# Active Recreation Impact Report

2021 - 2024



**Te Kāwanatanga o Aotearoa** New Zealand Government

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# Introduction

As part of our vision for Every Body Active, Sport New Zealand Ihi Aotearoa believes active recreation plays a vital role in supporting wellbeing outcomes for rangatahi in Aotearoa, offering diverse and flexible opportunities to be physically active. <u>The Sport New Zealand Strategic Plan 2020–2024</u> outlines active recreation for rangatahi as a new key focus area to reduce the drop in activity levels of rangatahi from ages 12–18 and increase levels of activity for those who are less active.

# Investing in active recreation

At Sport NZ, we know that a growing number of rangatahi want to be active on their own terms and that their interests and motivations for participating in physical activity are varied (Active NZ survey). Therefore, we established a dedicated active recreation team, alongside new investments and partnerships, to support and advocate for more quality active recreation opportunities that meet the diverse needs of rangatahi.

To drive outcomes and coordinate efforts towards this, we developed the <u>Active Recreation for Rangatahi Plan</u> <u>2021–2024</u>. The plan sets out Sport NZ's commitments to active recreation for rangatahi and has guided internal and external mahi to ensure more opportunities are available and accessible.

This report outlines our collective shift to focusing on active recreation. It captures what we have learnt and will help us to plan how we might build on this momentum over the next strategic period.

Sport NZ investment in active recreation	2019	2024
Regional Sports Trusts	\$0	\$2,103,000
National Recreation Organisations	\$1,245,800	\$1,365,800
Activation funds	\$50,000	\$8,955,500
Other investments in active recreation	\$75,000	\$374,737
Total	\$1,370,800	\$12,799,037



# Use of Mana Taiohi principles

<u>Mana Taiohi is a bicultural youth development framework</u> containing eight interconnected principles that acknowledge the mana young people have and how we can work with young people to uplift that mana.

Sport NZ's Active Recreation for Rangatahi Plan 2021–2024 has been informed by Mana Taiohi as we seek to place the needs of young people at the centre of our decision-making. For each of the commitments shown in this report, we have highlighted two Mana Taiohi principles that most strongly align to that commitment.



# Summary

All 30 actions in the Active Recreation for Rangatahi Plan 2021–2024 have been progressed, and active recreation has been embedded within other important projects across Sport NZ. Below are highlights from both the Active Recreation for Rangatahi Plan and our broader mahi.

COMMITMENT 1	COMMITMENT 2	COMMITMENT 3	COMMITMENT 4			
<b>Te Tiriti o Waitangi</b> Mātauranga + Whakapapa	<b>Great practice</b> Manaakitanga + Te Ao	<b>Youth voice</b> Whai Wāhitanga + Mauri	<b>Partnerships and</b> investments Whanaungatanga + Hononga			
Honour Te Tiriti o Waitangi	Increase understanding of great practice	Incorporate youth voice and support youth leadership	Establish new partnerships and investments			
ACTIONS AND OUTCOMES						
Embedded Mana Taiohi principles through partnership with Ara Taiohi, the peak Aotearoa body for youth	Regional active recreation advisor (RARA) pilot showed what works regionally	Youth Voice guidance supported the sector to hear from young people	Tū Manawa Active Aotearoa provided investment to support active recreation opportunities			
development	<u>Mana Taiohi Training</u> started to embed Positive Youth Development across the sector	<u>Co-design guidance</u> helped the sector co-design spaces and places with young people	Disability Inclusion Fund made inclusivity more sustainable			
2023–2028 Cross- government youth plan created with the Ministry of Youth Development, Ara Taiohi and Mana Mokopuna	Whenua Iti Outdoors case study showcased inclusive outdoor experiences	Youth in Governance guidance helped the sector include youth voice in governance	Active As supports physical activity in secondary schools and wharekura			
He Puna Korikori Bicultural Outdoor Activity Fund enabled more rangatahi to be active outdoors	Inclusivity Hub increased sector access to diversity, equity and inclusion support	Recreate NZ case study showcased a youth governance board in action	IMPACT project enabled local leaders to drive systemic change			
Rangatahi Māori insights gained through funding Māori evaluation role within	Peer Crowds built understanding of youth culture	Rangatahi decision-making panels gave young people a	Active recreation network wānanga connected the sector to learn together			
Recreation Actearoa	in Aotearoa <u>It's My Move campaign</u> promoted what matters to young women	voice over what is invested in	<u>Sector workshop with The</u> <u>Duke of Edinburgh</u> connected organisations in the youth and recreation sectors			
			New partnership with Education Outdoors New Zealand supported new resources and initiatives			
			Rangatahi Skate Project collaborated nationally and internationally to develop a sector resource			

