

# Active Recreation for Rangatahi Plan

2021-2024

# Te Kaupapa o tēnei māhere Purpose of this plan

Sport NZ cares deeply about creating better outcomes for rangatahi in Aotearoa, and the role active recreation can have in their development and wellbeing.

The Sport NZ Strategic Plan 2020-2024 outlines rangatahi as a key focus group through active recreation and sport. In doing so, we aspire to reduce the drop off in activity levels of rangatahi from age 12-18 and increase levels of activity for those who are less active. To drive outcomes and coordinate effort towards this, we have developed the Active Recreation for Rangatahi Plan 2021-2024 utilising youth development and Sport NZ frameworks. This plan illustrates Sport NZ's commitments and actions to active recreation for rangatahi, and will guide our mahi for the next three years.

This plan will act as a metaphorical camp fire for other organisations passionate about this kaupapa to draw near and work collaboratively to improve participation levels and wellbeing outcomes for all rangatahi.



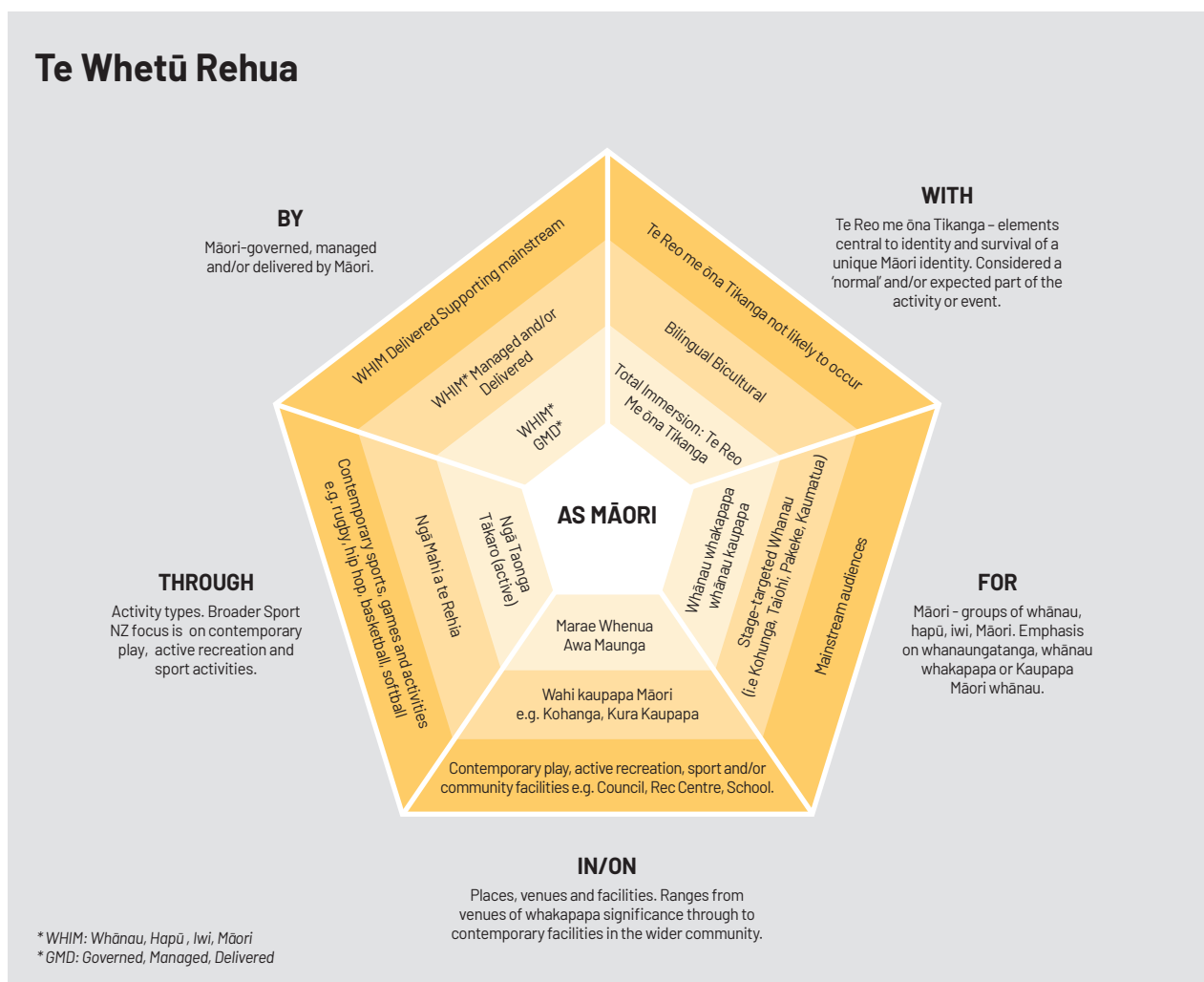
# Ngā momo tāera hei mahi Ways of working

