Voice of Rangatahi 202

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.

schools

and kura



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.

Very/extremely satisfied	Satisfied Dissatisfied/ext	remely dissatisfied		
Overall satisfaction				
36%		51%		13%
Competitive sport				
65%			28%	7
Physical activity at break or I	unch times			
Physical activity at break or l 53		38	8%	9%
	%		8%	9%
53	% ivities (e.g. kapa haka, dance	e, camp)	3%	9%
53 Other organised physical act	% ivities (e.g. kapa haka, dance	e, camp)		

Regional Sports

Trust regions

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

voung people



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







% who want to be more active outside school

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

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



31% of females are very or extremely satisfied with the overall experience of physical activity in school (vs. 41% for male rangatahi).

31% of disabled students are very or extremely satisfied with the overall experience of physical activity in school (vs. 38% for non-disabled rangatahi).

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