# Te Tiriti o Waitangi

Honour Te Tiriti o Waitangi

# Mātauranga + Whakapapa

Build our understanding and mātauranga of the whakapapa of young people in Aotearoa so we can better serve them.



Sir Peter Blake Trust and Talk Communications

# **Actions and outcomes**

**Embedding Mana Taiohi** Promoting a bicultural youth development approach

Sport NZ partnered with <u>Ara Taiohi</u>, the peak body for youth development in Aotearoa, to embed Mana Taiohi within the 2021–2024 Active Recreation for Rangatahi Plan. This framework has influenced our approach to implementing the plan and features in all our resources that support rangatahi engagement.

A highlight includes embedding Mana Taiohi within <u>Active As</u>, a new initiative supporting rangatahi in a secondary school setting. This has led to youth voice being a significant component of the funding criteria.

We know that youth development approaches and physical activity both positively impact [on the] wellbeing of rangatahi, and we are excited about the exponential potential of this for the rangatahi of Aotearoa.

- Jane Zintl - Chief Executive Officer, Ara Taiohi

## 2023–2028 Cross-government youth plan Working across government for rangatahi outcomes

In December 2023, <u>Ara Taiohi</u>, <u>Ministry of Youth</u> <u>Development (MYD)</u>, <u>Mana Mokopuna</u> and Sport NZ workshopped how the <u>Mana Taiohi</u> youth development principles could be embedded across government agencies as part of <u>MYD's Youth Plan 2023–2028</u>. Sport NZ will continue working with MYD to share what has been done and learnt while embedding Mana Taiohi across the play, active recreation and sport sector.



Ara Taiohi and members of the Youth Plan Cross-Government working group

# He Puna Korikori Bicultural Outdoor Activity Fund Helping more rangatahi to be active outdoors

In 2021, Sport NZ increased investment to He Puna Korikori (the Outdoor Activity Fund) to enable more outdoor activities for rangatahi. The fund, managed by Recreation Aotearoa, increased from \$100,000 to \$500,000 per year. Forty two organisations are supported over the first two years, with the successful recipients from the third year of funding yet to be determined. The fund's bicultural principles are aligned with Sport NZ's framework Te Whetū Rehua, ensuring that 50% of funding supports tangata whenua participation – rangatahi Māori participating as Māori. The remaining 50% supports tangata Tiriti projects, focusing on priority communities that experience exclusion.

Learn more about the fund

Watch tangata whenua project case studies

Watch a tangata Tiriti project case study

### Rangatahi Māori insights Learning what works for rangatahi Māori

Sport NZ funded a new Kaiarotake Māori evaluation role within Recreation Aotearoa to support providers who receive He Puna Korikori funding for tāngata whenua. This will help highlight unique and successful kaupapa, share local pūrakau, and help us gain insights into barriers and what helps address these for rangatahi Māori.



Ngā Taiohi o Te Rangitaupi

# Lessons learnt

We have learnt that a commitment to embedding Te Tiriti o Waitangi takes a willingness and capacity to collaborate. Taking bicultural and Te Tiriti-informed approaches across our organisation has been limited by internal capacity. Although the growth in demand for support and leadership has been a positive sign, these capacity challenges have, at times, made it difficult to embed te ao Māori across projects and advance our learning over the past three years.