In addition to the three approaches (locally led, insights and physical literacy) we've also explored the role of Mana Taiohi and Te Whetū Rehua to meaningfully contribute to active recreation outcomes for rangatahi.



## Honouring Te Tiriti o Waitangi and continuing our learning journey

While we continue to deepen our understanding of what active recreation means to rangatahi Māori in the context of whānau, Te Whetū Rehua provides a guide to what participation can look like, ‘as Māori’.



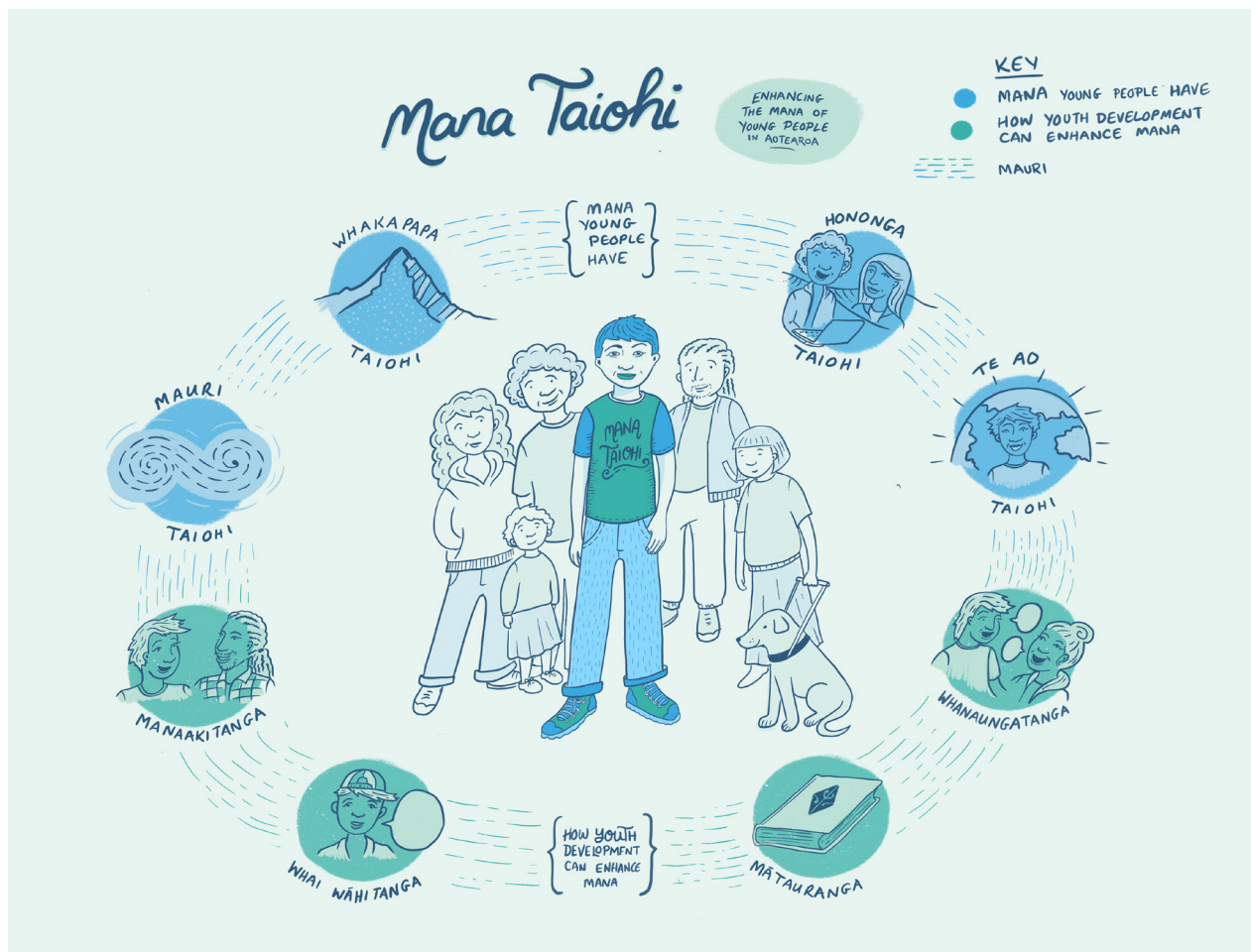
## Mana Taiohi

# Shifting towards active recreation as a vehicle for youth development

There is an opportunity to deliver a broader range of activities to rangatahi by better understanding and responding to their needs, and shifting towards active recreation as a vehicle for youth development.

To do this, Sport NZ partnered with Aotearoa New Zealand's youth development peak body, [Ara Taiohi](#), and using their '[Mana Taiohi](#)' framework as a foundation for this plan.

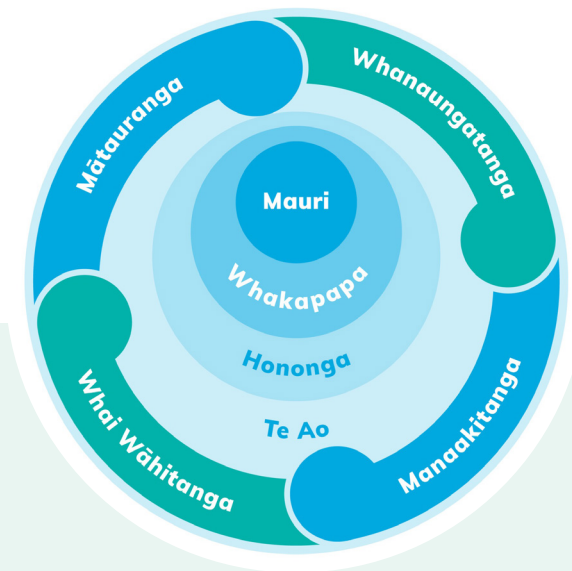
The [Mana Taiohi](#) principles acknowledge the mana that young people bring or carry, and actively work to enhance that mana. The framework evolved from the principles of youth development previously expressed in the Youth Development Strategy of Aotearoa (2002), and was informed by young people and people who work with young people, a review of Aotearoa-based literature on positive youth development, and a Te Ao Māori worldview.



These principles are interconnected, holistic, and exist in relation to one another. Without any one of them, the others are weak. While the commitments in this Active Recreation for Rangatahi Plan emphasise one or more of the principles, their interrelationship is acknowledged.

Each of our Sport NZ commitments aims to:

- acknowledge the mana young people bring or carry
- enhance the mana of young people



The mana young people bring or carry:

- 1. Mauri Taiohi**  
We fuel the Mauri of young people, supporting the development of their identity.
- 2. Whakapapa Taiohi**  
With young people we acknowledge Whakapapa.
- 3. Hononga Taiohi**  
With young people we understand Hononga, identify and strengthen connections.
- 4. Te Ao Taiohi**  
With young people we explore Te Ao.

