	Swimming	8.5
3	4	Football, soccer, futsal	4.8	12	Volleyball	8.0
4	-	Snowboarding	4.5	10	Badminton	6.3
5	9	Touch	4.2	1	Running, jogging, cross-country	6.3
6	-	Surfing (not bodyboarding)	4.1	7	Dance	6.2
7	16	Rugby league	3.6	9	Football, soccer, futsal	5.8
8	-	Martial arts (eg. karate, judo)	3.1	8	Basketball	5.8
9	17	Volleyball	3.0	16	Tennis	5.8
10	15	Tennis	3.0	15	Touch	5.5
11	-	Motor sports	2.6	-	Surfing (not bodyboarding)	5.4
12	2	Swimming	2.5	18	Rugby	4.2
13	-	Golf	2.5	-	Skiing	4.0
14	-	Adventure, extreme sports/activities (eg. rock climbing, white water rafting)	2.5	-	Snowboarding	3.9
15	-	Other water sports (eg. water skiing, canoe polo)	2.5	-	Hockey	3.8
16	7	Cycling, biking (not mountain biking)	2.4	-	Other water sports	2.6
17	-	Other ball sports/games	2.4	-	Gym/fitness/exercise/training activities	2.4
18	-	Combat sports (eg. boxing, wrestling)	2.3	17	Gymnastics, trampoline, aerobics	2.4
19	11	Fishing	2.2	-	Rowing	2.3
20	-	Hunting and shooting	2.0	-	Softball	2.3
		No/none	34.8		No/none	32.5
		Not answered	14.5		Not answered	10.2

Sports and activities young people were interested in included a number of those that they already take part in and are popular. Examples are football, rugby and netball (these activities are in the top 10s in terms of interest and participation).

Other sports/activities in the top 10s in terms of interest are not in the top 10s, or top 20s, for participation. Examples are tennis and hockey, snowboarding and volleyball.

#### Sports/activities of interest to boys and girls of different ages in terms of the top 10 sports/activities:

Age group	Both boys and girls interested in these sports/activities	Boys more interested than girls in these sports/activities	Girls more interested than boys in these sports/activities
5 to 10-year-olds	basketball, cycling/biking, football, hockey, rugby, swimming, tennis	cricket, fishing, martial arts	dance, gymnastics, netball
11 to 14-year-olds	basketball, badminton, football, hockey, rugby, tennis, touch	cricket, rugby league, snowboarding	netball, swimming, volleyball
15 to 18-year-olds	basketball, football, tennis, touch, volleyball	martial arts, rugby, rugby league, snowboarding, surfing*	badminton, dance, netball, running/jogging, swimming

Note: the lists of activities are drawn from the top 10 sports/activities that young people in each age group were interested in trying/doing more of based on rankings. Activities are in alphabetic order; see tables with top 20 sports/activities for rankings.  
\* for this activity the percentage figure is higher for girls (5.4%) than boys (4.1%).

Based on the rankings:

- activities that interest boys and girls of all ages are basketball, football and tennis
- netball is of interest to girls of all ages.





## Interest by Gender and Ethnicity

Many of the sports/activities in the tops 10s of boys and girls of different ethnic backgrounds are the same as those for all boys and girls, respectively. Differences include:

### Compared with all boys:

- Māori boys were more likely to be interested in rugby league, touch and snowboarding
- Pacific boys were more likely to be interested in rugby league and touch
- Asian boys were more likely to be interested in badminton and "other ball sports", which includes games like baseball and handball.

### Compared with all girls:

- girls of New Zealand European ethnicity were more likely to be interested in cycling/biking
- Māori girls were more likely to be interested in touch
- Pacific girls were more likely to be interested in touch and running/jogging
- Asian girls were more likely to be interested in badminton and running/jogging.

### POINTS TO NOTE:

Students were able to identify with more than one ethnic group (eg. Māori and Pacific) and so the figures for each ethnic group should only be compared with the totals, which are shown in the first table (eg. results for Pacific boys can be compared with those for all boys, but not with boys in other ethnic groups).

## Top 20 sport and recreation activities young people want to try or do more of by gender

Rank	All boys		All girls	
	Activities	%	Activities	%
1	Rugby, Rippa Rugby	15.8	Netball	17.5
2	Football, soccer, futsal	15.6	Swimming	14.8
3	Basketball, Mini-ball	7.6	Football, soccer, futsal	10.8
4	Swimming	6.7	Dance	9.1
5	Tennis, Grasshoppers	6.4	Tennis, Grasshoppers	8.2
6	Cycling, biking (not mountain biking)	6.2	Basketball, Mini-ball	7.8
7	Cricket	5.0	Gymnastics, trampoline, aerobics	7.4
8	Martial arts (eg. karate, judo)	4.7	Rugby, Rippa Rugby	7.2
9	Hockey	4.7	Hockey	6.8
10	Fishing	4.3	Volleyball, Kiwi Volley	6.1
11	Snowboarding	3.8	Running, jogging, cross country	6.0
12	Touch	3.6	Cycling, biking (not mountain biking)	5.6
13	Running, jogging, cross country	3.6	Touch	4.7
14	Rugby league	3.4	Badminton	4.3
15	Surfing (not bodyboarding)	2.8	Skiing	3.8
16	Golf	2.7	Horse riding/equestrian activities	3.1
17	Skiing	2.6	Surfing (not bodyboarding)	3.0
18	Other ball sports/games	2.4	Snowboarding	2.7
19	Motor sports	2.4	Softball, T-ball	2.6
20	Softball, T-ball	2.3	Cricket	2.3
	No/none	26.0	No/none	22.2
	Not answered	11.4	Not answered	8.6

NZ European boys			NZ European girls	
Rank	Activities	%	Activities	%
1	Rugby, Rippa Rugby	14.9	Netball	16.9
2	Football, soccer, futsal	14.6	Swimming	15.5
3	Tennis, Grasshoppers	6.5	Football, soccer, futsal	10.9
4	Cycling, biking (not mountain biking)	6.5	Dance	10.1
5	Basketball, Mini-ball	6.5	Gymnastics, trampoline, aerobics	8.6
6	Swimming	6.0	Tennis, Grasshoppers	8.3
7	Hockey	5.1	Hockey	7.2
8	Cricket	4.8	Cycling, biking (not mountain biking)	6.3
9	Fishing	4.6	Basketball, Mini-ball	6.2
10	Martial arts (eg. karate, judo)	4.5	Rugby, Rippa Rugby	6.1
	No/none	26.4	No/none	21.0
	Not answered	10.8	Not answered	7.5

**Top 10 sport and recreation activities New Zealand European boys and girls want to try or do more of**

Māori boys			Māori girls	
Rank	Activities	%	Activities	%
1	Rugby, Rippa Rugby	21.2	Netball	23.9
2	Football, soccer, futsal	15.7	Swimming	13.2
3	Basketball, Mini-ball	10.6	Basketball, Mini-ball	11.5
4	Swimming	6.8	Football, soccer, futsal	10.7
5	Rugby league	5.8	Dance	9.5
6	Cycling, biking (not mountain biking)	5.3	Rugby, Rippa Rugby	9.2
7	Martial arts (eg. karate, judo)	5.1	Gymnastics, trampoline, aerobics	8.1
8	Fishing	5.1	Touch	7.9
9	Touch	4.9	Tennis, Grasshoppers	6.5
10	Snowboarding	4.3	Hockey	6.0
	No/none	24.1	No/none	20.6
	Not answered	12.3	Not answered	9.4

