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4. Time spent participating

The 2011 Young People's Survey provides a baseline for Sport New Zealand's strategic measures around the time young people spend taking part in sport and recreation. Section 4 looks at this. The results/categories (3 or more hours a week, less than 3 hours a week and no time) link to Sport NZ's strategic measures.

Results are reported for boys and girls of different ages and of different ethnic and socio-economic backgrounds. For some questions results are also presented by other student characteristics.

This section includes:

4.1 How time was estimated

A brief description about how time was estimated. More detailed information is also available in Appendix 4.

4.2 Combined time spent

Information about the combined time young people (5 to 18-year-olds) spend taking part in "organised" and informal sport and recreation activities (ie. while "mucking around") in a normal week.

4.3 Time spent "mucking around"

Information about the time young people (5 to 18-year-olds) spend taking part in sport and recreation when "mucking around" with friends, family or own their own in a normal week.

4.4 Time spent doing "organised sport"

Information about the time young people (5 to 18-year-olds) spend taking part in "organised sport" in a normal week. This includes time spent doing *active PE* and training/practice with a coach or taking part in competitions. Sport is used in the broadest sense and includes active recreation.

4.5 Time spent doing "extra training" (older students)

Information about the time young people (10 to 18-year-olds) spend taking part in "extra training" in a normal week.

4.1 How time was estimated

The 2011 Young People's Survey provides estimates of how much time young people spend taking part in sport and recreation. The estimates in this report come from information provided by students (or parents/caregivers) and teachers or other members of staff. This information included:

Time spent in a *normal* week doing:

1. active PE at school (ie. the time spent being active during PE classes)
2. training or practice with a coach or taking part in competitions
3. sport or active things when "mucking around"
4. extra training note – this was asked only in the Years 7 to 13 survey forms.

This information has been used to give estimates of the time spent on:

- sport and recreation when all time is combined (which is the sum of the first three times above)
- sport and recreation while "mucking around" (point 3 above)
- organised sport (which is defined as the time students spend on *active PE* and the time they spend at training or practice with a coach or taking part in competitions, ie. points 1 and 2 above). Sport is used here in its broadest sense and includes active recreation – "active things".

Results show the time students spent on sport and recreation in terms of:

- 3 or more hours a week
- less than 3 hours a week
- no time.

These categories were chosen as they link to Sport New Zealand's strategic measure for young people. More information about this measure is in Appendix 4, along with an explanation of how students and teachers/members of staff reported time and how the estimates were calculated.

4.2 Combined time spent by selected student characteristics

Young people (or their parents/caregivers) and school staff were asked how much time they spend on sport and recreation in a **normal week**. Combined time is derived from combining the time young people spend on:

- active PE at school (as reported by school staff)
- taking part in competitions or training or practice with a coach
- and on sport and recreation when “mucking around”.

When combined time is calculated:

- boys (90.6%) were significantly more likely than girls (87.6%) to spend three or more hours a week on sport and recreation
- girls (11.1%) were significantly more likely than boys (7.9%) to spend less than three hours a week on sport and recreation
- boys (1.5%) and girls (1.4%) were as likely to spend no time on sport and recreation.

By Gender and Age

Comparing boys of different ages, 15 to 18-year-old boys were significantly:

- less likely than to 5 to 10-year-old and 11 to 14-year-old boys to spend three or more hours a week on sport and recreation when time is combined (81.9%, 94.1%, 92.4%)
- more likely than 5 to 10-year-old and 11 to 14-year-old boys to spend less than three hours a week on sport and recreation when time is combined (13.2%, 5.6%, 7.0%)
- more likely than 5 to 10-year-old and 11 to 14-year-old boys to spend not time on sport and recreation when time is combined (4.9%, 0.6%, 0.2%).

Comparing girls of different ages, 15 to 18-year-old girls were significantly:

- less likely than 5 to 10-year-old and 11 to 14-year-old girls to spend three or more hours a week on sport and recreation when time is combined (73.2%, 93.0%, 90.9%)
- more likely than 5 to 10-year-old and 11 to 14-year-old girls to spend less than three hours a week on sport and recreation when time is combined (21.6%, 7.0%, 8.9%)
- more likely than 5 to 10-year-old and 11 to 14-year-old girls to spend no time on sport and recreation when time is combined (5.3%, 0.1%, 0.2%).

Comparing boys and girls of the same age, 5 to 10-year-old boys and girls were as likely to:

- spend three or more hours a week on sport and recreation when time is combined (94.1%, 93.0%)
- spend less than three hours a week on sport and recreation when time is combined (5.6%, 7.0%)
- spend no time on sport and recreation when time is combined (0.2%, 0.1%).

11 to 14-year-old boys and girls were as likely to:

- spend three or more hours a week on sport and recreation when time is combined (92.4%, 90.9%)
- spend less than three hours a week on sport and recreation when time is combined (7.0%, 8.9%)
- spend no time on sport and recreation when time is combined (0.6%, 0.2%).

Comparing 15 to 18-year-old boys and girls:

- boys (81.9%) were significantly more likely than girls (73.2%) to spend three or more hours a week on sport and recreation when time is combined
- girls (21.6%) were significantly more likely than boys (13.2%) to spend less than three hours a week on sport and recreation when time is combined
- boys (4.9%) and girls (5.3%) were as likely to spend no time on sport and recreation when time is combined.

By Gender and Ethnicity (multiple response)

Time spent on sport and recreation when time is combined varies with young people's ethnic background. This section describes only the significant differences.

Compared with all boys (90.6%), boys of Māori ethnicity (93.3%) were significantly more likely to spend three or more hours a week on sport and recreation when time is combined.

Boys of Asian ethnicity were significantly:

- less likely than all boys to spend three or more hours a week on sport and recreation (84.9%, 90.6%)
- more likely than all boys to spend less than three hours a week on sport and recreation (12.9%, 7.9%).

Girls of Māori ethnicity were significantly:

- more likely than all girls to spend three or more hours a week on sport and recreation when time is combined (90.2%, 87.6%)
- less likely than all girls to spend less than three hours a week on sport and recreation when time is combined (8.6%, 11.1%).

Girls of Asian ethnicity were significantly:

- less likely than all girls to spend three or more hours a week on sport and recreation when time is combined (78.1%, 87.6%)
- more likely than all girls to spend less than three hours a week on sport and recreation when time is combined (20.0%, 11.1%).