How youth development approaches enhance mana:

- 5. Whanaungatanga**  
With young people we prioritise Whanaungatanga, taking time to build and sustain quality relationships.
- 6. Manaakitanga**  
With young people we uphold and extend Manaakitanga, nourishing collective wellbeing.
- 7. Whai Wāhitanga**  
Acknowledging mana, we empower Whai Wāhitanga, participation, agency and responsibility.
- 8. Mātauranga**  
With young people we are empowered by rich and diverse Mātauranga, informed by good information

**“ We know that youth development approaches and physical activity both positively impact wellbeing of rangatahi. This plan intentionally combines these two ingredients, and we are excited about the exponential potential of this for the rangatahi of Aotearoa. ”**

Jane Zintl  
Chief Executive Officer, Ara Taiohi



# Titikaha

# Commitments

# and actions

Sport NZ aims to increase access to quality active recreation opportunities that better meet the needs of all rangatahi. The following four commitments have been agreed by Sport NZ.



## Commitment 1

# Honour Te Tiriti o Waitangi and continue our learning journey to apply it in our work

### We will:

- Explore what active recreation means to rangatahi Māori in the context of whānau
- Understand and utilise Te Whetū Rehua to monitor and evaluate active recreation opportunities' as rangatahi Māori in the context of whānau
- Embed the Mana Taiohi principles when working with young people

### Connecting this commitment to Te Tiriti o Waitangi

Intervention Logic for Active Recreation Long-Term Outcomes.

This commitment will move us towards the Te Tiriti o Waitangi principles of partnership, participation and protection.

### Connecting this commitment to Mana Taiohi principles

This commitment will help us bring to life the Mana Taiohi principles of **Whakapapa and Mātauranga** – as we build our understanding of the whakapapa of young people, including the wider influences on their experiences such as connection to whenua and whānau, Te Tiriti o Waitangi, and the ongoing impacts of colonisation.



## Commitment 2

# Increase internal and external awareness and understanding of great practice in active recreation for rangatahi

### We will:

- Improve Sport NZ and our partners' understanding of Mana Taiohi principles and how they apply to all of our work with rangatahi
- Develop and share tools to support partners and active recreation providers to effectively engage with rangatahi, including young women and disabled rangatahi (e.g. good practice case studies, data, research)
- Explore potential initiatives aimed at investigating the influence peers have on active recreation
- Use Sport NZ communication channels to showcase how others are enabling quality experiences in active recreation
- Launch and drive the Young Women's integrated campaign
- Improve our understanding of rangatahi through a Mana Taiohi lens, use the framework to shape research activities
- Evaluate youth development initiatives for effective physical activity outcomes and share key learning through communications channels and partner relationships
- Continue to raise awareness of the existing inequities in the active recreation sector for young women, disabled rangatahi, and rangatahi Māori
- Promote the use of universal design (catering for all rangatahi, especially disabled rangatahi) when developing active recreation initiatives or programmes
- Use Te Whetū Rehua when designing kaupapa Māori initiatives and programmes for rangatahi Māori in the context of whānau

### Connecting this commitment to support outcome

Intervention Logic for Active Recreation Long-Term Outcomes.

This commitment will move us towards the support outcomes of:

- Influencers participate with, encourage and provide support to rangatahi.
- Rangatahi have the motivation, knowledge, skills, confidence, and competence to participate.

### Connecting this commitment to Mana Taiohi principles

This commitment will help us bring to life the Mana Taiohi principles of **Te Ao and Manaakitanga**; as we help others better understand how to create safe, empowering, and mana-enhancing experiences for rangatahi which help them better navigate their worlds.

## Commitment 3

# Incorporate youth voice, and support youth leadership across our work

### We will:

- Establish a process for bridging youth voice into our bi-cultural investment decision-making processes
- Conduct a review of existing examples where youth audits have been undertaken on spaces and place to inform best practice
- Design, adopt and promote a co-design process for engagement of rangatahi in the development of spaces and places
- Explore and promote the role of young people in decision-making in partnership with other relevant organisations
- Conduct a stocktake of existing youth leadership programmes being delivered across the play, active recreation and sport sector
- Work across Government to promote our value proposition, leverage synergies and understand how we can coordinate our actions to contribute to:
  - the Child and Youth Wellbeing Strategy,
  - the Youth Plan 2020-2022: Turning Voice into Action – Rebuilding and Recovering,
  - the Cross-Government Physical Activity and Play Plan work.
- Engage with young women, rangatahi Māori, and disabled rangatahi to ensure their needs are met when developing active recreation initiatives
- Expand the delivery of the Voice of Rangatahi Survey and work collaboratively to ensure optimal usage by secondary schools and whare kura
- Continue to support Young Women's Activation Fund (Y3) projects with a focus on active recreation

### Connecting this commitment to advocacy outcome

Intervention Logic for Active Recreation Long-Term Outcomes.

