

Young people plan

2015-20



SPORT
NEW ZEALAND

Community sport

Introduction

“Sport doesn’t work like that”

Richie McCaw’s game-day mantra is now famous ... “start again”.

New Zealand prides itself on being one of the world’s great sporting nations. We’re fourth on the Olympic medals table, per capita, and traditionally our young people have participated in high numbers. Play, you might say, is in our DNA.

“Except...” as Richie might say, “that was last week. And last week is history.” Because, already, 11% of New Zealand’s young people are obese and a further 22% are overweight. We are the third most obese nation in the OECD for young people.

New Zealand’s sporting tradition is being corroded by the modern, sedentary lifestyle. Physical inactivity is now one of the world’s major non-communicable diseases: as serious as smoking.

Whether it’s from self-interest - maintaining sport’s talent pool - or in the national interest - a healthier, happier and more productive society, as a sector, we have to turn around, look outside at a changing world and respond.

That’s what the Sport NZ Community Sport strategy is about...and that’s what this document is about. It outlines Sport NZ’s plan of attack for getting more young people in New Zealand active.

To create a world-leading system we must start in the community, at the grass roots. We must encourage more kids up on their feet, becoming active and experiencing the sheer lung-busting fun of participating in community sport. We know that participating and competing build their self-esteem, resilience and confidence. And we know that, once they start, they may well discover a talent, follow a pathway and end up winning on the world stage.

We’re in Sport. We know you only remain good if you’re striving to be better. And we completely get it when Richie says, “start again.”

What is community sport?

We use a wide definition of community sport. It includes play, physical education, active recreation, competitive sport and talent development. Young people will be physically active at home, at school, through the physical education curriculum and through clubs and events.



Challenges and opportunities

Research shows that there are many challenges to young people being physically active. Through this plan, Sport NZ is looking to work with the community sport sector to better understand the challenges and identify the opportunities for overcoming these together.

Young people take part in community sport activities across four settings (home, school, community, clubs), and within each of these settings there are challenges to participation.

Home:

Challenge - the demands and distractions of modern life in New Zealand.

Opportunity - reducing screen time, dedicating time to active play, ensuring there is equipment at home to help young people participate in and enjoy play and physical activity.

Schools:

Challenge - variable quality of physical education and sport and the limited emphasis on these in curriculum time.

Opportunity - prioritising physical education in the school curriculum, support for teachers so they are confident in delivering physical education opportunities and supporting secondary schools to enhance the delivery of community sport.

Community:

Challenge – inconsistent experiences, opportunities and the quality of delivery.

Opportunity - co-ordinate a consistent approach to quality delivery; provide variable opportunities that meet the needs of young people.

Sports Clubs:

Challenge - time pressure, parental expectations, rising costs and being overly competitive.

Opportunity – more stage-appropriate competitive and fun options and participant focused delivery.

Working together – everyone playing their part

Enriching and inspiring the lives of young people by creating a lifelong love of community sport requires a unified approach. Sport NZ can provide leadership and direction, but all stakeholders within community sport - from government and health agencies through to national and regional sport organisations, schools, clubs and whānau - have a role to play.

In order for young people to be well equipped to participate and enjoy sport and physical activity they will need:

Parents, caregivers, whānau to:

- understand the importance, and value, of physical activity and community sport for their children
- understand their child's stage of development so that their community sport experiences are appropriate for them
- have the knowledge and understanding to positively support and enhance their child's community sport experiences
- understand that young people need the freedom to create their own opportunities for play, to lead their own activities, have fun and direct their own outcomes.

Schools to:

- prioritise and deliver quality physical education
- provide a wide range of play, physical activity and sporting opportunities that meet the needs and wants of all their young people
- ensure young people develop their leadership skills in and, through physical education, play and school sport opportunities.

The community sport sector to:

- promote children participating in many different community sport experiences
- understand the importance and value of providing quality enjoyable experiences for young people
- recognise technology and societal changes and respond with appropriate opportunities and experiences for young people
- cater for the stage of development of young people so that their community sport opportunities are appropriate and enjoyable
- deliver community sport experiences, across the four settings where young people participate, that are consistent, enjoyable and of high quality
- provide a safe environment - physically, socially and emotionally -for all young people
- enable young people to lead in both community and club settings

- engage with other agencies to support them in the ongoing improvement of their organisations' capabilities and with the experiences they provide.