**Top 10 sport and recreation activities Māori boys and girls want to try or do more of**

Pacific boys			Pacific girls	
Rank	Activities	%	Activities	%
1	Rugby, Rippa Rugby	22.6	Netball	21.7
2	Football, soccer, futsal	16.6	Rugby, Rippa Rugby	14.9
3	Basketball, Mini-ball	9.2	Swimming	13.3
4	Rugby league	8.9	Basketball, Mini-ball	12.1
5	Touch	8.4	Football, soccer, futsal	11.5
6	Swimming	8.2	Volleyball, Kiwi Volley	11.2
7	Tennis, Grasshoppers	6.5	Touch	9.6
8	Cycling, biking (not mountain biking)	5.4	Tennis, Grasshoppers	8.8
9	Cricket	5.2	Running, jogging, cross country	5.9
10	Martial arts (eg. karate, judo)	4.9	Hockey	5.3
	No/none	24.5	No/none	24.0
	Not answered	13.2	Not answered	10.9

**Top 10 sport and recreation activities Pacific boys and girls want to try or do more of**

Asian boys			Asian girls	
Rank	Activities	%	Activities	%
1	Football, soccer, futsal	26.4	Swimming	17.8
2	Swimming	11.7	Netball	14.9
3	Rugby, Rippa Rugby	10.8	Tennis, Grasshoppers	11.1
4	Basketball, Mini-ball	10.8	Badminton	10.3
5	Tennis, Grasshoppers	9.6	Football, soccer, futsal	9.8
6	Cricket	8.0	Basketball, Mini-ball	9.7
7	Cycling, biking (not mountain biking)	6.2	Volleyball, Kiwi Volley	7.5
8	Hockey	6.0	Dance	7.3
9	Badminton	4.9	Hockey	6.5
10	Other ball sports/games	4.3	Running, jogging, cross country	6.3
	No/none	24.7	No/none	24.1
	Not answered	11.1	Not answered	9.5

**Top 10 sport and recreation activities Asian boys and girls want to try or do more of**

# Watching Sport

## By Gender and Age

Young people are keen spectators and watch sport on TV, online and at live matches and events.

### For boys:

- Between 7 and 9 out of 10 boys in the different age groups said they watched sport on TV and watched their family or friends play sport:
  - 11 to 14-year-old boys were most likely to watch sport in these two ways.
- Between 5 and 7 out of 10 boys in the different age groups said they had been to see professional sports events:
  - 11 to 14-year-old boys also were most likely to watch sport in this way.
- Watching sport online was not so popular:
  - around 2 out of 10 boys 5 to 10 years old said they watched sport online
  - around 5 out of 10 of both 11 to 14-year-old and 15 to 18-year-old boys said they watched sport online.

### For girls:

- Between 7 and 8 out of 10 girls in the different age groups said they watched sport on TV and watched their family or friends play sport:
  - 11 to 14-year-old girls were most likely to watch sport in these two ways.
- Between 4 and 6 out of 10 girls in the different age groups said they had been to see professional sports events:
  - both 11 to 14-year-olds and 15 to 18-year-olds were more likely to watch sport in this context than younger girls.
- Watching sport online was not so popular:
  - 11 to 14-year-old girls were most likely to say they watched sport in this way; around 3 out of 10 girls in this age group said they watched sport online, compared with just under 2 out of 10 girls 5 to 10 years old and just over 2 out of 10 girls 15 to 18 years old.
- Watching sport tends to be less popular with girls than boys, although 11 to 14-year-old and 15 to 18-year-old girls were more likely than boys of these ages to say that they went to watch family or friends play sport.

### POINTS TO NOTE:

The question used a three-point scale: “never, sometimes and often”. These terms were not defined.

## Watching sport by gender and age

	Boys 5-10 years			Girls 5-10 years		
	Often %	Sometimes %	Never %	Often %	Sometimes %	Never %
Watch sport on TV	25.0	54.9	20.0	12.4	56.7	30.9
Watch sport online (eg. on the internet or web)	5.2	18.5	76.2	2.9	13.0	84.1
Go to watch family or friends play sport	29.9	44.4	25.7	31.0	41.5	27.5
Go to watch a professional sports event (eg. Super 15 Rugby, ANZ Championship Netball)	10.4	39.5	50.0	5.3	29.7	65.0

	Boys 11-14 years			Girls 11-14 years		
	Often %	Sometimes %	Never %	Often %	Sometimes %	Never %
Watch sport on TV	43.7	44.0	12.3	23.4	58.2	18.3
Watch sport online (eg. on the internet or web)	14.3	32.0	53.8	6.1	23.8	70.1
Go to watch family or friends play sport	35.1	45.4	19.5	39.4	45.0	15.6
Go to watch a professional sports event (eg. Super 15 Rugby, ANZ Championship Netball)	18.4	48.2	33.4	10.5	45.0	44.5

	Boys 15-18 years			Girls 15-18 years		
	Often %	Sometimes %	Never %	Often %	Sometimes %	Never %
Watch sport on TV	42.2	42.8	15.0	23.5	54.9	21.6
Watch sport online (eg. on the internet or web)	16.7	34.0	49.3	4.7	17.5	77.8
Go to watch family or friends play sport	26.1	46.0	27.8	29.6	49.0	21.4
Go to watch a professional sports event (eg. Super 15 Rugby, ANZ Championship Netball)	15.0	46.0	39.0	12.7	43.3	44.1

## By Gender and Ethnicity

### Watching sport by gender and ethnicity

	All boys			All girls		
	Often	Sometimes	Never	Often	Sometimes	Never
Watch sport on TV	34.7	48.8	16.5	18.3	56.8	24.9
Watch sport online (eg. on the internet or web)	10.8	26.4	62.9	4.3	17.4	78.3
Go to watch family or friends play sport	30.7	45.2	24.1	33.3	44.3	22.4
Go to watch a professional sports event (eg. Super 15 Rugby, ANZ Championship Netball)	14.0	43.6	42.3	8.6	37.6	53.8

	NZ European boys			NZ European girls		
	Often	Sometimes	Never	Often	Sometimes	Never
Watch sport on TV	34.2	48.8	17.1	17.0	57.0	26.0
Watch sport online (eg. on the internet or web)	9.1	24.2	66.7	3.2	15.2	81.6
Go to watch family or friends play sport	30.2	46.3	23.4	33.5	44.5	22.0
Go to watch a professional sports event (eg. Super 15 Rugby, ANZ Championship Netball)	13.0	46.7	40.2	7.9	39.8	52.3

	Māori boys			Māori girls		
	Often	Sometimes	Never	Often	Sometimes	Never
Watch sport on TV	38.5	46.0	15.5	22.4	55.9	21.8
Watch sport online (eg. on the internet or web)	11.9	28.0	60.1	5.9	20.0	74.1
Go to watch family or friends play sport	38.3	44.2	17.5	40.1	45.9	14.0
Go to watch a professional sports event (eg. Super 15 Rugby, ANZ Championship Netball)	16.0	44.4	39.6	11.5	37.0	51.5

	Pacific boys			Pacific girls		
	Often	Sometimes	Never	Often	Sometimes	Never
Watch sport on TV	41.7	47.7	10.6	27.8	55.1	17.1
Watch sport online (eg. on the internet or web)	17.7	33.8	48.6	9.9	26.5	63.6
Go to watch family or friends play sport	41.1	41.0	18.0	42.8	41.4	15.8
Go to watch a professional sports event (eg. Super 15 Rugby, ANZ Championship Netball)	22.4	38.8	38.8	14.0	37.3	48.7

	Asian boys			Asian girls		
	Often	Sometimes	Never	Often	Sometimes	Never
Watch sport on TV	25.7	52.7	21.7	16.5	54.3	29.3
Watch sport online (eg. on the internet or web)	13.8	31.9	54.3	5.7	22.2	72.1
Go to watch family or friends play sport	17.4	44.2	38.4	20.8	43.8	35.4
Go to watch a professional sports event (eg. Super 15 Rugby, ANZ Championship Netball)	11.9	29.8	58.3	6.6	26.9	66.5

Young people from all ethnic backgrounds said that they watched sport on TV, online and at live events. Compared with all boys and girls, there are some differences in the extent to which young people of different ethnic backgrounds watch sport. Differences are similar for boys and girls and include:

#### Compared with all boys:

- Māori boys were more likely to watch family/friends play sport
- Pacific boys were more likely to watch sport in all four ways

- Asian boys were less likely to watch sport on TV and at live events, and more likely to watch sport online.