- further embed and champion the Mana Taiohi principles throughout our planning and work
- continue to collaborate with internal and external expertise to learn and share what works for rangatahi Māori within active recreation
- advance our work to uphold and honour Te Tiriti o Waitangi as an organisation.



# **Great practice**

Increase understanding of great practice

# Manaakitanga + Te Ao

Show manaakitanga to rangatahi so they feel safe, included and empowered to better navigate te ao; their worlds.



RARA Pilot Project, Sport Hawke's Bay

# Actions and outcomes

#### Regional active recreation advisor pilot Learning what works regionally

Sport NZ initiated a 12-month pilot project with Sport Tasman and Sport Hawke's Bay to test the effectiveness of a 'regional active recreation advisor' (RARA) in enhancing active recreation opportunities for rangatahi. The advisors engaged with rangatahi, connected local providers to funding and opportunities to upskill, and enriched the knowledge of their Regional Sports Trusts (RSTs). This led to improved options for youth activity within these regions, stronger partnerships, and increased funding for underserved communities. The project informed the Active Recreation for Rangatahi Plan and expanded investment in the wider regional sports trust network.

Watch the video case study



# Mana Taiohi training

Embedding youth development in active recreation

Sport NZ partnered with <u>Ara Taiohi</u> to deliver youth development training to RSTs and their community partners across Aotearoa. Seventy-nine percent of the 349 attendees felt confident applying Mana Taiohi principles to their work as a result of the training. This means that, as a sector, we are now more confident working with young people to uplift their mana. A new support network, the Mana Taiohi Champions Rōpū, was also created for the Regional Sports Trust network, to maintain learning and sharing.

Learn more about Mana Taiohi and sign up for training

Whenua Iti Outdoors case study Showcasing inclusive outdoor experiences

Sport NZ partnered with <u>Whenua Iti Outdoors</u>, the <u>Halberg Foundation</u> and local experts to upskill their leaders and improve their facilities, equipment and communication to better cater to the needs of disabled tamariki and rangatahi. Whenua Iti Outdoors shared what it had learnt across many conferences, sparking the formation of a new sector support group. This group, in collaboration with <u>Recreation Aotearoa</u> and <u>Education Outdoors New Zealand</u>, is developing good practice guidance to help the outdoor education and recreation sectors be more inclusive for disabled rangatahi.

#### Watch the Whenua Iti Outdoors case study



Mana Taiohi Champions Wānanga, Wellington 2022





# **Inclusivity Hub**

Increasing access to Disabilty, Equity and Inclusion support

Following sector feedback that more, and easily findable, guidance was needed on diversity, equity and inclusion, Sport NZ created an online hub of relevant contacts, training and resources, featuring personal stories from rangatahi.

The Inclusivity Hub remained in the top 20 pages on the Sport NZ website for a month from when it went live. All Inclusivity Hub pages remain above the average engagement rate for the Sport NZ site, and the landing page has received more than 3000 views.

#### Check out the Inclusivity Hub

It's a great resource we can share with our clubs to make their own change as they see fit, and begin to start the conversation within our sport.
- Yachting NZ

# It's My Move

### Advocating for what matters to young women

Sport NZ leads a national behaviour change campaign, as part of the <u>Women and Girls Action Plan</u>, to address barriers young women face to being active. Promoting active recreation was a major component of the campaign because many young women identified competition as a barrier, preferring to be physically active in social, flexible environments. Aimed at providers, caregivers, and young women themselves, phase one of the campaign was delivered through television, print and social media channels to reach these audiences. Notably, the television commercial reached 66% of the Aotearoa population aged over 35, and TikTok content for young women amassed 2.28 million impressions.

#### Find out more about It's My Move

#### Read the progress report

Watch examples of organisations creating inclusive environments for young women

# **Peer Crowds** Understanding youth culture in Aotearoa

Sport NZ worked with the <u>Rescue Agency</u> to lead a project to hear from young people so Sport NZ can enhance its understanding of how young people's peers, wider lives, and youth culture influence physical activity. This will help us create campaigns and design interventions that speak more directly to what young people care about and associate with in relation to physical activity.