By Gender and Ethnicity (two-way)

Time spent on sport and recreation when time is combined varies with young people's ethnic background. This section describes only the significant differences:

Boys and girls of Māori ethnicity were significantly more likely than other boys and girls (ie. Non-Māori) to spend three or more hours a week on sport and recreation when time is combined:

- boys (93.3%, 89.8%)
- girls (90.2%, 86.9%).

Boys and girls of Māori ethnicity were significantly less likely than other boys and girls (ie. Non-Māori) to spend less than three hours a week on sport and recreation when time is combined:

- boys (5.7%, 8.6%)
- girls (8.6%, 11.7%).

Boys and girls of Asian ethnicity were significantly less likely than other boys and girls (ie. Non-Asian) to spend three or more hours a week on sport and recreation when time is combined:

- boys (84.9%, 91.3%)
- girls (78.1%, 88.7%).

Boys and girls of Asian ethnicity were significantly more likely than other boys and girls (ie. Non-Asian) to spend less than three hours a week on sport and recreation when time is combined:

- boys (12.9%, 7.3%)
- girls (20.0%, 10.0%).

By Socio-economic Background

Time spent on sport and recreation when time is combined does vary with young people's socio-economic background. This section describes only the significant differences.

Comparing boys and girls of the same socio-economic background, girls who attend medium-decile schools (11.5%) were significantly more likely than boys who attend medium-decile schools (7.8%) to spend less than three hours a week or sport and recreation when time is combined.

By Views about Sport

Time spent on sport and recreation when time is combined varies with young people's views about sport. The summary table below shows the significant differences between boys and girls with different views about sport.

Time spent doing sport and active things – in a “normal” week	Combined time spent doing sport and active things					
	Boys			Girls		
	Like a lot	Like a little	Don't like	Like a lot	Like a little	Don't like
No time	↓ ↓	↑ ↓	↑ ↑	↓ ↓	↑ ↓	↑ ↑
Less than 3 hours	↓ ↓	↑ ↓	↑ ↑	↓ ↓	↑ ↓	↑ ↑
3 hours or more	↑ ↑	↓ ↑	↓ ↓	↑ ↑	↓ ↑	↓ ↓
Key						
↑ ↓ Significantly higher/lower than young people of the same gender who like playing sport a lot ↑ ↓ Significantly higher/lower than for young people of the same gender who like playing sport a little ↑ ↓ Significantly higher/lower than for young people of the same gender who don't like playing sport						

By Club Membership

Time spent on sport and recreation when time is combined varies by club membership. This section describes only the significant differences.

Boys who say they belonged to a club were significantly:

- more likely than boys who say they didn't belong to a club to spend three or more hours a week on sport and recreation when time is combined (96.5%, 81.6%)
- less likely than boys who say they didn't belong to a club to spend less than three hours a week on sport and recreation when time is combined (3.3%, 14.9%)
- less likely than boys who say they didn't belong to a club to spend no time on sport and recreation when time is combined (0.2%, 3.5%).

Girls who say they belonged to a club were significantly:

- more likely than girls who say they didn't belong to a club to spend three or more hours a week on sport and recreation when time is combined (95.0%, 80.3%)
- less likely than girls who say they didn't belong to a club to spend less than three hours a week on sport and recreation when time is combined (4.9%, 17.2%)
- less likely than girls who say they didn't belong to a club to spend no time on sport and recreation when time is combined (0.1%, 2.5%).

By School Sports Team Membership

Time spent on sport and recreation when time is combined varies by school sports team membership. This section describes only the significant differences.

Boys who say they belonged to a school sports team were significantly:

- more likely than boys who say they didn't belong to a school sports team to spend three or more hours a week on sport and recreation when time is combined (96.2%, 84.3%)
- less likely than boys who say they didn't belong to a school sports team to spend less than three hours a week on sport and recreation when time is combined (3.5%, 12.9%)
- less likely than boys who say they didn't belong to a school sports team to spend no time on sport and recreation when time is combined (0.3%, 2.8%).

Girls who say they belonged to a school sports team were significantly:

- more likely than girls who say they didn't belong to a school sports team to spend three or more hours a week on sport and recreation when time is combined (93.4%, 81.4%)
- less likely than girls who say they didn't belong to a school sports team to spend less than three hours a week on sport and recreation when time is combined (6.3%, 16.3%)
- less likely than girls who say they didn't belong to a school sports team to spend no time on sport and recreation when time is combined (0.3%, 2.4%).

Table 4.2.1: Combined time spent participating in sport and active recreation – by selected student characteristics

Table 4.2.1 shows the time spent by young people participating in sport and active recreation when combined time is calculated by selected student characteristics.

Time spent doing sport and active things – in a “normal” week			Combined time spent doing sport and active things								
			No time			Less than 3 hours			3 hours or more		
			n	%	95% CIs	n	%	95% CIs	n	%	95% CIs
Gender	Boys	5-14 years	20	0.4	0.40-0.40	326	6.2	5.44-7.03	4576	93.4	92.52-94.21
		5-18 years	106	1.5	1.12-1.84	548	7.9	7.23-8.66	5989	90.6	89.75-91.40
	Girls	5-14 years	9	0.1	0.10-0.10	446	7.8	6.72-8.90	4801	92.1	91.00-93.18
		5-18 years	114	1.4	1.09-1.63	917	11.1	10.11-12.07	6400	87.6	86.54-88.57
	All young people	5-14 years	29	0.2	0.25-0.25	773	7.0	6.29-7.76	9392	92.7	91.96-93.50
	All young people	5-18 years	220	1.4	1.16-1.67	1472	9.5	8.88-10.21	12427	89.0	88.30-89.78
Age group	Boys	5-10 years	6	0.2	0.10-0.47	150	5.6	4.56-6.71	2207	94.1	93.02-95.25
		11-14 years	14	0.6	0.32-1.05	176	7.0	5.79-8.20	2369	92.4	91.07-93.73
		15-18 years	86	4.9	3.46-6.31	217	13.2	11.49-14.98	1382	81.9	79.49-84.28
	Girls	5-10 years	2	0.1	0.01-0.17	207	7.0	5.53-8.39	2260	93.0	91.55-94.42
		11-14 years	7	0.2	0.06-0.33	239	8.9	7.33-10.50	2541	90.9	89.32-92.53
		15-18 years	104	5.3	4.21-6.39	468	21.6	19.40-23.70	1582	73.2	70.85-75.46
Ethnic group	Boys (total response)	All boys	106	1.5	1.12-1.84	548	7.9	7.23-8.66	5989	90.6	89.75-91.40
		European	74	1.5	1.07-1.90	364	7.2	6.42-8.03	4402	91.3	90.37-92.22
		Māori	15	1.0	0.60-1.55	88	5.7	4.13-7.33	1336	93.3	91.53-95.03
		Pacific	6	0.7	0.30-1.47	73	8.3	5.52-11.08	825	91.0	88.11-93.85
		Asian	21	2.1	1.22-3.48	84	12.9	10.48-15.37	525	84.9	82.14-87.76
		Other ethnicity	1	1.5	0.22-5.65	4	4.4	1.29-11.07	84	94.1	89.08-99.14