#### Compared with all girls:

- Māori girls were more likely to watch family/friends play sport
- Pacific girls were more likely to watch sport in all four ways
- Asian girls were less likely to watch sport on TV and at live events, and more likely to watch sport online.



# Appendix 1:

## About the survey and how time is calculated

### PURPOSE AND SCOPE OF THE SURVEY

The Young People's Survey is a nationwide, school-based survey. The survey collects information about participation in sport and recreation by 5 to 18-year-olds (note a small number of 4-year-olds and 19-year-olds were surveyed but, for ease of reading, the report and this appendix refer to 5 to 18-year-olds). Information was collected from parents of 5 to 6-year-olds, from students 7 to 18 years old, and from teachers (this includes class teachers and other staff such as Heads of PE and Sport who may be non-teaching staff). Six different, age-appropriate, self-complete survey forms were used.

The survey covered all young people at school aged 5 to 18 years (the survey population), with the exception of:

- students at: the Correspondence School, Special Schools, Teen Parenting Units, Exclusive Brethren Schools and schools on the Chatham Islands.

These students account for about 2% of students, based on the Ministry of Education's July 2010 figures (note 2010 figures were used because the initial survey design occurred before 2011 figures were available). These students were excluded for practical reasons.

Some Māori students were excluded. Māori students in mainstream schools were included, but those attending Kura Kaupapa, Kura Teina, and some Māori Medium schools were not surveyed. This excludes a further 1.3% of students (about 6% of Māori students). So overall, around 3% of students were excluded from the survey population.

Some Christchurch schools chosen for the survey were not able to take part in the 2011 Survey because of the earthquakes. These schools have been invited to take part in 2012 and the results reported here will be updated to include all students' responses when the Christchurch survey is completed.

Young people who are home-schooled were also excluded.

This appendix describes briefly how the survey was carried out. Full details are in the Methodology Report available at: [www.sportnz.org.nz/yyps](http://www.sportnz.org.nz/yyps).

### HOW SCHOOLS, STUDENTS AND TEACHERS WERE SELECTED FOR THE SURVEY

The Young People's Survey is a sample survey (using a stratified, simple random sampling design). A two-stage process was used to select the sample of students for the survey.

The first stage was to select schools from a list of schools provided by the Ministry of Education (excluding the types of school listed in the first column). The second stage was to select classes within the chosen schools.

### SELECTION OF SCHOOLS

To take account of school composition, class time available and the language ability of students, four survey forms were designed for four year-level groupings:

- Years 1 and 2 (lower primary)
- Years 3 to 6 (upper primary)
- Years 7 to 10 (middle school)
- Years 11 to 13 (senior secondary).

Schools were allocated to these four groups (which formed the principal groups or strata). Depending on the age range of students at a school, schools could be in one or more of these strata.

To provide a regional spread of schools and include different-sized schools, schools within the year-level strata were grouped (or stratified) based on the region they were in and then within region by school size. Four regions were used for the region stratum based on regional council areas (Auckland, rest of the upper North Island, lower North Island and South Island). Within each of these strata schools were grouped relative to size (small, medium and large).

### SELECTION OF CLASSES AND STUDENTS

Classes were selected at random from each of the schools selected for the survey. Depending on the year-level and the size of the school, between one and five classes per school were selected.

For Years 3 to 13, all students present in the class on the day scheduled for the survey were invited to take part. The survey was voluntary and if students did not want to take part they were given an alternative task to do while the other students completed the survey forms. For Years 1 and 2, class teachers asked students to take a survey form home for their parent/caregiver to complete.

Some students were absent on the day of the survey (for example, due to illness) and if class attendance was below an agreed threshold the survey was rescheduled.



### SELECTION OF TEACHERS

Years 1 to 6 class teachers (of classes selected for the survey) completed the staff survey form, answering questions about sport and recreation on behalf of their class and school. The Head of PE or Sport completed the staff form for Years 7 to 13, answering questions about sport and recreation on behalf of students in the different Years in their school and their school.

### HOW THE SURVEY WAS CARRIED OUT

The survey was carried out in schools in Term 3 (August and September) 2011. The survey was administered as follows:

**Years 1 to 2** – survey forms were sent directly to the school by the research company assisting with the survey. Class teachers were asked to send these forms home with students to give to a parent/caregiver to complete. Completed forms were returned to the class teacher in a sealed envelope and then sent back to the research company. Where a parent/caregiver had two children in the same class, they were asked to fill in the survey form for the oldest Year 1 or 2 child. Parents/caregivers were encouraged to complete the form with the child selected for the survey. The form was designed to take 15 minutes to complete.

**Years 3 to 6** – trained survey staff went to schools at an appointed day/time and guided students in the selected class(es) through the survey form. This assistance was provided because the reading ability of some students in these Years was insufficient for them to complete the form on their own. The form was designed to take 30 minutes to complete.

**Years 7 to 10** – trained survey staff went to schools at an appointed day/time and either handed out a paper survey form for students to complete or set up the survey online. The form was designed to take 30 minutes to complete.

**Years 11 to 13** – trained survey staff went to schools at an appointed day/time and either handed out a paper survey form for students to complete or set up the survey online. The form was designed to take 15 minutes to complete. A shorter form was designed for these students to minimise the time they were involved in the survey and so away from their timetabled schoolwork.

Very few students (216) completed the form online as few schools had sufficient computers for all the students in a class to complete the survey at the same time.

Students completed the forms under test conditions and handed completed forms back to the interviewer. Where feasible, plans were put in place to provide extra assistance for students who required more help.

All students', parents' and teachers' responses were anonymous and confidential.

The survey forms are available at: [www.sportnz.org.nz/yps](http://www.sportnz.org.nz/yps). The topics in each of the six forms are listed in Appendix 2.

Schools were given a voucher to redeem for sports equipment as a thank you for their participation. Teachers who completed survey forms also were given a small thank you to acknowledge their contribution to the survey.

The Methodology Report describes all the steps in implementing the survey and contains the key documents used for the survey.

### RESPONSE TO THE SURVEY

In total, 505 schools and 17,018 students took part in the national survey (additional schools and students took part in the survey in Auckland to provide Auckland Council with detailed results for the city but these students are not part of the national sample). Very few students (150) did not agree to take part in the survey or did not complete sufficient questions for their form to be used.

The number of schools and students taking part in the national survey in each of the four year-level strata were:

STRATA	Number of participating schools <sup>1</sup>	Number of participating students
Years 1-2	89	1,189
Years 3-6	185	5,477
Years 7-10	181	6,068
Years 11-13	116	4,248
<b>TOTAL</b>	<b>505</b>	<b>17,018</b>

1. A single school can be in one or more strata.

Over 8 out of 10 schools (81.7%) selected for the survey agreed to take part. Over 7 out of 10 (75.0%) students/parents selected for the survey took part. Along with the school response rate, this gives an overall response rate for the survey of 61.3%. More information about how response rates are calculated is in the Methodology Report.

## DATA ANALYSIS

### DATA PREPARATION AND WEIGHTING

All of the responses from forms completed by students, parents and teachers were entered into the research company's data capture software. The data were then checked and some preliminary work was carried out to get the data ready for analysis. Full details of this data preparation and checking stage are in the Methodology Report.

A final stage before analysing the data is to adjust or weight the data for non-response. As not all schools and students (or their parents) chosen for the survey took part, some groups (based on age, gender and ethnicity) are under- or over-represented in the survey responses. To account for this, the responses are adjusted, or weighted.

