

Active recreation domains illustration

The active recreation domains illustration shows how broad and diverse active recreation can be.

Active recreation is not just one sector or type of activity – it includes many different areas, which we call domains. Rangatahi may take part in activities across several domains, and these often connect and overlap.

While we've grouped activities into domains to help explain them, rangatahi may see things differently based on their own views and reasons for getting involved.

For example, a young person might enjoy rock climbing as a way to connect with the natural environment, which fits within the 'Outdoors' domain. Another might prefer indoor rock climbing for fitness, aligning with the 'Exercise and fitness' domain.

That's why it's important to recognise the many ways rangatahi choose to be active and why. They need access to a diverse range of physical activities so they can find something that feels right for them.

The domains

Exercise and fitness	Physical activities that enhance aspects of fitness, such as strength, endurance, flexibility and balance through repeated body movements.
Artistic movement	Physical activities that enable creativity and self-expression, often involving music.
Cultural and Indigenous movement	Physical activities that preserve, revitalise, and celebrate cultural heritage and Indigenous traditions.
Outdoors	Physical activities that enable experiences in, and connection to, the natural environment.
Sport for recreation	Sporting activities that are flexible, informal and focused on fun and enjoyment. Often doesn't involve an official team, coach or competition. Depending on rangatahi motivations and aspirations, it can also connect with the Sport Pathways Framework .

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