This commitment will move us towards the advocacy outcome of:

- Key stakeholders and organisations advocate effectively for active recreation.

### Connecting this commitment to Mana Taiohi principles

This commitment will help us bring to life the Mana Taiohi principles of **Mauri and Whai Wāhitanga**, where we fuel the life spark of young people and give them space to participate and assume agency over decisions that affect them.



## Commitment 4

# Establish new partnerships and invest resources externally and internally

### We will:

- Support Regional Sport Trusts (or Tū Manawa Active Aotearoa Fund distributors) to actively promote Tū Manawa as a fund to support the delivery of quality active recreation opportunities for rangatahi
- Increase resources inside Sport NZ to support the implementation of the plan
- Review and refresh the partner investment strategy (incl. National Recreation Organisations, Regional Sport Trusts and new partners) for the remainder of the strategic period to enhance active recreation outcomes for rangatahi.
- Promote opportunities for new active recreation investment initiatives via a bi-cultural investment commissioning process
- Ensure active recreation for rangatahi is included in stakeholder mapping projects in order to influence decision makers and leverage resources to align better around active recreation for rangatahi.
- Understand the role of local government investment and unlock additional resources for active recreation for rangatahi
- Launch and drive a fund that includes equitable access to active recreation in its criteria for disabled rangatahi
- Continue to invest in existing and new partners that can deliver quality active recreation opportunities for young women
- Co-design and lead a Rangatahi in Corrections Facilities prototype
- Scope the young women's programme fund that includes active recreation initiatives

### Connecting this commitment to opportunities outcome

Intervention Logic for Active Recreation Long-Term Outcomes.

This commitment will move us towards the opportunities outcome(s) of:

- A wide range of quality active recreation opportunities that meet the needs of rangatahi
- Access to active recreation opportunities is improved.

### Connecting this commitment to Mana Taiohi principles

This commitment will help us bring to life the Mana Taiohi principles of **Hononga and Whanaungatanga** - as we build reciprocal relationships with those who are already enhancing the mana of young people by strengthening the positive connections they have to their community and environment.

# Ngā kupu whakamutunga Final words

Right from the initial development stages of the Active Recreation for Rangatahi Plan 2021-2024, we were interested in the potential opportunity to showcase a strength-based approach when working with young people.

As such, we have chosen to work in partnership with Ara Taiohi, Aotearoa NZ's peak body for youth development, to utilise their Mana Taiohi principles and mana-enhancing approaches.

In addition, the framework of Te Whetū Rehua will be used to inform, guide and influence how we continue to work on evolving this plan to be bi-cultural.

Looking ahead to the future, our hope is that this inspires the wider whānau at Sport NZ and the wider play, active recreation and sport sector to utilise the Te Whetū Rehua framework, Mana Taiohi principles and its approaches when working with rangatahi.