The first stage of weighting adjusts for differences in sample selection that result from the sampling and the response of schools. The sample selection weights use the inverse of the probabilities of selection. For example, in the Auckland stratum for Years 1-2 classes in schools with up to 50 pupils, 12 schools out of 77 schools in this stratum were sampled, so the selection weight for sampling such a school is 77/12. However, some schools refused to participate and the achieved sample size for this stratum was 8: a response rate of 2/3.

So the sample selection weight was modified by adjusting for this response rate. That is, the modified sample selection weight is:

$$\frac{77}{12} \times \frac{3}{2} \text{ or } \frac{77}{8}$$

Further adjustments are made to take account of non-response at the class level and final, modified sample selection weights are created.

The second stage of weighting involves calibrating the modified sampling selection weights using the Ministry of Education roll (for July 2011) so that the sample responses closely represent all students in the types of school surveyed in terms of region (ie. the four regional strata), gender, age group and ethnicity.

For example, Asian girls aged 5 to 9 years in the Auckland region were over-represented in the sample and under-represented in the South Island. The calibration makes sure these students are in the correct proportions in the sample before the data are analysed.

The Methodology Report describes these procedures in more detail and shows the calibration factors used.

Table A1 shows (for gender, age and ethnicity) the numbers and proportions of students who were interviewed (ie. the unweighted sample) and the numbers and proportions following the weighting process.

**Table A1: Profile of students in the sample taking part in the survey: unweighted and weighted**

Students characteristics	Unweighted profile		Weighted profile	
	Number	Percentage	Number	Percentage
<b>All students</b>	17,018	100	17,018	100
<b>AGE<sup>1</sup></b>				
<b>Boys</b>	8,213		8,618.7	
5 to 10-year-olds	3,098	38.0%	3,936.0	46.0%
11 to 14-year-olds	3,060	37.5%	2,694.2	31.5%
15 to 18-year-olds	2,002	24.5%	1,933.0	22.6%
<b>Girls</b>	8,739		8,326.2	
5 to 10-year-olds	3,068	35.2%	3,814.2	45.9%
11 to 14-year-olds	3,149	36.1%	2,584.6	31.1%
15 to 18-year-olds	2,499	28.7%	1,904.1	22.9%
<b>ETHNICITY<sup>2</sup></b>				
<b>Boys</b>				
New Zealand European	5,952	72.5%	6,202.7	72.0%
Māori	1,822	22.2%	1,927.5	22.4%
Pacific	1,149	14.0%	1,088.4	12.6%
Asian	753	9.2%	918.4	10.7%
Other ethnicities	112	1.4%	155.3	1.8%
<b>Girls</b>				
New Zealand European	6,302	72.1%	6,120.2	73.5%
Māori	1,964	22.5%	1,855.0	22.3%
Pacific	1,270	14.5%	1,120.2	13.5%
Asian	984	11.3%	886.8	10.7%
Other ethnicities	135	1.5%	145.0	1.7%

1. A small number of 4-year-olds and 19-year-olds took part in the survey but, for ease of reading, the report refers to 5 to 18-year-olds. The sum of the three age categories for boys and girls is less than the respective totals because some students did not provide their age and/or gender.

2. Students could identify with one or more ethnic groups and so the sum of the five categories for boys and girls is greater than the respective totals.

The results from the survey are in a series of data tables. Responses to the survey questions are analysed by different student, and other, characteristics. The Methodology Report describes these student, and other, characteristics. Results are presented as percentages and averages. Where appropriate, an estimate of the number of participants is included. These estimates are derived from the numbers of students in the Ministry of Education's July 2011 roll. Figures are rounded to the nearest thousand. See also Reader Note 2 in Appendix 5 for information about the participant estimates for activities that were included in the Years 7 to 13 forms but not the Years 1 to 6 forms.

This initial report presents some of the key findings from the Young People's Survey. More information will be published over the coming months on our website: [www.sportnz.org.nz/yps](http://www.sportnz.org.nz/yps)

### CONFIDENCE INTERVALS

Figures from sample surveys like the Young People's Survey are subject to variation that arises from using a randomly drawn sample, rather than surveying the total population of interest. The extent of this variation falls within known ranges and is expressed as the confidence interval. Confidence intervals for the Young People's Survey have been calculated for the 95% level; this means that we expect 95% of the survey estimates (means and percentages) to include the population parameter or true value.

The method used for calculating confidence intervals takes into account that the survey has a complex sample design, rather than using a simple random sample. The Methodology Report describes the approach used to calculate confidence intervals for the Young People's Survey.

Confidence intervals are calculated for each survey estimate. As one example, the table below shows the confidence intervals for the responses to the question about whether young people like sport.

### Views about playing sport (95% confidence interval) by gender and age

Would you say you...	Boys			Girls		
	5-10 years (3071) <sup>1</sup> %	11-14 years (2962) %	15-18 years (1945) %	5-10 years (3041) %	11-14 years (3062) %	15-18 years (2422) %
Like playing sport a lot	77.4 (75.5-79.3) <sup>2</sup>	73.3 (71.3-75.3)	61.6 (58.1-65.1)	64.3 (61.5-67.1)	63.3 (61.2-65.3)	47.8 (45.2-50.3)
Like playing sport a little	19.8 (17.9-21.6)	23.7 (21.8-25.6)	32.7 (29.4-36.0)	32.5 (30.0-35.0)	32.9 (30.9-34.8)	42.1 (39.9-44.3)
Don't like playing sport	2.8 (2.1-3.5)	3.0 (2.3-3.8)	5.7 (4.2-7.2)	3.2 (2.3-4.1)	3.8 (3.0-4.7)	10.2 (9.0-11.3)

1. Figures in brackets in this row are the unweighted base number of students that answered this question.

2. Figures in brackets below the percentages are the confidence intervals at the 95% level. As an example, 77.4% of 5 to 10-year-old boys said they like playing sport a lot and this estimate is in the range 75.5% to 79.3%. Differences between sub-groups are statistically significant when the confidence intervals for different sub-groups do not overlap.

Confidence intervals for a wider range of survey estimates will be published in an in-depth survey report.

### HOW TIME IS CALCULATED

Section 6 of the report describes the amount of time young people spent taking part in sport and recreation. One of the reasons we collected this information was to provide a baseline for our strategic measure – 80% of school-aged children participating in organised sport and recreation for at least three hours a week. We also collected information about the time spent on sport and recreation in other contexts, for example when young people were taking part informally, described as “mucking around”.

### WHAT INFORMATION WAS COLLECTED AND HOW?

To estimate the time spent on sport and recreation in these different contexts we adopted working definitions that we used to develop questions that students and teachers could understand and answer.

Information was collected from students about the time they spent on a *normal* day (for each day of the week) taking part in sport and recreation:

- at training or practice **with** a coach or taking part in competitions
- doing extra training or practice **without** a coach (like running to get fit) – note: this was only asked of Years 7 to 13 students
- doing sport and active things when “**mucking around**” with friends, family or on their own.

The questions asked about each day of the week to make the questions easy for students to answer. The time for each day was summed to provide an estimate for the week (note: the questions were not designed to provide estimates for the individual days of the week).

Information was also collected about the time spent taking part in *active PE*. The term *active PE* was used to exclude time students spent getting ready for PE classes and other time spent being inactive, for example, when being taught theory in PE classes.

The information about the time spent on *active PE* was collected in two ways:

- for Years 1 to 10, when PE is compulsory, information was collected from both students (or parents of the Years 1 to 2 children) and from a class teacher/Head of PE or Sport
- for Years 11 to 13, when PE is not compulsory, information was collected from students.

Students (or their parents) in Years 1 to 10 were asked if they had taken part (or would be taking part) in *active PE* during the current week – “this week” and the estimate of time spent on *active PE* provided by the teachers was only added to the student’s data record if they said “Yes”.