Time spent doing sport and active things – in a “normal” week			Combined time spent doing sport and active things								
			No time			Less than 3 hours			3 hours or more		
			n	%	95% CIs	n	%	95% CIs	n	%	95% CIs
Ethnic group	Girls (total response)	All girls	114	1.4	1.09-1.63	917	11.1	10.11-12.07	6400	87.6	86.54-88.57
		European	72	1.2	0.90-1.54	576	9.6	8.64-10.50	4717	89.2	88.26-90.16
		Māori	21	1.1	0.69-1.77	161	8.6	7.17-10.10	1476	90.2	88.61-91.85
		Pacific	13	1.1	0.62-1.78	130	11.3	8.96-13.58	932	87.6	85.17-90.11
		Asian	22	1.9	1.40-2.60	178	20.0	16.19-23.77	665	78.1	74.22-81.97
		Other ethnicity	3	2.7	0.86-6.65	15	12.9	7.56-20.19	95	84.4	77.10-91.67
	Boys	Māori	15	1.0	0.60-1.55	88	5.7	4.13-7.33	1336	93.3	91.53-95.03
		Non-Māori	91	1.6	1.18-2.06	455	8.6	7.71-9.41	4613	89.8	88.79-90.85
	Girls	Māori	21	1.1	0.69-1.77	161	8.6	7.17-10.10	1476	90.2	88.61-91.85
		Non-Māori	92	1.4	1.11-1.74	748	11.7	10.63-12.79	4895	86.9	85.77-87.96
	Boys	Pacific	6	0.7	0.30-1.47	73	8.3	5.52-11.08	825	91.0	88.11-93.85
		Non-Pacific	100	1.6	1.17-2.01	470	7.9	7.11-8.68	5124	90.5	89.59-91.43
	Girls	Pacific	13	1.1	0.62-1.78	130	11.3	8.96-13.58	932	87.6	85.17-90.11
		Non-Pacific	100	1.4	1.10-1.71	779	11.0	9.99-12.00	5439	87.6	86.57-88.64
	Boys	Asian	21	2.1	1.22-3.48	84	12.9	10.48-15.37	525	84.9	82.14-87.76
		Non-Asian	85	1.4	1.04-1.76	459	7.3	6.53-8.14	5424	91.3	90.39-92.14
	Girls	Asian	22	1.9	1.40-2.60	178	20.0	16.19-23.77	665	78.1	74.22-81.97
		Non-Asian	91	1.3	1.01-1.58	731	10.0	9.07-10.86	5706	88.7	87.80-89.68
Socio-economic background (school decile rating)	Boys	Low (1-3)	27	1.3	0.77-2.01	138	9.1	6.94-11.27	1277	89.6	87.25-91.98
		Medium (4-7)	45	1.7	0.92-2.53	234	7.8	6.72-8.97	2583	90.4	88.88-91.98
		High (8-10)	34	1.3	0.68-1.95	171	7.4	6.14-8.57	2077	91.3	89.73-92.92
	Girls	Low (1-3)	33	1.4	0.82-1.91	242	13.3	9.97-16.65	1438	85.3	81.81-88.85
		Medium (4-7)	49	1.4	0.88-1.83	383	11.5	9.89-13.03	2657	87.2	85.47-88.89
		High (8-10)	32	1.4	0.82-1.94	287	9.6	7.90-11.21	2241	89.1	87.22-90.91

Time spent doing sport and active things – in a “normal” week			Combined time spent doing sport and active things								
			No time			Less than 3 hours			3 hours or more		
			n	%	95% CIs	n	%	95% CIs	n	%	95% CIs
Like playing sport	Boys	Like a lot	10	0.2	0.08-0.29	185	3.6	2.89-4.26	4576	96.3	95.56-96.96
		Like a little	45	2.7	1.73-3.64	278	17.9	15.91-19.96	1197	79.4	77.21-81.55
		Don't like	50	19.9	13.24-26.57	77	27.1	21.49-32.80	123	52.9	44.91-60.98
	Girls	Like a lot	10	0.2	0.09-0.30	248	5.1	4.22-5.94	4257	94.7	93.87-95.62
		Like a little	47	1.6	1.04-2.06	506	17.8	15.90-19.69	1874	80.7	78.72-82.59
		Don't like	53	13.6	10.03-17.27	138	32.8	27.16-38.36	169	53.6	47.46-59.72
Participation with clubs	Boys	Belong to a club	11	0.2	0.07-0.29	148	3.3	2.68-3.98	3926	96.5	95.84-97.18
		Don't belong to a club	93	3.5	2.56-4.37	392	14.9	13.47-16.39	2024	81.6	79.86-83.36
	Girls	Belong to a club	3	0.1	0.03-0.20	185	4.9	4.02-5.79	3576	95.0	94.14-95.90
		Don't belong to a club	108	2.5	2.02-3.04	723	17.2	15.65-18.65	2785	80.3	78.76-81.87
Participation with school sports team	Boys	Belong to a team	10	0.3	0.14-0.50	148	3.5	2.90-4.08	3640	96.2	95.60-96.87
		Don't belong to a team	94	2.8	2.05-3.54	393	12.9	11.57-14.22	2314	84.3	82.84-85.78
	Girls	Belong to a team	12	0.3	0.17-0.47	278	6.3	5.42-7.19	4019	93.4	92.52-94.30
		Don't belong to a team	97	2.4	1.88-2.90	631	16.3	14.68-17.83	2367	81.4	79.71-83.00

Questions:

- Combined time was calculated drawing information collected from a number of different questions (which varied across the different age-appropriate survey forms). See Appendix 4 for more information.

