

## Active Movement

Reporting by Sport New Zealand found that:

**In 2022, 94% of 5-11 year old tamariki had been physically active in play, exercise, active recreation, or sport at least once in the past week.**

The most common activities for tamariki were playing (running around, climbing trees, make believe), running, jogging or cross country, playing on the playground (jungle gym), swimming and playing games (four square, tag etc.).

Activity levels decreased during the COVID-19 pandemic, particularly in regard to organised activities, but have rebounded in 2022.

Children's participation in informal play has decreased from 85% in 2018 to 82% in 2022, predominantly due to older children aged 8-11 being less likely to play independently.

58% of tamariki surveyed would like to be more active, noting barriers such as busyness, preferring to do other things, the weather and affordability as factors impacting their activity levels.

Busyness was the primary barrier to increasing activity levels, with a quarter of tamariki noting being too busy as a barrier and almost 20% of tamariki indicating they couldn't fit being more active into the family's others activities.

59% of tamariki spent seven or more hours active per week, the recommended minimum according to the Ministry of Health Guidelines.

For the 2022 period, Sport New Zealand found that children average 11.7 hours of moderate-vigorous activity per week and participate in an average of 5.1 sports or activities per week.

Boys were generally more active than girls across a range of measures and experienced more noticeable declines in activity during the pandemic.

Reporting across the 2017-2019 period found that children from high-deprivation areas were less likely to meet the minimum activity recommendations and faced barriers to participation in organised activities such as affordability and accessibility.

The proportion of girls meeting minimum activity guidelines was the lowest to date in 2022 – only 54% of 5-7 year old girls and 55% of 8-11 year old girls meeting this target.

Children who spent at least seven hours active were found to have greater happiness levels than those who were less active.

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— Find out more about children's activity levels in Sport New Zealand's [Spotlight on Tamariki report](#) and the [Active NZ Changes in Participation 2022 report](#)

**“For older tamariki (aged 8 to 11) who would like to increase their participation, the main barriers to doing so are being too busy (25 percent), a preference for other activities (19 percent), the weather (19 percent), competing family priorities (19 percent) and the cost (18 percent).”** (Sport NZ, 2022, p.10)