*Active PE* was described as active, compulsory PE/Fitness/Sport for Years 1 to 6 students, and active, compulsory PE/Fitness for Years 7 to 13 students (the survey form completed by teachers of Years 7 to 13 students asked about active, compulsory curriculum sport but this time was not included in the estimates because of potential overlap with the students’ answers about the time spent “at training or practice with a coach or taking part in competitions” and the potential for double counting).

The questions asked of students and teachers are in the survey forms available at: [www.sportnz.org.nz/yps](http://www.sportnz.org.nz/yps).

Teachers provided estimates of time in minutes, while students responded to categories, for example, about 15 minutes, with the upper category capped at “3 or more hours” to limit the number of response categories. Students’ responses were converted to a single figure by taking the mid-point of each category (eg. the “3 or more hours” category was given a value of 150 minutes). The approach taken was a conservative one as there is evidence that young people tend to over-estimate the time they spend on sport, recreation and physical activity. We acknowledge that this approach may underestimate time for some students.

### CALCULATION OF TIME MEASURES

Three main measures were calculated:

1. Time spent taking part in **organised sport** (sport is used here in its broadest sense and includes active recreation) which sums the time spent:
  - 1.1. on *active PE*
  - 1.2. at training or practice with a coach or taking part in competitions.
2. Time spent on sport and recreation when “**mucking around**” with friends, family or on their own.
3. Time spent on sport and recreation when the time spent on **organised sport** and “mucking around” is combined.

Results are shown in terms of the percentage of students spending:

- 3 or more hours a week
- less than 3 hours a week
- no time.

### LIMITATIONS OF THE APPROACH

Readers should note that the approach for calculating time was designed to provide broad estimates of the time spent on sport and recreation in different contexts and to provide measures from this first, baseline survey and subsequent surveys. The approach does not provide precise information of the time spent by young people on sport and recreation. Other methods would need to be used to provide precise measures. For this reason, we do not report actual amounts of time. Readers also should note that information about *active PE* was collected to be one component of our working definition of **organised sport** and not to provide a separate estimate of the time spent on *active PE*.

Readers also should note that time spent on sport and recreation was only calculated for a student if all the information required for the calculation was provided. As information was sourced from a number of questions, the number of missing responses for the time estimates was higher than for other questions. The number of missing responses was compounded as the different time estimates were added together. Missing responses formed: 7.2% of the total responses for time spent "mucking around"; 17.0% of the responses for time spent on organised sport; and 19.7% of responses for combined time (note: for combined time, estimates are based on over 14,000 complete responses).

The Methodology Report has more information about how time was collected and estimated.



# Appendix 2:

## Survey topics in the Young People's Survey

### SURVEY FORMS AND TOPICS

Survey forms and methods suitable for different age groups were used. The forms are on our website: [www.sportnz.org.nz/ygs](http://www.sportnz.org.nz/ygs).

Students in Years 3 to 13 completed the forms themselves. Parents/caregivers of students in Years 1 and 2 (mostly 5 and 6-year-olds) completed the forms for this age group.

### STUDENT SURVEY FORMS

The table below shows the topics included in each of the four student forms.

The topics students answered questions about varied with their age and the time that classes were available for the survey.

Topics	Years 1-2	Years 3-6	Years 7-10	Years 11-13
Gender, age, year-level, ethnicity	•	•	•	•
Relationship to child selected for the survey	•			
Frequency of sport and active things done this year	•	•	•	•
Types of sport and active things done this year:				
• Organised by a school in PE/Fitness			•	
• Organised by a school but not in class time (eg. playing with sports teams and in competitions)			•	•
• Organised by clubs outside of school			•	•
• Organised by other community groups (eg. youth or church group)			•	
• Done in an informal setting (ie. "mucking around" with friends, family or on own)			•	•
Time spent on sport and active things each week:				
• In an informal setting – "mucking around" with friends, family or on own	•	•	•	•
• At training or practice with a coach, or taking part in competitions	•	•	•	•
• While doing extra training or practice without a coach (like running to get fit)			•	•
Whether or not mostly do active or inactive sport and recreation outside of school and at weekends	•	•	•	•
Participation in PE/Fitness this week	•	•	•	•
Belonging to a sports club outside of school this year	•	•	•	•
Belonging to a sports team at school this year	•	•	•	•
Having a coach or instructor this year	•	•	•	•
Volunteering in sport and active recreation this year			•	•
Participation in one-off sports events this year	•	•	•	•
Highest level of sport played this year			•	•
Sports or active recreation they would like to try or do more of	•	•	•	•
Whether or not like playing sport	•	•	•	•
Extent to which student supports others to do sport/active things	•		•	
Extent to which friends, parents/caregivers/teachers support the student to do sport/active things	•		•	
Parents/caregivers' participation in sport			•	
Parents/caregivers' participation in coaching			•	
People who influence decisions on sport and active things			•	
Self-assessment of sporting skills and attitudes towards sports			•	
If and when they would like to play more sport (eg. after school)			•	
Things that would prompt them to play sport more			•	•
Frequency of watching sport in different settings (eg. on TV, at sports events)	•	•	•	•
Availability of sport and active recreation facilities in their neighbourhood/at their school	•		•	
Ownership and use of a bike	•	•		
Parents/caregivers' views about the amount of time their child's school gives to sport/active things	•			

Note: while the same topic may have been asked in more than one survey form, the questions or answer options varied between forms so that the questions/responses were age-appropriate.

The student survey collected information about sport and recreation in its broadest sense, from casual games and activities (described as "mucking around") to organised competitions. It also collected information about student involvement in events and volunteering.

To make the survey easy for students of all ages to understand, the questions asked about sport and "active things". When simpler wording was needed to aid understanding, questions were asked about "sport".

### STAFF SURVEY FORMS

The table below shows the main topics included in the staff survey forms. The same topics were included in both survey forms, although the wording of some questions

differed according to the age of the students and the way that PE/Fitness/Sport is delivered at the different Year levels by schools.

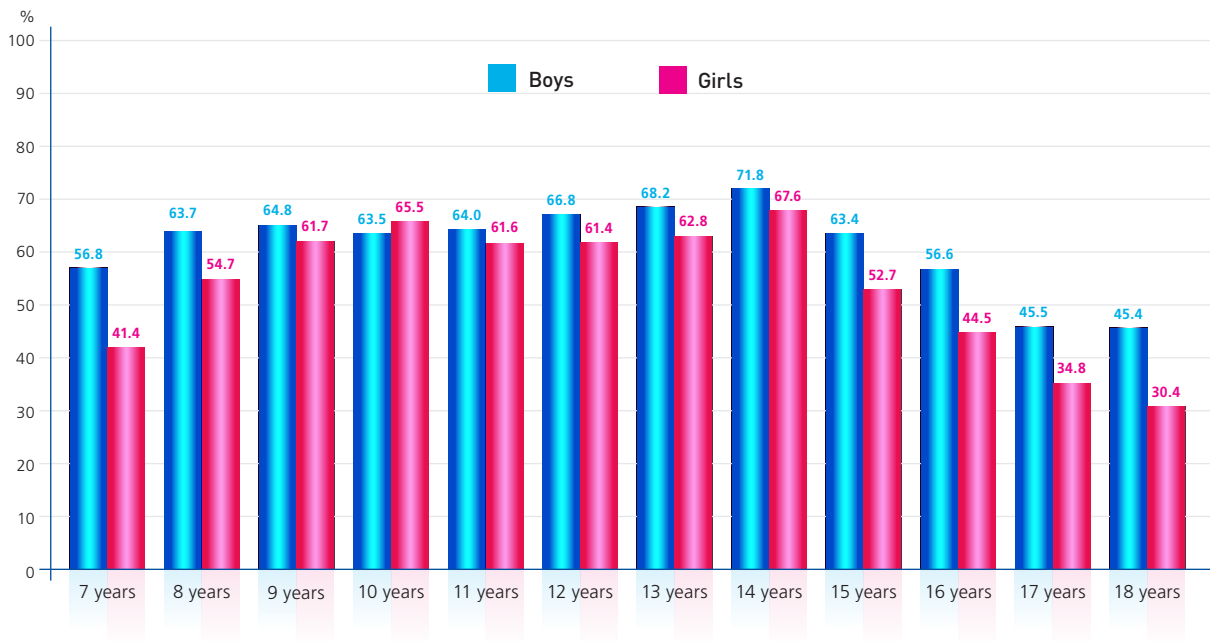
Topics	Years 1-6	Years 7-13
Year-level of students at school surveyed	•	•
Compulsory curriculum time in PE/Fitness/Sport by year-level	•	•
Outdoor recreation activities provided/scheduled for 2011	•	•
Changes in outdoor recreation opportunities compared with previous two years	•	•
Organisations giving support to school to provide sport and active recreation	•	•
Links with clubs for different types of sport and active recreation	•	•
Importance of extra-curricular sport to school ethos	•	•
Sport and active recreation that they would like to offer students that they don't currently	•	•
Quality of onsite sport/recreation facilities	•	•
Quality of off-site sport/recreation facilities	•	•
Other comments about sport and active recreation at their school	•	•