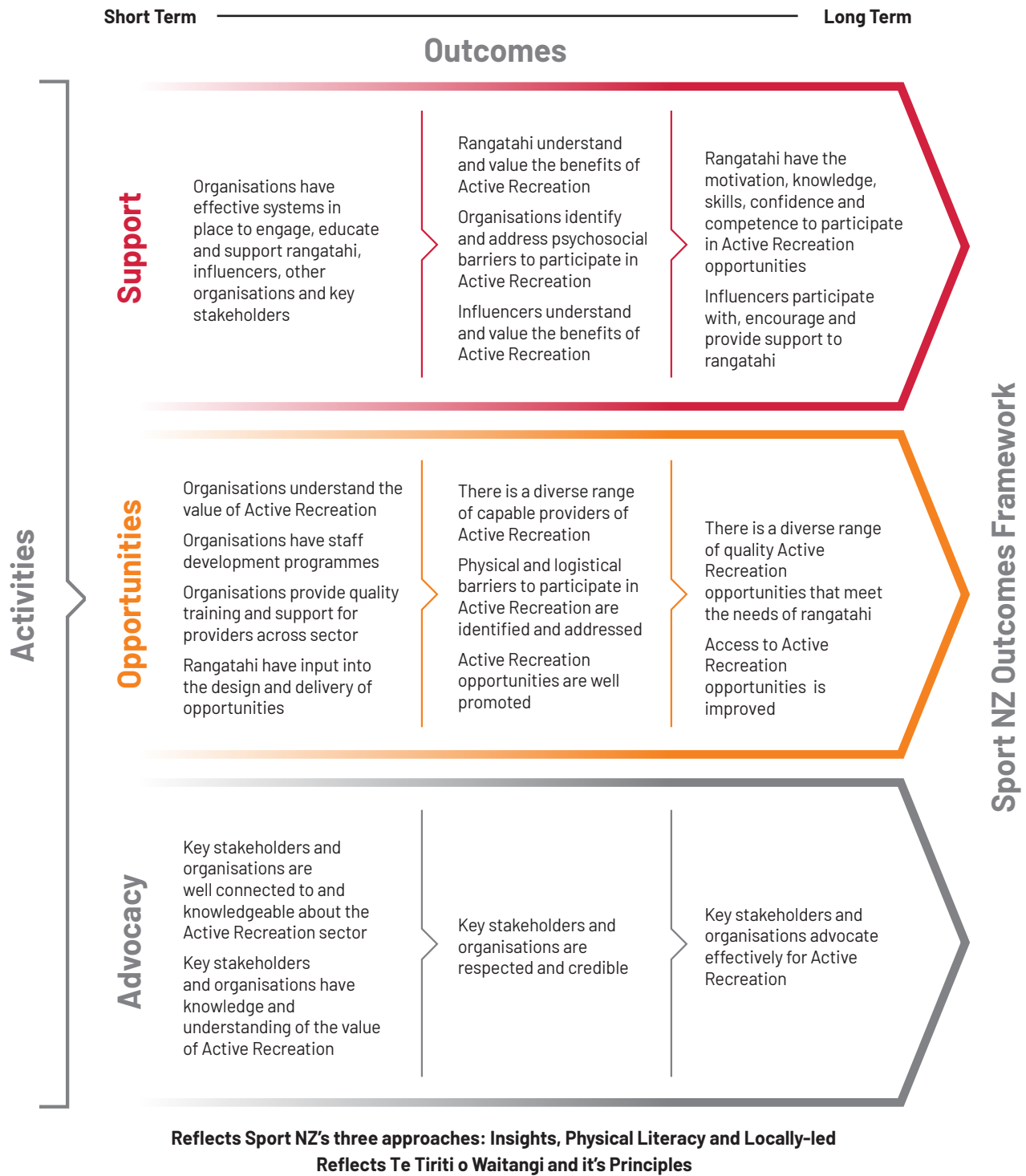
To stay true to our Active Recreation for Rangatahi commitments and actions across Sport NZ, we will:

- Uphold our Te Tiriti o Waitangi commitment within the plan and continue to work at co-designing a bi-cultural Active Recreation Plan.
- Embed commitments and actions in our respective Sport NZ work programmes.
- Establish a monitoring and evaluation plan to assess the impact of the plan and share these findings.
- Ensure that there is adequate budget, resourcing, and investment to implement and operationalise the collective actions.
- Provide annual reviews and reporting, to the Sport NZ Board and the wider sector, of the progress these commitments are making towards the outcomes we are collectively aiming to achieve.



## Appendix

# Intervention Logic: Active Recreation



### Glossary

**Organisations:** Regional Sport Trusts, National Recreation Organisations, National Disability Organisations, schools, clubs, community groups

**Influencers:** Whānau, teachers, peers

**Key stakeholders:** Non Government Organisations, government agencies, Territorial Authorities



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