Notes:

- 1 As the information was sourced from a number of questions, missing responses were compounded as the different time estimates were added together. Overall missing responses formed 19.7% of responses for combined time. These responses have been excluded from this reporting. Estimates are based on around 14,000 complete responses.
- 2 Information has been reported for 5 to 14-year-olds (mostly Years 1 to 10 students), as PE (which has been included in this time measure) is compulsory for these students.

4.3 Time spent “mucking around” by selected student characteristics

Young people (or their parents/caregivers) were asked how much time they spend on informal sport and recreation activities (ie. when “mucking around” with friends, family or on their own) in a **normal week**:

- boys (71.5%) were significantly more likely than girls (61.1%) to spend three or more hours a week on sport and recreation when “mucking around”
- girls (35.1%) were significantly more likely than boys (24.8%) to spend less than three hours a week on sport and recreation when mucking around
- boys (3.7%) and girls (3.8%) were as likely to spend no time on sport and recreation when mucking around.

By Gender and Age

Comparing boys of different ages, 5 to 10-year-old boys were significantly:

- more likely than 11 to 14-year-old and 15 to 18-year-old boys to spend three or more hours a week on sport and recreation when “mucking around” (78.9%, 70.8%, 58.4%). Compared with other boys, 15 to 18-year-old boys were significantly less likely to do this.
- less likely than 11 to 14-year-old and 15 to 18-year-old boys to spend less than three hours a week on sport and recreation when “mucking around” (19.9%, 25.4%, 33.2%). Compared with other boys, 15 to 18-year-old boys were significantly more likely to do this.
- less likely than 11 to 14-year-old and 15 to 18-year-old boys to spend no time on sport and recreation when “mucking around” (1.2%, 3.7%, 8.4%). Compared with other boys, 15 to 18-year-old boys were significantly more likely to do this.

Comparing girls of different ages, 5 to 10-year-old girls were significantly:*

- more likely than 11 to 14-year-old and 15 to 18-year-old girls to spend three or more hours a week on sport and recreation when “mucking around” (72.8%, 58.1%, 42.1%). Compared with other girls, 15 to 18-year-old girls were significantly less likely to do this.
- less likely than 11 to 14-year-old and 15 to 18-year-old girls to spend less than three hours a week on sport and recreation when “mucking around” (25.8%, 38.9%, 48.2%). Compared with other girls, 15 to 18-year-old girls were significantly more likely to do this.
- less likely than 11 to 14-year-old and 15 to 18-year-old girls to spend no time on sport and recreation when “mucking around” (1.4%, 3.0%, 9.7%). Compared with other girls, 15 to 18-year-old girls were significantly more likely to do this.

Comparing 5 to 10-year-old boys and girls:

- boys (78.9%) were significantly more likely than girls (72.8%) to spend three or more hours a week on sport and recreation when “mucking around”
- girls (25.8%) were significantly more likely than boys (19.9%) to spend less than three hours a week on sport and recreation when “mucking around”
- boys (1.2%) and girls (1.4%) were as likely to spend no time on sport and recreation when “mucking around”.

Comparing 11 to 14-year-old boys and girls:

- boys (70.8%) were significantly more likely than girls (58.1%) to spend three or more hours a week on sport and recreation when “mucking around”
- girls (38.9%) were significantly more likely than boys (25.4%) to spend less than three hours a week on sport and recreation when “mucking around”
- boys (3.7%) and girls (3.0%) were as likely to spend no time on sport and recreation when “mucking around”.

Comparing 15 to 18-year-old boys and girls:

- boys (58.4%) were significantly more likely than girls (42.1%) to spend three or more hours a week on sport and recreation when “mucking around”
- girls (48.2%) were significantly more likely than boys (33.2%) to spend less than three hours a week on sport and recreation when “mucking around”
- boys (8.4%) and girls (9.7%) were as likely to spend no time on sport and recreation when “mucking around”.

By Gender and Ethnicity (multiple response)

Time spent on sport and recreation when “mucking around” varies with young people’s ethnic background. This section describes only the significant differences.

Boys of Māori ethnicity were significantly:

- more likely than all boys to spend three or more hours a week on sport and recreation when “mucking around” (77.4%, 71.5%)
- less likely than all boys to spend less than three hours a week on sport and recreation when “mucking around” (20.6%, 24.8%)
- less likely than all boys to spend no time on sport and recreation when “mucking around” (2.0%, 3.7%).

Compared with all boys (3.7%), boys of Pacific ethnicity (2.1%) were significantly less likely to spend no time on sport and recreation when “mucking around”.

Boys of Asian ethnicity were significantly:

- less likely than all boys to spend three or more hours a week on sport and recreation when “mucking around” (60.1%, 71.5%)
- more likely than all boys to spend less than three hours a week on sport and recreation when “mucking around” (34.1%, 24.8%).

Girls of Māori ethnicity were significantly:

- more likely than all girls to spend three or more hours a week on sport and recreation when “mucking around” (68.1%, 61.1%)
- less likely than all girls to spend less than three hours a week on sport and recreation when “mucking around” (29.2%, 35.1%).

Girls of Asian ethnicity were significantly:

- less likely than all girls to spend three or more hours a week on sport and recreation when “mucking around” (47.5%, 61.1%)
- more likely than all girls to spend less than three hours a week on sport and recreation when “mucking around” (45.2%, 35.1%)
- more likely than all girls to spend no time on sport and recreation when “mucking around” (7.3%, 3.8%).

By Gender and Ethnicity (two-way)

Time spent on sport and recreation when “mucking around” varies with young people’s ethnic background. This section describes only the significant differences.

Boys and girls of Māori ethnicity were significantly more likely than other boys and girls (ie. Non-Māori) to spend three or more hours a week on sport and recreation when “mucking around”:

- boys (77.4%, 69.9%)
- girls (68.1%, 59.1%).

Boys and girls of Māori ethnicity were significantly less likely than other boys and girls (ie. Non-Māori) to spend less than three hours a week on sport and recreation when “mucking around”:

- boys (20.6%, 25.9%)
- girls (29.2%, 36.8%).

Boys and girls of Māori ethnicity were significantly less likely than other boys and girls (ie. Non-Māori) to spend no time on sport and recreation when “mucking around”:

- boys (2.0%, 4.2%)
- girls (2.7%, 4.1%).

Boys of Pacific ethnicity (2.1%) were significantly less likely than other boys (ie. Non-Pacific: 3.9%) to spend no time on sport and recreation when “mucking around”.

Boys and girls of Asian ethnicity were significantly less likely than other boys and girls (ie. Non-Asian) to spend three or more hours a week on sport and recreation when “mucking around”:

- boys (60.1%, 72.9%)
- girls (47.5%, 62.7%).