# Lessons learnt

Embedding multiple new ideas at once can slow the pace of change. Over the past three years, we have been working on creating a shift in focus towards:

- active recreation for rangatahi 1.
- 2. using a positive youth development approach when working with rangatahi.

The above two points were undertaken based on Mana Taiohi (a bicultural principles-based framework).

Although each layer was needed and important, embedding both points at once created complexity, taking more time for the sector to understand, action and embed.

### Moving forward, we will:

 focus on the two important opportunities separately: positive youth development and active recreation for rangatahi.



**First Step Outdoors** 

Active recreation for rangatahi is hugely diverse and can be difficult to clearly define. This diversity has made it challenging at times for the sector to explain and promote active recreation, and to create change at a strategic level. People's understanding and awareness of the diversity of active recreation helps to build their connection to it so that promoting active recreation does not just sit with one person in an organisation.

- continue to build understanding around the value of active recreation
- identify gaps and increase the diversity of active recreation opportunities available for rangatahi through partnerships
- invest in organisations that better represent the breadth of active recreation.



New Zealand Outdoors Instructors Association (NZOIA)

# Lessons learnt

This diagram shows the scope of active recreation.



These domains represent the diversity of active recreation opportunities and the different sectors, organisations and providers that might support these activities. Not all forms of active recreation will fit neatly into one of these five domains, and many forms of activity may sit across, or between, these areas. For example, Parkour may be artistic movement that also occurs in an outdoor setting, and some dance classes might have a strong focus on exercise and fitness.

# **Youth voice**

Incorporate youth voice and support youth leadership

# Whai Wāhitanga + Mauri

Create space for whai wāhitanga where young people have agency over the decisions that affect them, fuelling their mauri.



Evolve Wellington Youth Service

# **Actions and outcomes**

#### Youth Voice guidance Supporting the sector to hear from young people

As part of the Sport NZ graduate programme, Olivia Clare (former graduate) created sector guidance on how we can hear from young people when designing and delivering active recreation and sporting activities. This resource includes practical considerations for organisations, examples of good practice, and advice from the sector and young people. Sport NZ has shared this guidance with the sector through webinars, conferences and events. It has been downloaded by more than 300 users and has led to organisations reviewing and improving their approaches to youth engagement.

#### Read the guidance for ideas to involve young people in your mahi

Watch a webinar on how to put the guidance into action

### Co-design guidance

# Helping the sector co-design spaces and places with young people

Sport NZ created co-design guidance and case studies based on four organisations across the country that recently co-designed local spaces with young people. The guidance was created using the Mana Taiohi framework, and the co-design web resource has been viewed more than 1,200 times.

Read the guidance and see the case studies

# Youth Voices in Active Recreation and Sport

Listening to young people's voices can make your physical activity offerings more successful.



# Youth in Governance guidance

Helping the sector include youth voice at a governance level

Based on an increasing number of organisations considering how they might include young people's voices in the governance of their organisation, Sport NZ created guidance to help boards consider their options and plan their next steps for youth engagement.

Consider how you might include youth voice in the governance of your organisation

# Rangatahi decision-making panels

Giving young people a voice over what is invested in

Sport NZ has supported the establishment of multiple rangatahi judging panels to help decide where funding should be prioritised, as well as increasing the number of young people on existing panels. This has given young people a direct influence and decision-making power over the physical activity programmes they can access.

Watch more about the He Puna Korikori – Rangatahi Judging Panel

#### **Recreate NZ case study** Showcasing a youth board in action

Sport NZ supported youth disability provider <u>Recreate NZ</u> to create a video showcasing their youth governance board. The youth board ensures youth voice is present at a governance level within Recreate NZ and provides leadership opportunities for disabled rangatahi.

This video has helped spark conversations across the sector about the role of young people in governance.

Watch the case study video



# Lessons learnt

Giving young people space to lead builds their confidence and belief in their own whai wāhitanga. Doing this well takes time and skill.

We have been proud to see young people having more influence across the sector over the decisions that affect them. We have also seen the sector grappling with what level of engagement with young people is realistic based on the resources that organisations have available.

