Active As

A new project between regional agencies and Sport New Zealand Ihi Aotearoa supporting secondary schools and wharekura to provide quality active recreation and sport opportunities



How will it work?

50 **secondary schools and wharekura** will be supported to design and implement their own physical activity initiatives through to December 2026.

Why is it important?

- Physical activity has a positive impact on the physical and mental wellbeing of rangatahi
- Active rangatahi are more engaged in learning and achieve better outcomes in and outside of the classroom
- Research shows that physical activity drops to 46 percent in teenage years
- Two-thirds of rangatahi would like to be more active than they currently are

What are the aims?

- To enhance the wellbeing of rangatahi through physical activity
- To increase the physical activity levels of rangatahi, particularly those that are less active
- To demonstrate the value of physical activity to educational priorities

Why is this relevant to education?

The success of past and existing initiatives in schools has highlighted the value of physical activity to education.

Active As will align to and further complement wider Sport NZ programmes and initiatives supporting schools and kura, including Healthy Active Learning.

What difference will it make?

- Rangatahi being active in ways that reflect them and their aspirations
- Increased physical activity levels and reduced participation drop off rates
- Improved physical and mental health for rangatahi
- Improved attendance, engagement and achievement at school

The facts

Here's what we know about sport in secondary schools and wharekura in Aotearoa:

47% of rangatahi participate in school sport – this number has been static for the last 10 years

56% of sport staff are employed part-time

60% of sport staff are in the role for less than three years

50% lower participation rates are seen at schools in high deprivation areas

SPORT NEW ZEALAND IHI AOTEAROA