Boys and girls of Asian ethnicity were significantly more likely than other boys and girls (ie. Non-Asian) to spend less than three hours a week on sport and recreation when “mucking around”:

- boys (34.1%, 23.6%)
- girls (45.2%, 33.9%).

Boys and girls of Asian ethnicity were significantly more likely than other boys and girls (ie. Non-Asian) to spend no time on sport and recreation when “mucking around”:

- boys (5.8%, 3.5%)
- girls (7.3%, 3.4%).

By Socio-economic Background

Time spent on sport and recreation when “mucking around” varies with young people’s socio-economic background. This section describes only the significant differences.

Comparing boys and girls of the same socio-economic background, for boys and girls who attend medium-decile schools:

- boys (72.3%) were significantly more likely than girls (60.2%) to spend three or more hours a week on sport and recreation when “mucking around”
- girls (36.1%) were significantly more likely than boys (23.8%) to spend less than three hours a week on sport and recreation when “mucking around”.

Comparing boys and girls who attend high-decile schools:

- boys (71.1%) were significantly more likely than girls (59.9%) to spend three or more hours a week on sport and recreation when “mucking around”
- girls (36.0%) were significantly more likely than boys (25.0%) to spend less than three hours a week on sport and recreation when “mucking around”.

By Views about Sport

Time spent on sport and recreation when “mucking around” varies with young people’s views about sport. The summary table below shows the significant differences between boys and girls with different views about sport.

Time spent doing sport and active things – in a “normal” week	Time spent doing sport and active things when “mucking around”					
	Boys			Girls		
	Like a lot	Like a little	Don't like	Like a lot	Like a little	Don't like
No time	↓ ↓	↑ ↓	↑ ↑	↓ ↓	↑ ↓	↑ ↑
Less than 3 hours	↓ ↓	↑	↑	↓ ↓	↑	↑
3 hours or more	↑ ↑	↓ ↑	↓ ↓	↑ ↑	↓ ↑	↓ ↓
Key						
↑ ↓ Significantly higher/lower than young people of the same gender who like playing sport a lot ↑ ↓ Significantly higher/lower than for young people of the same gender who like playing sport a little ↑ ↓ Significantly higher/lower than for young people of the same gender who don't like playing sport						

By Club Membership

Time spent on sport and recreation when “mucking around” varies by club membership. This section describes only the significant differences.

Boys who say they belonged to a club were significantly:

- more likely than boys who say they didn’t belong to a club to spend three or more hours a week on sport and recreation when “mucking around” (76.0%, 64.6%)
- less likely than boys who say they didn’t belong to a club to spend less than three hours a week on sport and recreation when “mucking around” (22.0%, 29.1%)
- less likely than boys who say they didn’t belong to a club to spend no time on sport and recreation when “mucking around” (2.0%, 6.3%).

Girls who say they belonged to a club were significantly:

- more likely than girls who say they didn’t belong to a club to spend three or more hours a week on sport and recreation when “mucking around” (64.7%, 57.5%)
- less likely than girls who say they didn’t belong to a club to spend less than three hours a week on sport and recreation when “mucking around” (33.3%, 37.0%)
- less likely than girls who say they didn’t belong to a club to spend no time on sport and recreation when “mucking around” (2.0%, 5.5%).

By School Sports Team Membership

Time spent on sport and recreation when “mucking around” varies by school sports team membership. This section describes only the significant differences.

Boys who say they belonged to a school sports team were significantly:

- more likely than boys who say they didn’t belong to a school sports team to spend three or more hours a week on sport and recreation when “mucking around” (73.8%, 69.1%)
- less likely than boys who say they didn’t belong to a school sports team to spend no times on sport and recreation when “mucking around” (2.4%, 5.1%).

Girls who say they had belonged to a school sports team were significantly:

- more likely than girls who say they didn’t belong to a school sports team to spend less than three hours a week on sport and recreation when “mucking around” (37.4%, 32.8%)
- less likely than girls who say they didn’t belong to a school sports team to spend no time on sport and recreation when “mucking around” (2.5%, 5.0%).

Table 4.3.1: Time spent participating in sport and active recreation when “mucking around” – by selected student characteristics

Table 4.3.1 shows the time spent by young people participating in informal sport and active recreation activities (ie. when “mucking around” with friends, family or on their own) by selected student characteristics.

Time spent doing sport and active things – in a “normal” week			Time spent doing sport and active things when “mucking around”								
			No time			Less than 3 hours			3 hours or more		
			n	%	95% CIs	n	%	95% CIs	n	%	95% CIs
Age group	Boys	5-10 years	45	1.2	0.81-1.62	638	19.9	17.72-22.01	2093	78.9	76.74-81.11
		11-14 years	93	3.7	2.79-4.68	711	25.4	22.92-27.94	2025	70.8	68.17-73.49
		15-18 years	156	8.4	6.48-10.25	623	33.2	30.75-35.66	1120	58.4	55.67-61.18
	Girls	5-10 years	46	1.4	0.86-1.95	895	25.8	23.39-28.12	1901	72.8	70.48-75.20
		11-14 years	75	3.0	2.16-3.79	1113	38.9	36.75-41.06	1774	58.1	55.91-60.33
		15-18 years	205	9.7	8.25-11.12	1136	48.2	46.29-50.15	1026	42.1	40.21-43.98
Ethnic group	Boys (total response)	All boys	299	3.7	3.16-4.26	1987	24.8	23.42-26.10	5267	71.5	70.13-72.93
		European	208	3.7	3.08-4.39	1375	23.1	21.64-24.55	3913	73.2	71.62-74.73
		Māori	42	2.0	1.38-2.61	401	20.6	18.50-22.65	1224	77.4	75.20-79.66
		Pacific	25	2.1	1.30-3.14	282	27.0	23.77-30.26	726	70.9	67.71-74.11
		Asian	55	5.8	4.15-7.45	230	34.1	27.79-40.49	410	60.1	53.75-66.36
		Other ethnicity	4	4.0	1.22-10.03	32	31.0	21.12-40.93	70	64.9	54.56-75.32
	Girls (total response)	All girls	327	3.8	3.33-4.31	3155	35.1	33.73-36.48	4711	61.1	59.70-62.45
		European	225	3.4	2.92-3.97	2199	33.6	32.00-35.21	3486	63.0	61.29-64.62
		Māori	51	2.7	1.94-3.49	632	29.2	26.14-32.23	1150	68.1	64.88-71.31
		Pacific	32	3.1	1.88-4.41	450	36.2	31.07-41.36	698	60.6	56.05-65.24
		Asian	63	7.3	5.15-9.49	428	45.2	41.07-49.28	451	47.5	42.14-52.87
		Other ethnicity	5	4.3	1.64-9.15	53	43.9	32.56-55.24	64	51.8	40.28-63.37

