

Play.sport | Backgrounder

Why do we need Play.sport?



Kiwi kids have traditionally been sporty, active kids, and we're all better off for it.

When our young people play sport they develop new skills, take on a challenge, grow social connections, adopt a healthy lifestyle and most importantly, they have fun. Through sport young people also learn values of respect, friendship, team spirit, fair competition, equality, integrity, tolerance and solidarity – these shape our society and help make New Zealand a great place to live.

But times are changing. There is a global trend towards inactivity and New Zealand is not immune. Almost a third of secondary school students aren't meeting the national guidelines for physical activity¹ and 11 percent of our young people are obese and a further 22 percent are overweight². Being active through sport and recreation is now more important than ever for our young people.

Sport NZ's Play.sport is part of the Government's Childhood Obesity Plan launched last year, which made New Zealand one of the first OECD countries to have a target and a comprehensive plan to tackle childhood obesity.

What is Play.sport?

Play.sport is a community-based initiative to improve the quality and quantity of physical education and sport in schools and communities.

Play.sport is a multi-layered approach to the provision of PE and sport with hands-on, practical support and training for teachers, schools, parents and community organisations to improve the quality of the PE and sport experience for young people. This includes professional development, workforce support, community alliances and the sharing of facilities.

Play.sport takes a 'physical literacy' approach – ensuring young people have all the physical, social and emotional skills they need to take part in sport and physical activity for life - confidence, competence and motivation.

The programme is a step-change to the way PE and sport is delivered in our schools, and is aligned with recently released UNESCO global best practice for quality physical education and activity.

The government is investing over \$8 million in the programme over the next four years, primarily through Sport New Zealand, supported by the Ministry of Education and ACC.

Where will it happen?



Play.sport will initially be available in 34 schools in Upper Hutt and Waitakere. As well as improving the quality and quantity of PE and sport for young people in these schools, Play.sport will impact teachers, principals, sport providers and parents, reaching into the community as a whole.

¹Youth 2000 Survey Series. The Health and Wellbeing of New Zealand Secondary School Students in 2012.

²2014/15 New Zealand Health Survey.