- ensure we have the resources, time and skills available to engage well with young people
- continue to promote the Mana Taiohi principles to inform best practice youth engagement
- continue to promote the importance of young people in leadership and decision-making roles.



He Puna Korikori Rangatahi Judging Panel

# Partnerships and investments

Establish new partnerships and investments

# Whanaungatanga + Hononga

Build whanaungatanga with and support those who are strengthening young people's relationships with their communities and environments.



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Mangere College and CLM Community Sport
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# Actions and outcomes

**Tū Manawa Active Aotearoa Fund** Investing in active recreation

Sport NZ replaced the previous Kiwi Sport fund with the new Tū Manawa Active Aotearoa Fund, which enables investment into a wider range of activities across play, active recreation and sport. Of the total \$16 million, over 50%\* has been given to active recreation activities across Aotearoa, a significant increase from the previous strategic period. (\*Data from 2021-2023).

Read more about the fund



Mangere College and CLM Community Sport

# **Disability Inclusion Fund**

Making inclusivity sustainable

Sport NZ allocated \$3.6 million to 16 organisations for the 2021–2024 Disability Inclusion Fund. The fund aims to enhance sector capacity to offer equitable opportunities for disabled tamariki and rangatahi. Notably, Recreation Aotearoa now has a dedicated role for disability inclusion. They, along with the Accessible Outdoors Working Group, are crafting accessibility standards for outdoor tracks and infrastructure, set for release in June 2024.

Read about the projects that received funding

# **Active As**

Supporting physical activity in secondary schools and wharekura

New multi-year investment into Active As is supporting 40 schools and kura across the motu to co-design physical activity opportunities that meet the needs of all rangatahi. Mana Taiohi was an important aspect of the implementation, ensuring that rangatahi voice was at the centre of the design process. Many of the projects have an active recreation focus with fun, social connection, and less competitive environments supporting more rangatahi to be active.

# **IMPACT** project

Local leaders driving systemic change

Sport NZ partnered with 13 Innovative Movement Partners Activating Community Transformation (IMPACT) organisations to better understand challenges faced by local and regional groups in the physical activity system. Through two hui, the groups shared their experiences and opportunities with Sport NZ to support system-level changes to help more organisations like them to flourish. Next, Sport NZ will coordinate the feedback and create a way for the groups to be directly involved in driving systemic change.

Read about the 2022 IMPACT hui, organisations and opportunities for system change

 I'm on a personal journey with tikanga and this conference is the first I've been to where they've engaged in tikanga and what it could look like in everyday life ...
 [It's] shown me a new way to build our relationships with [kura kaupapa].
 Juicee Brown, Sport Northland secondary school connector



# Duke of Edinburgh sector workshop

Connecting organisations for collective impact

In partnership with <u>The Duke of Edinburgh's Hillary</u> <u>Award</u>, Sport NZ hosted a workshop event to celebrate 60 years of the award in Aotearoa, attended by His Royal Highness, The Duke of Edinburgh. Ten Sport NZ partners working in youth and recreation were invited to attend, including <u>Scouts Aotearoa</u>, <u>Special</u> <u>Olympics New Zealand</u> and the <u>New Zealand Mountain</u> <u>Safety Council</u>. The workshop focused on fostering collaboration and building greater opportunities for rangatahi. The success of this workshop has led to a greater emphasis on sector collaboration moving into the next strategy.  ...We're modelling a different way of getting young people active, and ultimately supporting them to be better young people. We're all just using a different vehicle to get to that point.

- Ash Peter, WORD co-founder



### Active recreation network wananga

Connecting the Regional Sports Trust network to learn together

Each year, Sport NZ has brought together all of the Active Recreation Leads from across the 18 RSTs for an in-person hui to share their learnings and priorities, and attend the Recreation Aotearoa national recreation conference. Various challenges and opportunities were identified that will help inform the next strategic period.