Time spent doing sport and active things – in a “normal” week			Time spent doing sport and active things when “mucking around”								
			No time			Less than 3 hours			3 hours or more		
			n	%	95% CIs	n	%	95% CIs	n	%	95% CIs
Ethnic group	Boys	Māori	42	2.0	1.38-2.61	401	20.6	18.50-22.65	1224	77.4	75.20-79.66
		Non-Māori	256	4.2	3.50-4.93	1566	25.9	24.33-27.50	4014	69.9	68.21-71.53
	Girls	Māori	51	2.7	1.94-3.49	632	29.2	26.14-32.23	1150	68.1	64.88-71.31
		Non-Māori	274	4.1	3.57-4.72	2507	36.8	35.24-38.29	3540	59.1	57.57-60.62
	Boys	Pacific	25	2.1	1.30-3.14	282	27.0	23.77-30.26	726	70.9	67.71-74.11
		Non-Pacific	273	3.9	3.31-4.59	1685	24.4	22.96-25.83	4512	71.7	70.12-73.20
	Girls	Pacific	32	3.1	1.88-4.41	450	36.2	31.07-41.36	698	60.6	56.05-65.24
		Non-Pacific	293	3.9	3.40-4.45	2689	34.9	33.39-36.40	3992	61.2	59.64-62.71
	Boys	Asian	55	5.8	4.15-7.45	230	34.1	27.79-40.49	410	60.1	53.75-66.36
		Non-Asian	243	3.5	2.91-4.02	1737	23.6	22.26-24.94	4828	72.9	71.55-74.31
	Girls	Asian	63	7.3	5.15-9.49	428	45.2	41.07-49.28	451	47.5	42.14-52.87
		Non-Asian	262	3.4	2.92-3.88	2711	33.9	32.33-35.38	4239	62.7	61.20-64.29
Socio-economic background (school decile rating)	Boys	Low (1-3)	64	2.9	1.92-3.91	487	26.3	23.05-29.57	1104	70.8	67.28-74.27
		Medium (4-7)	130	3.9	2.81-5.08	811	23.8	21.76-25.74	2319	72.3	69.88-74.72
		High (8-10)	103	3.9	2.86-4.92	678	25.0	22.20-27.88	1796	71.1	67.89-74.26
	Girls	Low (1-3)	70	3.6	2.44-4.74	708	31.8	27.28-36.27	1109	64.6	59.83-69.44
		Medium (4-7)	133	3.7	2.86-4.61	1300	36.1	33.45-38.70	1962	60.2	57.33-63.05
		High (8-10)	123	4.1	3.17-5.00	1120	36.0	32.79-39.21	1591	59.9	56.41-63.42
Like playing sport	Boys	Like a lot	104	1.7	1.37-2.07	1233	21.2	19.66-22.76	4099	77.1	75.43-78.70
		Like a little	112	6.2	4.91-7.46	619	33.9	30.97-36.74	973	60.0	57.11-62.81
		Don't like	79	26.9	20.04-33.75	101	33.5	26.60-40.34	99	39.6	32.67-46.60
	Girls	Like a lot	92	1.6	1.26-1.87	1721	32.3	30.61-34.03	3170	66.1	64.37-67.86
		Like a little	144	5.0	3.99-5.92	1191	38.6	36.74-40.54	1339	56.4	54.26-58.55
		Don't like	84	21.5	17.04-25.97	185	41.5	36.14-46.77	123	37.0	31.63-42.45

Time spent doing sport and active things – in a “normal” week			Time spent doing sport and active things when “mucking around”								
			No time			Less than 3 hours			3 hours or more		
			n	%	95% CIs	n	%	95% CIs	n	%	95% CIs
Participation with clubs	Boys	Belong to a club	100	2.0	1.57-2.45	1085	22.0	20.32-23.67	3463	76.0	74.26-77.73
		Don't belong to a club	195	6.3	5.17-7.44	883	29.1	27.07-31.07	1753	64.6	62.55-66.70
	Girls	Belong to a club	77	2.0	1.48-2.50	1447	33.3	31.41-35.12	2586	64.7	62.83-66.66
		Don't belong to a club	247	5.5	4.72-6.32	1680	37.0	35.15-38.75	2077	57.5	55.68-59.37
Participation with school sports team	Boys	Belong to a team	96	2.4	1.85-2.89	1042	23.8	22.17-25.39	3126	73.8	72.12-75.57
		Don't belong to a team	199	5.1	4.12-6.06	927	25.8	23.80-27.78	2094	69.1	67.07-71.17
	Girls	Belong to a team	118	2.5	1.98-3.01	1774	37.4	35.69-39.19	2789	60.1	58.25-61.88
		Don't belong to a team	202	5.0	4.21-5.83	1362	32.8	30.81-34.80	1898	62.2	60.22-64.13

Questions/response options:

- **Years 1 to 2 survey form (answered by parents/caregivers)** – How much time on a normal (**Monday-Sunday**) does your child spend doing extra sport or active things when he/she is mucking around with friends, family or on his/her own? *Response options – none; about 15 mins; about 30 mins; about 1 hour; about 2 hours; 3 hours or more.*
- **Years 3 to 6 survey form** – How much time on a normal (**Monday-Sunday**) do you spend doing extra sport or active things when you are mucking around with friends, family or on your own? *Response options – none; about 15 mins; about 30 mins; about 1 hour; about 2 hours; 3 hours or more.*
- **Years 7 to 10 and 11 to 13 survey forms** – How much time on a normal (**Monday-Sunday**) do you spend doing extra sport or active things when you are mucking around with friends, family or on your own? *Response options – none; about 15 mins; about 30 mins; about 1 hour; about 1 ½ hours; about 2 hours; 3 hours or more.*

Notes:

- 1 Young people's responses for each day were converted to a single figure by taking the mid-point of each category (eg. the “3 or more hours” category was given a value of 150 minutes). (Note – there was one fewer response option in the Years 1 to 6 survey forms. The converted time for each day was summed to provide an estimate for the week. For more information about how time is calculated, see section 4.1 and Appendix 4.)
- 2 As the information was sourced from a number of questions, missing responses were compounded as the different time estimates were added together. Overall missing responses formed 7.2% of responses for combined time. These responses have been excluded from this reporting. Estimates are based on around 16,000 complete responses.