Purpose of this plan

This document outlines Sport NZ's approach for getting more young people in New Zealand active. Having recognised the challenges to young people in community sport, this plan will identify areas for improvement and outline how all the influencers in the system can make a difference in the lives of young people.

This plan will:

- provide leadership and direction for agencies and individuals working with young people in the community sport sector, to enable them to provide a consistent approach to how young people access and experience quality community sport opportunities
- advocate and influence across government and partner organisations for positive outcomes that enable young people to be more active
- ensure the needs, wants and aspirations of young people are heard and understood, and young people are empowered to be part of finding the solution and decision making.

Vision

Our vision is to enrich and inspire the lives of young people by creating a lifelong love of community sport and being physically active.

Sport NZ anticipates that key stakeholders in community sport will align with the beliefs and critical success factors below, and embed these in to their approaches, plans and actions.

The beliefs

At Sport NZ, we believe:

- young people need to be physically active
- young people should be heard
- young people's needs are paramount
- community sport should be **fun**
- community sport enhances the lives of young people and their communities.

Critical success factors

Through community sport, Sport NZ will support young people to create a lifelong love of community sport and being physically active by ensuring:

- they are physically literate
- their experiences are high quality, stage-appropriate and **fun**
- they are positively influenced, encouraged and supported
- they can access quality opportunities
- they can participate and compete to the level of their aspiration
- they are empowered to shape their community sport experience.

Sport NZ's game plan for young people

To ensure young people in New Zealand are **physically literate**, Sport NZ will:

- develop, promote and facilitate the implementation of a physical literacy approach
- ensure understanding of the physical literacy approach is consistent across schools and the community sport sector
- develop and deliver training about physical literacy and how it can enhance/improve existing and new programmes and practices
- measure improvement in physical literacy in young people
- facilitate the sharing of good practice in physical literacy with schools and the community sport sector
- establish and promote the principles of play
- invest in community sport partners who align with the physical literacy approach.

To ensure young people's **experiences are high quality, stage appropriate and enjoyable**, Sport NZ will:

- define quality standards and utilise and promote these to the community sport sector
- improve the quality of physical education teaching, primarily through *Play.sport*
- provide advice/support to partners about stage-appropriate experiences
- provide clarity in the developmental pathway of Fundamental Skills and Sports Skills
- ensure the wider value of sport is understood and maximised for young people through a range of initiatives
- promote and facilitate effective practice in high quality, stage-appropriate and enjoyable experiences
- promote and encourage a wide range of quality innovative/non-traditional experiences

- invest in the community sport sector to deliver quality stage-appropriate experiences.

To ensure young people are **positively influenced, encouraged and supported**, Sport NZ will:

- lead and support the recruitment, development and retention of people in critical delivery roles
- develop a best practice model that showcases quality support in a school-to-community environment
- identify and promote what quality community sport opportunities look like for young people to parents
- develop and promote resources that support teachers, parents, coaches and volunteers in order to give all young people a positive physical activity experience.

To ensure young people can access **quality opportunities**, Sport NZ will:

- ensure that regional facilities plans, through Sport NZ's National Facilities Strategy, are developed and implemented enabling more young people to access opportunities in spaces and places that meet their needs
- provide policy guidelines and tools to ensure young people are safe and have positive experiences
- support and advise the community sport sector on how to best engage with, and provide opportunities for, girls and young women
- establish local community sport guidance to help the community sport sector build a better local system around young people
- advocate the importance of play as a core component of our community sport system
- invest into the delivery of community-determined activities for young people, with a particular emphasis on low-participating groups as well as girls (10-15yrs).

To ensure young people can **participate and compete to the level of their aspiration**, Sport NZ will:

- align to Sport NZ's Talent Plan to ensure a smooth and clear transition to a high performance environment
- build further knowledge, understanding and capability in coaching, officiating, and volunteering through the realignment of the Coaching and Workforce strategies
- align investment to competition pathways that provide appropriate challenge and aspiration for young people.

To ensure young people are **empowered to shape their community sport experience**, Sport NZ will:

- establish channels to hear the voice of young people so we can put their needs and wants at the heart of our decisions and actions

- develop and promote youth-led community sport opportunities
- lead and disseminate information and knowledge that helps the sector understand the rapidly changing environment of children and young people
- encourage and support youth leadership, nationally, regionally and locally.