

Voice of Rangatahi 2023



The Voice of Rangatahi (VoR) survey, delivered in collaboration with the Regional Sports Trusts and Regional Sports Director network, focuses on understanding how rangatahi experience physical activity specifically within a secondary school and/or kura setting. This infographic shows the key findings from all the rangatahi who took part in the 2023 survey.

20,429 young people

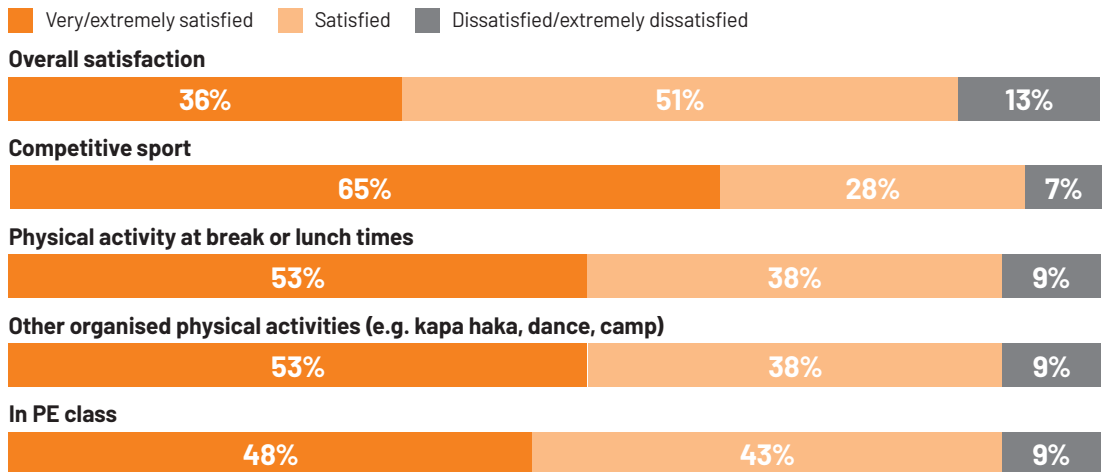
105 schools and kura

15 Regional Sports Trust regions

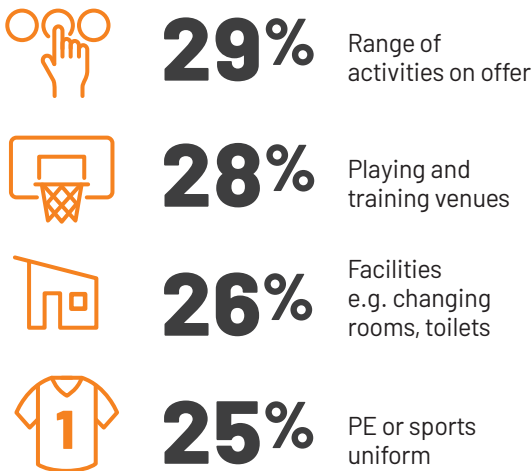
Just over a third of rangatahi are highly satisfied with their in-school physical activity experience.

Of the four types of physical activity measured, satisfaction is highest for 'competitive sport', and lowest for 'PE class'.

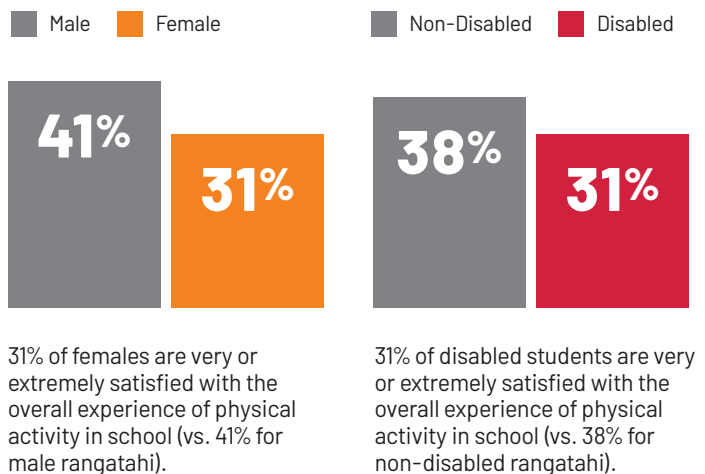
Satisfaction tends to decrease as students go through secondary school, except for PE class, which increases with year group.



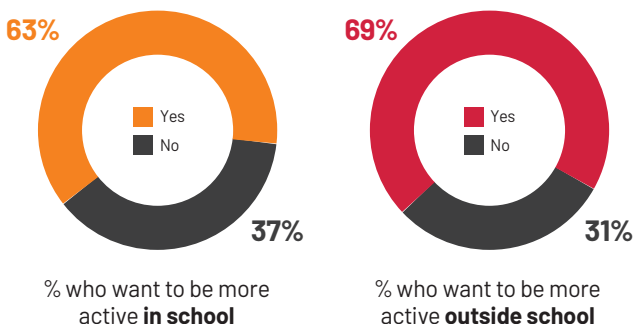
The top four areas for improvement in school that rangatahi would like to see are:



Female and disabled rangatahi are not as well served by their in-school physical activity experiences



Around two-thirds of rangatahi want to be more physically active in or outside of school, but they face a number of perceived barriers.



The main barrier to undertaking more physical activity is **feeling too busy**. A third of students said this.

There is a wide range of experiences of physical activity at school.



Those who are **very or extremely satisfied** with their overall experience of physical activity at school refer to:

- having fun
- health and social benefits
- good range of opportunities



Rangatahi who are **dissatisfied** with their experiences of physical activity at school want to:

- have more fun
- have more variety of sports and activities
- have the right amount of activity
- feel supported