4.4 Time spent doing “organised sport” by selected student characteristics

Young people (or their parents/caregivers) and school staff were asked how much time they spend on organised sport in a **normal week**. Time in organised sport is derived from combining the time young people spend on: active PE at school and the time spent taking at training or practice with a coach, or taking part in competitions:

- boys (59.7%) were significantly more likely than girls (51.7%) to spend three or more hours a week on organised sport
- girls (39.3%) were significantly more likely than boys (32.7%) to spend less than three hours a week on organised sport
- boys (7.6%) and girls (9.0%) were as likely to spend no time on organised sport.

By Gender and Age

Comparing boys of different ages:

- 11 to 14-year-old boys (67.7%) were significantly more likely than 5 to 10-year-old (56.2%) and 15 to 18-year-old boys (55.3%) to spend three or more hours a week on organised sport.
- 5 to 10-year-old boys (42.0%) were significantly more likely than 11 to 14-year-old (29.3%) and 15 to 18-year-old boys (20.4%) to spend less than three hours a week on organised sport. Compared with other boys, 15 to 18-year-old boys were significantly less likely to do this.
- 15 to 18-year-old boys (24.3%) were significantly more likely than 5 to 10-year-old (1.9%) and 11 to 14-year-old boys (2.9%) to spend no time on organised sport.

Comparing girls of different ages:

- 11 to 14-year-old girls (63.4%) were significantly more likely than 5 to 10-year-old (47.3%) and 15 to 18-year-old girls (43.4%) to spend three or more hours a week on organised sport.

- 5 to 10-year-old girls (50.4%) were significantly more likely than 11 to 14-year-old girls (34.0%) and 15 to 18-year-old girls (26.6%) to spend less than three hours a week on organised sport. Compared with other girls, 15 to 18-year-old girls were significantly less likely to do this.
- 15 to 18-year-old girls (30.1%) were significantly more likely than 5 to 10-year-old (2.3%) and 11 to 14-year-old girls (2.5%) to spend no time on organised sport.

Comparing 5 to 10-year-old boys and girls:

- boys (56.2%) were significantly more likely than girls (47.3%) to spend three or more hours a week on organised sport
- girls (50.4%) were significantly more likely than boys (42.0%) to spend less than three hours a week on organised sport
- boys (1.9%) and girls (2.3%) were as likely to spend no time on organised sport.

11 to 14-year-old boys and girls were as likely to spend:

- three or more hours a week on organised sport (67.7%, 63.4%)
- less than three hours a week on organised sport (29.3%, 34.0%)
- no time on organised sport (2.9%, 2.5%).

Comparing 15 to 18-year-old boys and girls:

- boys (55.3%) were significantly more likely than girls (43.4%) to spend three or more hours a week on organised sport
- girls (26.6%) were significantly more likely than boys (20.4%) to spend less than three hours a week on organised sport
- boys (24.3%) and girls (30.1%) were as likely to spend no time on organised sport.

By Gender and Ethnicity (multiple response)

Time spent on organised sport varies with young people's ethnic background. This section describes only the significant differences.

Compared with all boys (59.7%), boys of Pacific ethnicity (66.4%) were significantly more likely to spend three or more hours a week on organised sport.

Boys of Asian ethnicity were significantly:

- less likely than all boys to spend three or more hours a week on organised sport (47.5%, 59.7%)
- more likely than all boys to spend less than three hours a week on organised sport (43.5%, 32.7%).

Girls of Asian ethnicity were significantly:

- less likely than all girls to spend three or more hours a week on organised sport (38.0%, 51.7%)
- more likely than all girls to spend less than three hours a week on organised sport (48.2%, 39.3%)
- more likely to spend no time on organised sport (13.8%, 9.0%).

By Gender and Ethnicity (two-way)

Time spent on organised sport varies with young people's ethnic background. This section describes only the significant differences.

Boys of Pacific ethnicity (66.4%) were significantly more likely than other boys (ie. Non-Pacific: 58.9%) to spend three or more hours a week on organised sport.

Boys and girls of Asian ethnicity were significantly less likely than other boys and girls (ie. Non-Asian) to spend three or more hours a week on organised sport:

- boys (47.5%, 61.3%)
- girls (38.0%, 53.4%).

Boys and girls of Asian ethnicity were significantly more likely than other boys and girls (ie. Non-Asian) to spend less than three hours a week on organised sport:

- boys (43.5%, 31.2%)
- girls (48.2%, 38.2%).

Girls of Asian ethnicity (13.8%) were significantly more likely than other girls (ie. Non-Asian: 8.4%) to spend no time on organised sport.

By Socio-economic Background

Time spent on organised sport varies with young people's socio-economic background. This section describes only the significant differences.

Comparing boys and girls of the same socio-economic background, boys who attend medium-decile schools (58.3%) were significantly more likely than girls who attend medium-decile schools (52.6%) to spend three or more hours a week on organised sport.

Comparing boys and girls who attend high-decile schools:

- boys (63.3%) were significantly more likely than girls (52.9%) to spend three or more hours a week on organised sport
- girls (39.5%) were significantly more likely than boys (29.9%) to spend less than three hours a week on organised sport.

By Views about Sport

Time spent on organised sport varies with young people's views about sport. The summary table below shows the significant differences between boys and girls with different views about sport.

Time spent doing sport and active things – in a “normal” week	Time spent doing organised sport					
	Boys			Girls		
	Like a lot	Like a little	Don't like	Like a lot	Like a little	Don't like
No time	↓ ↓	↑ ↓	↑ ↑	↓ ↓	↑ ↓	↑ ↑
Less than 3 hours	↓ ↓	↑	↑	↓ ↓	↑ ↑	↑ ↓
3 hours or more	↑ ↑	↓ ↑	↓ ↓	↑ ↑	↓ ↑	↓ ↓
Key ↑ ↓ Significantly higher/lower than young people of the same gender who like playing sport a lot ↑ ↓ Significantly higher/lower than for young people of the same gender who like playing sport a little ↑ ↓ Significantly higher/lower than for young people of the same gender who don't like playing sport						

By Club Membership

Time spent on organised sport varies by club membership. This section describes only the significant differences.