# Appendix 3:

## Time spent taking part in organised sport by gender and age

The charts on page 64 show the time spent participating in organised sport by boys and girls in three age groups: 7-10 years, 11-14 years, and 15-18 years. Grouping young people in this way masks some of the differences that are evident when the results are analysed for students of each individual age, as the chart below shows.

### Time spent participating in 3 or more hours of organised sport and recreation in a normal week





# Appendix 4:

## Participation and interest in sport and recreation activities – full sport and activity lists

### PARTICIPATION IN SPORT AND RECREATION ACTIVITIES – FULL LIST OF ACTIVITIES MENTIONED

The list following shows all of the sports and active things that young people said they had taken part in “this year”. This includes the list of sports/activities in the survey forms (**bold type**; an additional \* indicates activities only listed in the Years 7 to 13 forms) and the sports/activities that young people wrote down when they were asked if they had done any other sports or active things. This list excludes events and outdoor pursuit courses, as the question was about individual sports and activities.

Readers should note that:

- “Other” sports/activities young people wrote down could be reclassified as a listed activity. For example, discus, high jump and hurdles were all coded as athletics.

- Some activities were mentioned by a very small number of young people and these were grouped into “other” categories, rather than being coded separately. For example, the “other snow sports/activities” includes snow sports (unspecified), snow team, snow planet, snow activities, slalom, snow scootering/biking and snowmobile.
- Further grouping of sports/activities mentioned by small numbers of students was carried out before the responses were analysed. The Methodology Report shows this additional grouping. Young people also wrote down some activities that were not judged to be physically active (for example, computer games) or there was uncertainty if they were sports or “active things”. These were not included in the analysis.

	All boys All girls	
	%	%
Abseiling	<1.0	<1.0
<b>Adventure racing*</b>	<b>17.1</b>	<b>12.4</b>
AFL, Aussie rules	<1.0	<1.0
Air alert	<1.0	-
Aqua jogging/walking	-	<1.0
Archery	<1.0	<1.0
<b>Athletics, track and field</b>	<b>69.8</b>	<b>71.4</b>
<b>Badminton*</b>	<b>45.9</b>	<b>46.1</b>
Ball skills (includes catching, throwing, kicking, hitting)	<1.0	<1.0
Baseball	<1.0	<1.0
<b>Basketball, Mini-ball (includes shooting hoops)</b>	<b>54.4</b>	<b>43.7</b>
Biathlon	<1.0	<1.0
Black water rafting	-	<1.0
Boating	<1.0	<1.0
<b>Bodyboarding (not surfing)</b>	<b>26.7</b>	<b>24.6</b>
Bowling unspecified	<1.0	<1.0
Bowls (outdoor)	<1.0	<1.0
Boxing	1.4	<1.0
Bungee jumping	<1.0	<1.0
Canoe polo	<1.0	<1.0
<b>Canoeing, kayaking*</b>	<b>40.6</b>	<b>38.6</b>
Car racing	<1.0	<1.0
Caving	<1.0	<1.0
Coasteering	-	<1.0
<b>Cricket</b>	<b>44.0</b>	<b>30.6</b>
Croquet	<1.0	<1.0

	All boys All girls	
	%	%
Cross-trainer, treadmill, exercycle	<1.0	<1.0
Curling	<1.0	-
<b>Cycling, biking (not mountain biking)</b>	<b>68.2</b>	<b>68.4</b>
<b>Dance (eg. ballet, b-boy, b-girl)</b>	<b>26.1</b>	<b>55.9</b>
Darts	<1.0	<1.0
Dirt bike riding	<1.0	-
Diving unspecified	<1.0	<1.0
Dragon boating	<1.0	<1.0
Equestrian	<1.0	<1.0
Exercise, physical activity unspecified	<1.0	<1.0
Fastball	<1.0	<1.0
Fencing	<1.0	<1.0
<b>Fishing</b>	<b>48.8</b>	<b>33.9</b>
Fitness	<1.0	<1.0
<b>Football, soccer, futsal</b>	<b>70.5</b>	<b>51.6</b>
Free running, parkour	<1.0	<1.0
Frisbee golf	<1.0	<1.0
<b>Games (eg. four square, tag)/play activities</b>	<b>78.0</b>	<b>81.5</b>
Go-karts, drift karts	<1.0	<1.0
<b>Golf*</b>	<b>30.5</b>	<b>16.6</b>
Gridiron, American football	<1.0	<1.0
Gym workout	<1.0	1.1
<b>Gymnastics, trampoline, aerobics</b>	<b>44.1</b>	<b>55.8</b>
Handball	<1.0	<1.0
Hill training	-	<1.0
<b>Hockey</b>	<b>30.8</b>	<b>28.8</b>
Hoof ball	-	<1.0

	All boys All girls	
	%	%
Horse riding	<1.0	5.3
Hunting	2.6	<1.0
Ice hockey	<1.0	<1.0
Ice skating	<1.0	1.4
Indoor bowls	<1.0	<1.0
<b>Indoor climbing*</b>	<b>29.7</b>	<b>24.7</b>
Indoor rowing	<1.0	-
Inline hockey	<1.0	<1.0
Inline skating	<1.0	<1.0
Jet boating	<1.0	<1.0
Jet skiing	<1.0	<1.0
JUMP JAM	<1.0	<1.0
Kabaddi	<1.0	-
Kidz kartz, harness racing	-	<1.0
Kite surfing/boarding	<1.0	-
Knee boarding	<1.0	<1.0
Korfball	-	<1.0
Lacrosse	<1.0	<1.0
Longboarding	<1.0	<1.0
<b>Māori activities (eg. kapa haka, waka ama, ki-o-rahi, mau rakau, taiaha)</b>	<b>29.4</b>	<b>33.3</b>
Marching	<1.0	<1.0
<b>Martial arts (eg. karate, judo, taekwondo)</b>	<b>21.8</b>	<b>13.2</b>
Motocross	1.6	<1.0
Motorbiking	1.8	<1.0
Motorsports unspecified	<1.0	<1.0
<b>Mountain biking*</b>	<b>35.6</b>	<b>18.6</b>
Mountain climbing	<1.0	<1.0
<b>Netball</b>	<b>20.2</b>	<b>57.1</b>
<b>Orienteering*</b>	<b>18.6</b>	<b>19.3</b>
PE DEX	<1.0	<1.0
<b>Pacific activities (eg. kilikiti, soke, ura pau, tame, meke)</b>	<b>8.0</b>	<b>8.7</b>
Paddle boarding	<1.0	<1.0
Petanque	<1.0	<1.0
Pilates	-	<1.0
Polo	<1.0	<1.0
Pool, snooker, billiards	<1.0	<1.0
Quad biking	<1.0	<1.0
Racing unspecified	<1.0	<1.0
Ripsticking	<1.0	<1.0
Rock climbing	<1.0	<1.0
Roller blading	<1.0	<1.0
Roller hockey	<1.0	<1.0
<b>Rowing*</b>	<b>14.3</b>	<b>12.4</b>
<b>Rugby, Ripa Rugby</b>	<b>65.6</b>	<b>37.5</b>
<b>Rugby league*</b>	<b>40.4</b>	<b>18.6</b>
<b>Running, jogging, cross country</b>	<b>74.0</b>	<b>78.1</b>
<b>Sailing, yachting</b>	<b>11.6</b>	<b>8.7</b>
Scotering	3.9	3.1
Scuba diving	<1.0	<1.0
Sepak takraw	<1.0	<1.0

