

VOICE OF TAMARIKI ACROSS THE AUCKLAND REGION

WHAT TAMARIKI ARE SAYING ABOUT PHYSICAL ACTIVITY

Gathering, reflecting on and responding to the voice of tamariki and rangatahi on their physical activity experiences, barriers and aspirations is important if we hope to improve physical literacy, participation and satisfaction rates. Collecting and utilising student voice enables those who support and lead play, sport and physical activity in schools to provide improved opportunities, environments and outcomes for students.

This information comes from the Voice of Tamariki (13,360) survey collected in 2025.



How active are you?



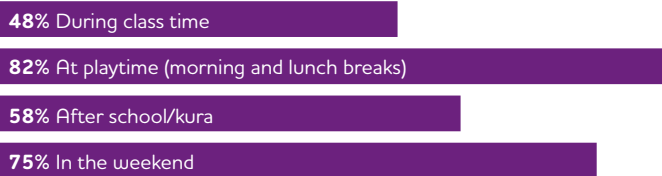
82% of tamariki report being active during morning tea and lunch breaks, highlighting the importance of break times as opportunities for movement and play.



75% of tamariki report being active on the weekend, showing that many children continue to engage in physical activity outside of school hours.

How active are you?

Based on responses of quite a lot and heaps



Even at primary school boys 87% are more active than girls 78% during playtime.



How much do you enjoy being active?

Enjoyment of physical activity is high across both school and non school settings.



83% of tamariki enjoy being active during morning tea and lunch breaks, suggesting that informal, self directed play is a positive experience for most students.



77% of tamariki enjoy being active on the weekend, indicating strong enjoyment of physical activity in home and community environments.



When being active with their class during PE and/or fitness boys (75%) enjoy this more than girls (65%).



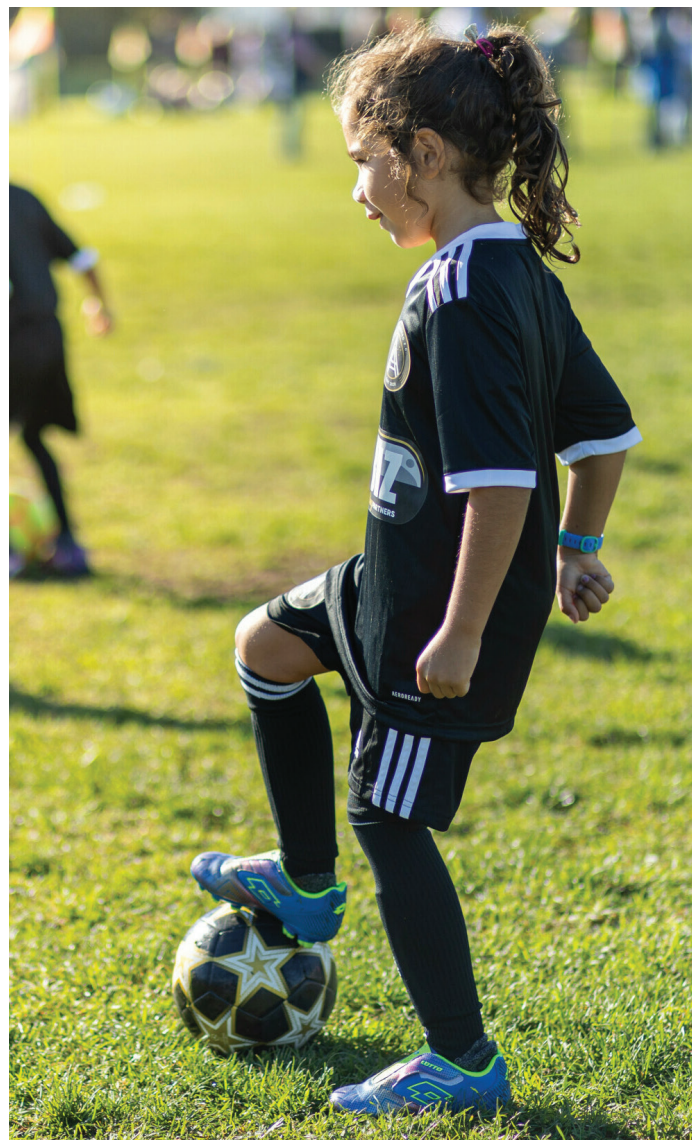
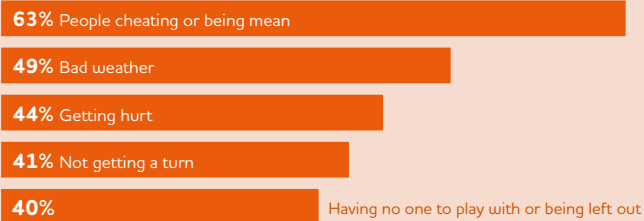


Things tamariki don't like about being active

63% of tamariki do not like it when people cheat or are being mean, showing that fairness and positive social interactions are important for participation.

32% of tamariki do not like not having a choice about what they do, reinforcing the importance of providing options and child led opportunities for activity.

TOP 5 things tamariki don't like about being active



Having no one to play with or being left out

Girls (48%) feel more strongly that having no one to play with or being left out has a negative impact on them enjoying being active than boys (34%).



People watching them be active can be a barrier

Girls (35%) have stronger feelings about people watching them be active and this being a barrier than boys (18%).



What do tamariki think or feel about being active?

Overall attitudes towards being active are positive.

76% of tamariki say they want to be active, demonstrating a strong desire to participate in physical activity.

60% of tamariki feel confident taking part in a range of different physical activities, suggesting that while confidence is relatively high, there is still an opportunity to support more tamariki to feel capable and included.



Comments from tamariki themselves
What do you enjoy about being active at school?

“Being active at school helps me run around and get my energy out.”

“Being active at school makes my day better.”

“Being active at school helps me focus better in class.”

“Doing activities together makes school feel more fun.”

“I like being active because it makes me feel happy and strong.”

What do you enjoy about being active at home or when you are not at school?

“I enjoy going to the park and playing with my family.”

“I like exploring parks and playgrounds.”

“I like riding my bike and scooter around my neighbourhood.”

“I like practising my basketball skills at the park.”