Read about the hui and next steps

It was inspiring to see the commitment from the ten organisations present, whose passion about the role of physical activity and its contribution to youth wellbeing, is evident in their mahi.
Raelene Castle, Group CEO of Sport New Zealand



His Royal Highness, The Duke of Edinburgh and Sport NZ

# **Education Outdoors New Zealand** Supporting innovative projects in outdoor education

In 2021, Education Outdoors New Zealand became a national recreation partner of Sport NZ, opening up new opportunities to collaborate and invest in projects that support organisations, schools and kura to provide quality outdoor education experiences. Two significant projects during this time have been the Going with Flow resource - promoting menstruation and rainbow inclusion in the outdoors - and Tuia ki Tawhiti - a fund supporting outdoor organisations to develop innovative projects leading to transformational change. All Tuia ki Tawhiti projects focused on Māori participation in the outdoors as Māori, with an emphasis on building connections, collaborations and establishing systems to enable more rangatahi Māori leadership in the sector.

# Read about the Going with the Flow resource Watch the Tuia ki Tawhiti video report



# **Rangatahi Skate Project**

Collaborative sector resource promoting skate provision

To bridge the gap in knowledge about skate provision in Aotearoa, extensive guidelines were developed in collaboration with local governments, national sporting organisations, skate associations, international experts and community members. These guidelines, launched in May 2024, aim to improve decision-making on skate facilities and programming by offering insights and examples of comprehensive provision. A special interest group for those involved in skate projects has also been established, with representation from over 20 councils.

Read the Skate Guidelines for Local Government here



# Lessons learnt

More can still be done to show the broad areas that Sport NZ works in, which will help attract different partners.

As we have broadened our remit to play, active recreation and sport, it has become apparent that the wider physical activity sector is beginning to see Sport NZ as a potential partner, collaborator or funder for their activity. However, more work needs to be done.

- continue to diversify our partnerships and investments so rangatahi and other priority groups can choose to be active in ways they want to be
- increase our focus on connecting organisations working in the outdoors sector, supporting collaborative projects
- proactively engage with recreation staff within local government.



# What's next?

In this strategic period, Sport NZ has put significant effort and investment to active recreation. Based on the success of the past three years, active recreation will continue to be a strategic priority.

We are proud of the progress we have made with the sector, and we are looking forward to growing this area further to create a future where everybody can be active.

Building from the lessons learnt, we have identified the following three areas for the next strategic period.



Learn to Surf, Sumner

# Partners and collaborators

None of this would have been possible without the work, expertise, relationships and mana of our wonderful partners. We look forward to continuing this journey to improve the wellbeing of rangatahi across Aotearoa, together.

#### Active Southland

Aktive – Auckland Sport and Recreation

Ara Taiohi

Auckland Climbing Youth **Development Club** 

**CLM** Community Sport

Curative

Education Outdoors New Zealand

First Step Outdoors

Girl Boss

Gisborne Boardriders Club

Harbour Sport

Healthy Families New Zealand

Ignite Sport Trust

Inside OUT

It's My Move Influencers and ambassadors

Les Mills

Mana Mokopuna

Ministry of Education

Ministry of Youth Development

#### Mātātoa

New Zealand Mountain Safety Council

Nuku Ora

New Zealand Outdoor Instructors Association (NZOIA)

Patu Heretaunga

Porirua City Council

Recreate NZ

**Recreation Aotearoa** 

Rescue Agency

Scouts Aotearoa

She Moves

Shore Junction

Shut Up & Dance

Skateboarding New Zealand

Special Olympics New Zealand

Sport Auckland

Sport Bay of Plenty

Sport Canterbury

Sport Hawke's Bay

Sport Manawatū

Sport Northland

Sport Otago

Sport Taranaki

Sport Tasman

Sport Waikato

Sport Waitākere

Sport Whanganui

Tairāwhiti Adventure Trust

The Brotherhood Continues **Charitable Trust** 

The Cause Collective

The Duke of Edinburgh's International Award

The Halberg Foundation

The MEKE Foundation

The Wellness Riders

Touch New Zealand

Whanake Youth

Whenua Iti Outdoors

Whiti Ora Tairāwhiti

WORD Mountain Biking



he Brotherhood Continues Charitable Trust





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