	All boys All girls	
	%	%
Shooting	<1.0	<1.0
<b>Skateboarding</b>	<b>45.4</b>	<b>26.5</b>
Skating	<1.0	<1.0
Ski biscuiting	<1.0	<1.0
<b>Skiing</b>	<b>18.3</b>	<b>17.8</b>
Skimboarding	<1.0	<1.0
Skydiving	<1.0	<1.0
Snorkelling	<1.0	<1.0
<b>Snowboarding</b>	<b>15.4</b>	<b>9.2</b>
<b>Softball, T-ball</b>	<b>37.6</b>	<b>36.2</b>
Sport unspecified	<1.0	<1.0
Squash	1.6	1.4
Surf Life Saving	<1.0	<1.0
<b>Surfing (not bodyboarding)*</b>	<b>17.8</b>	<b>14.0</b>
<b>Swimming</b>	<b>79.8</b>	<b>84.7</b>
Sword fighting	<1.0	-
Synchronised swimming	-	<1.0
<b>Table tennis</b>	<b>45.4</b>	<b>35.3</b>
<b>Tennis</b>	<b>36.0</b>	<b>33.6</b>
Tenpin bowling	<1.0	<1.0
<b>Touch*</b>	<b>57.5</b>	<b>43.9</b>
Trail riding	<1.0	<1.0
<b>Tramping, bush walks</b>	<b>51.9</b>	<b>52.0</b>
<b>Tri(athlon), duathlon*</b>	<b>13.9</b>	<b>13.4</b>
Ultimate frisbee	<1.0	<1.0
Underwater hockey	<1.0	<1.0
Umpire, referee – sport specified	<1.0	<1.0
Unicycling	<1.0	<1.0
<b>Volleyball, Kiwi Volley</b>	<b>26.4</b>	<b>33.2</b>
Wakeboarding	<1.0	<1.0
<b>Walking (for fitness)*</b>	<b>47.1</b>	<b>73.0</b>
Walking (general)	1.6	2.3
Walking the dog/animals	<1.0	<1.0
<b>Water polo, Flippa Ball</b>	<b>11.4</b>	<b>11.2</b>
Water skiing	<1.0	<1.0
Water sports unspecified	<1.0	<1.0
Waveboarding	<1.0	<1.0
Weights	<1.0	<1.0
White water rafting, rafting	<1.0	<1.0
Wii Sport/Fitness	<1.0	<1.0
Wind surfing	<1.0	<1.0
Wrestling	<1.0	<1.0
Yoga	<1.0	<1.0
Zorbing	-	<1.0
Zumba	<1.0	<1.0
Other ball sports/games	<1.0	<1.0
Other bike activities	<1.0	-
Other extreme sports	<1.0	<1.0
Other snow sport/activities	<1.0	-
Other water sports/activities	<1.0	<1.0

## INTEREST IN SPORT AND RECREATION ACTIVITIES – FULL LIST OF ACTIVITIES MENTIONED

The list following shows the sports and active things that young people wrote down when they were asked what they would really like to try or do more of. Unlike the previous list, events (like Bike the Bays) and more general activities (like cubs and scouts) are included in this list, as this question was designed to gauge interest in different types of sports/activities. Other activities may also appear

in one list and not the other, this is due to activities being recorded against one question and not the other.

As per the previous list some activities were mentioned by a very few young people and were not coded separately. Further grouping was carried out before the responses were analysed. In section 7 (interest in sport and recreation) the "other" categories referred to are from this further level of grouping (and include the "other" categories in the full lists).

The other notes for readers from the previous list on page 87 also apply to this list.

	All boys All girls	
	%	%
Abseiling	<1.0	<1.0
Adventure racing	<1.0	<1.0
AFL, Aussie rules	<1.0	<1.0
Air alert	<1.0	-
Aqua jogging/walking	-	<1.0
Archery	<1.0	<1.0
Athletics, track and field	1.3	1.8
Badminton	2.0	4.3
Ball skills	<1.0	<1.0
BASE jumping	<1.0	-
Baseball	<1.0	<1.0
Basketball, Mini-ball	7.6	7.8
Beach volleyball	<1.0	<1.0
Biathlon	<1.0	<1.0
Bike the Bays	<1.0	-
Black water rafting	-	<1.0
BMX	1.3	<1.0
Boating	<1.0	<1.0
Bodyboarding (not surfing)	<1.0	<1.0
Bowling unspecified	<1.0	<1.0
Bowls (outdoor)	<1.0	<1.0
Boxing	1.2	<1.0
Brownies, Guides, Pippins	-	<1.0
Bungee jumping	<1.0	<1.0
Canoe polo	<1.0	<1.0
Canoeing, kayaking	1.3	1.2
Car racing	<1.0	<1.0
Caving	<1.0	<1.0
Cheerleading	-	<1.0
Confidence/obstacle course	<1.0	<1.0
Country 2 Coast	<1.0	-
Cricket	5.0	2.3
Croquet	<1.0	<1.0
Cross-trainer, treadmill, exercycle	<1.0	<1.0
Cubs, Scouts, Keas	<1.0	<1.0
Curling	<1.0	-
Cycling, biking (not mountain biking)	5.0	5.5
Dance	1.6	9.1
Darts	<1.0	<1.0
Dirt bike riding	<1.0	<1.0

	All boys All girls	
	%	%
Diving unspecified	<1.0	<1.0
Dragon boating	<1.0	<1.0
Equestrian	<1.0	<1.0
Exercise, physical activity unspecified	<1.0	<1.0
Fastball	<1.0	<1.0
Fencing	<1.0	<1.0
Fishing	4.3	2.2
Fitness	<1.0	<1.0
Floorball	<1.0	<1.0
Football, soccer, futsal	15.6	10.8
Free running, parkour	<1.0	<1.0
Go-karts, drift karts	<1.0	<1.0
Golf	2.7	1.0
Gridiron, American football	<1.0	<1.0
Gym workout	<1.0	<1.0
Gymnastics, trampoline, aerobics	1.5	6.9
Handball	<1.0	<1.0
Hang gliding, paragliding	<1.0	<1.0
Hockey	4.6	6.7
Horse riding	<1.0	2.8
Hunting	1.0	<1.0
Ice hockey	<1.0	<1.0
Ice skating	<1.0	1.7
Indoor bowls	<1.0	-
Indoor climbing	<1.0	<1.0
Inline hockey	<1.0	<1.0
Jet skiing	<1.0	-
JUMP JAM	<1.0	<1.0
Jumping	<1.0	<1.0
Kidz kartz, harness racing	-	<1.0
Kite surfing/boarding	<1.0	<1.0
Knee boarding	<1.0	<1.0
Lacrosse	<1.0	<1.0
Longball	<1.0	<1.0
Longboarding	<1.0	<1.0
Māori activities	<1.0	<1.0
Marching	-	<1.0
Martial arts	4.7	2.3
Mini pitch	-	<1.0
Motocross	1.3	<1.0

	All boys All girls	
	%	%
Motorbiking	<1.0	<1.0
Motorsports unspecified	<1.0	<1.0
Mountain biking	1.2	<1.0
Mountain climbing	<1.0	<1.0
Netball	1.2	17.5
Newcombball	-	<1.0
Orienteering	<1.0	<1.0
Outdoor activities/education unspecified	-	<1.0
Outdoor pursuit courses/programmes	-	<1.0
PE DEX	<1.0	<1.0
Pacific activities	<1.0	<1.0
Petanque	<1.0	<1.0
Pilates	-	<1.0
Polo	<1.0	<1.0
Pool, snooker, billiards	<1.0	<1.0
Quad biking	<1.0	<1.0
Racing unspecified	<1.0	<1.0
Ripsticking	<1.0	<1.0
Rock climbing	1.1	1.5
Rogaine	-	<1.0
Roller blading	<1.0	<1.0
Roller hockey	<1.0	<1.0
Ropes, rope courses	<1.0	<1.0
Round the Bays	-	<1.0
Rounders	-	<1.0
Rowing	1.1	1.4
Rugby	15.8	7.2
Rugby league	3.4	<1.0
Running, jogging, cross country	3.6	6.0
Sailing, yachting	<1.0	<1.0
Scootering	<1.0	<1.0
Scuba diving	<1.0	<1.0
Shooting	<1.0	<1.0
Skateboarding	2.0	<1.0
Skating	<1.0	<1.0
Ski biscuiting	<1.0	<1.0
Skiing	2.6	3.8
Skimboarding	<1.0	<1.0
Skydiving	<1.0	<1.0
Snorkelling	<1.0	<1.0
Snowboarding	3.8	2.7
Softball, T-ball	2.2	2.5
Sport unspecified	<1.0	<1.0
Sports events/tournaments unspecified	<1.0	<1.0
Squash	1.0	1.0
State Ocean Kids	<1.0	<1.0
Surf 2 city	-	<1.0
Surf Life Saving	<1.0	<1.0

	All boys All girls	
	%	%
Surfing	2.8	3.0
Swimming	6.7	14.8
Sword fighting	<1.0	<1.0
Synchronised swimming	<1.0	<1.0
Table tennis	1.9	1.6
Take a Kid Fishing	<1.0	<1.0
Tchoukball	<1.0	<1.0
Tennis	6.4	8.2
Tenpin bowling	<1.0	<1.0
The Big Coast Ride	<1.0	<1.0
The Meridian Kids Bike Jam	<1.0	<1.0
Touch	3.6	4.7
Trail riding	<1.0	<1.0
Tramping, bush walks	1.4	1.1
Tri(athlon), duathlon	<1.0	1.2
Turbo Touch	<1.0	<1.0
Ultimate frisbee	<1.0	<1.0
Underwater hockey	<1.0	<1.0
Umpire, referee - sport specified	<1.0	-
Unicycling	<1.0	<1.0
Volleyball, Kiwi Volley	1.6	6.0
Wakeboarding	<1.0	<1.0
Walking (for fitness)	<1.0	<1.0
Walking (general)	<1.0	1.3
Walking the dog/animals	<1.0	<1.0
Water polo, Flippa Ball	<1.0	1.6
Water skiing	<1.0	<1.0
Water sports unspecified	<1.0	<1.0
Waveboarding	<1.0	<1.0
Weet-Bix TRYathlon	<1.0	<1.0
Weights	<1.0	<1.0
White water kayaking	<1.0	<1.0
White water rafting, rafting	<1.0	<1.0
Wii Sport/Fitness	<1.0	-
Wind surfing	<1.0	<1.0
Wrestling	<1.0	<1.0
Yoga	<1.0	<1.0
Zorbing	<1.0	-
Zumba	<1.0	<1.0
Other ball sports/games	<1.0	<1.0
Other bike activities	<1.0	-
Other extreme sports	<1.0	<1.0
Other ice sports/activities	-	<1.0
Other snow sports/activities	<1.0	<1.0
Other water sports/activities	<1.0	<1.0

# Appendix 5:

## Reader Notes

Readers should note the following points when reading the report.

### NOTE 1: ANALYSIS BY AGE GROUP AND SURVEY FORM

The Young People's Survey used four age-appropriate survey forms: for Years 1 to 2, Years 3 to 6, Years 7 to 10 and Years 11 to 13. Most students completed the form that was consistent with their year-level and so young people of the same age.

However, some of the classes selected for the survey had students of mixed ages (referred to as composite or vertical classes/forms). Students in these mixed-age classes completed the survey form appropriate to the youngest students in the class so that all students could take part in the survey (this mostly meant completing the Years 3 to 6 survey form). As the younger students were taken through the survey form by the survey staff, it was not practical to use more than one survey form when surveying these mixed-age classes.

These circumstances resulted in some 11 to 14-year-old students, and particularly 11-year-olds, completing the survey form designed for younger children (ie. the Years 3 to 6 form, rather than the Years 7 to 10 form) which had fewer questions, and some different questions.

This means that not all 11 to 14-year-olds answered the same questions. In particular, some of these students only answered questions about the 28 activities listed in the Years 3 to 6 survey form and not the 41 activities in the Years 7 to 10 survey form.

For some questions, therefore, to get the correct numbers for calculating percentages and averages, we have analysed the responses by the four survey forms completed, rather than by the three age groups used in other sections of the report (ie. 5 to 10-year-olds, 11 to 14-year-olds and 15 to 18-year-olds).

For most students, the survey form completed is a good indication of their age, ie. Years 1 to 2 survey forms were mostly completed for 5 to 6-year-olds, Years 3 to 6 forms were mostly completed by 7 to 10-year-olds, Years 7 to 10 forms were mostly completed by 11 to 14-year-olds, and Years 11 to 13 forms were mostly completed by 15 to 18-year-olds.

This note applies to the results presented in section 3 of the report, which includes the frequency with which activities are undertaken and the number of activities.

### NOTE 2: CALCULATING PARTICIPATION IN SPORTS/ACTIVITIES

A further consequence of the circumstances described in Note 1 is that care must be taken to use the appropriate base number when calculating percentages to show participation rates for sports/activities.

Older students (mostly 11 to 14-year-olds) who completed the Years 3 to 6 survey form responded to a list of 28, not 41, activities. As these students were not asked about the 13 sports/activities in the Years 7 to 10 survey form, their responses need to be recorded as "not asked", not as "not answered". (Note: students could list these 13 activities in response to the question about "other sports and active things" they did "this year". As the number of responses was typically very small (or often zero) for consistencies these responses have been excluded from the figures in this report.

When participation in these 13 sports/activities is analysed by age, the base number used to calculate percentages for 11 to 14-year-olds needs to exclude the "not asked" category. This gives the correct proportion of students in this age group participating in these activities. This proportion is then applied to the total number of students in this age group on the Ministry of Education student roll to estimate the number of 11 to 14-year-old students participating in these activities.

An asterisk is used in the tables in section 3 to show the 13 activities that were in the Years 7 to 10 survey form but not in the Years 3 to 6 survey form.

### OTHER POINTS TO NOTE ABOUT THE PRESENTATION OF RESULTS

1. Percentages are rounded to one decimal point. In some cases this rounding results in figures that should sum to 100 percent summing to just under or over one hundred.
2. A small number of students did not answer some questions or gave invalid answers (eg. ticking two boxes, when only one answer was required). As the number of responses in these categories was very small, these responses have been excluded from the figures shown in the tables and charts in this report. The exception to this is the results in the tables on pages 68 to 69 – sports/activities young people want to try or do more of. Students were asked to write in their answers to the question about sports/activities

they wanted to try or do more of. The percentage of students who did not answer this question (around 10%) was higher than for the tick-box questions. The level of non-response, therefore, is shown in the relevant tables.



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