Boys who say they belonged to a club were significantly:

- more likely than boys who say they didn't belong to a club to spend three or more hours a week on organised sport (77.0%, 33.4%)
- less likely than boys who say they didn't belong to a club to spend less than three hours a week on organised sport (20.8%, 50.9%)
- less likely than boys who say they didn't belong to a club to spend no time on organised sport (2.1%, 15.7%).

Girls who say they belonged to a club were significantly:

- more likely than girls who say they didn't belong to a club to spend three or more hours a week on organised sport (70.8%, 33.1%)
- less likely than girls who say they didn't belong to a club to spend less than three hours a week on organised sport (26.3%, 52.2%)
- less likely than girls who say they didn't belong to a club to spend no time on organised sport (2.9%, 14.7%).

By School Sports Team Membership

Time spent on organised sport and recreation varies by school sports team membership. This section describes only the significant differences.

Boys who say they belonged to a school sports team were significantly:

- more likely than boys who say they didn't belong to a school sports team to spend three or more hours a week on organised sport (76.4%, 41.4%)
- less likely than boys who say they didn't belong to a school sports team to spend less than three hours a week on organised sport (21.3%, 45.5%)
- less likely than boys who say they didn't belong to a school sports team to spend no time on organised sport (2.3%, 13.2%).

Girls who say they belonged to a school sports team were significantly:

- more likely than girls who say they didn't belong to a school sports team to spend three or more hours a week on organised sport (70.8%, 31.2%)
- less likely than girls who say they didn't belong to a school sports team to spend less than three hours a week on organised sport (26.5%, 53.3%)
- less likely than girls who say they didn't belong to a school sports team to spend no time on organised sport (2.7%, 15.5%).

Table 4.4.1: Time spent participating in organised sport and active recreation – by selected student characteristics

Table 4.4.1 shows time spent by young people participating in organised sport by selected student characteristics. Sport is used here in the broadest sense and includes active recreation – “active things”.

Time spent doing sport and active things – in a “normal” week			Time spent doing organised sport								
			No time			Less than 3 hours			3 hours or more		
			n	%	95% CIs	n	%	95% CIs	n	%	95% CIs
Gender	Boys	5-14 years	124	2.3	1.67-3.01	1769	36.4	34.27-38.56	3239	61.2	58.90-63.60
		5-18 years	523	7.6	6.67-8.51	2122	32.7	30.93-34.40	4248	59.7	57.70-61.78
	Girls	5-14 years	134	2.4	1.80-3.05	2113	43.3	40.70-45.83	3194	54.3	51.58-57.04
		5-18 years	818	9.0	7.98-9.96	2681	39.3	37.29-41.41	4164	51.7	49.43-53.93
	All young people	5-14 years	258	2.4	1.90-2.85	3889	39.9	37.91-41.81	6442	57.8	55.70-59.83
	All young people	5-18 years	1346	8.3	7.50-9.09	4820	36.0	34.45-37.57	8436	55.7	53.93-57.45
Age group	Boys	5-10 years	47	1.9	0.89-2.83	974	42.0	38.71-45.24	1453	56.2	52.61-59.73
		11-14 years	77	2.9	2.04-3.86	795	29.3	26.87-31.83	1786	67.7	64.93-70.47
		15-18 years	395	24.3	20.98-27.58	338	20.4	18.22-22.64	990	55.3	51.68-58.90
	Girls	5-10 years	55	2.3	1.41-3.24	1112	50.4	46.48-54.29	1385	47.3	43.11-51.47
		11-14 years	79	2.5	1.73-3.36	1001	34.0	31.08-36.97	1809	63.4	60.35-66.51
		15-18 years	682	30.1	26.55-33.62	557	26.6	23.99-29.13	962	43.4	40.58-46.13
Ethnic group	Boys (total response)	All boys	523	7.6	6.67-8.51	2122	32.7	30.93-34.40	4248	59.7	57.70-61.78
		European	381	7.6	6.70-8.53	1500	31.3	29.28-33.34	3136	61.1	58.78-63.38
		Māori	86	5.9	4.58-7.21	469	34.7	31.05-38.34	947	59.4	55.66-63.15
		Pacific	46	5.6	2.47-8.70	268	28.0	24.49-31.57	631	66.4	61.81-70.96
		Asian	79	9.0	6.10-11.86	242	43.5	36.95-50.12	332	47.5	40.84-54.12
		Other ethnicity	6	7.3	2.29-17.20	24	36.6	22.65-52.48	63	56.2	42.29-70.04

Time spent doing sport and active things – in a “normal” week			Time spent doing organised sport								
			No time			Less than 3 hours			3 hours or more		
			n	%	95% CIs	n	%	95% CIs	n	%	95% CIs
Ethnic group	Girls (total response)	All girls	818	9.0	7.98-9.96	2681	39.3	37.29-41.41	4164	51.7	49.43-53.93
		European	540	8.4	7.35-9.39	1869	38.1	35.75-40.51	3122	53.5	50.90-56.09
		Māori	148	7.2	5.86-8.48	588	39.3	35.35-43.24	983	53.5	49.51-57.56
		Pacific	95	7.9	5.97-9.88	384	38.3	33.81-42.89	636	53.7	49.21-58.25
		Asian	160	13.8	10.92-16.74	372	48.2	43.68-52.68	354	38.0	33.27-42.72
		Other ethnicity	16	10.6	5.29-18.70	41	36.8	24.59-49.08	61	52.5	39.60-65.50
	Boys	Māori	86	5.9	4.58-7.21	469	34.7	31.05-38.34	947	59.4	55.66-63.15
		Non-Māori	434	8.1	6.97-9.17	1630	32.0	30.08-33.92	3281	59.9	57.65-62.20
	Girls	Māori	148	7.2	5.86-8.48	588	39.3	35.35-43.24	983	53.5	49.51-57.56
		Non-Māori	666	9.5	8.38-10.60	2073	39.3	37.22-41.34	3167	51.2	48.92-53.55
	Boys	Pacific	46	5.6	2.47-8.70	268	28.0	24.49-31.57	631	66.4	61.81-70.96
		Non-Pacific	474	7.9	6.94-8.84	1831	33.2	31.30-35.17	3597	58.9	56.71-61.05
	Girls	Pacific	95	7.9	5.97-9.88	384	38.3	33.81-42.89	636	53.7	49.21-58.25
		Non-Pacific	719	9.1	8.08-10.18	2277	39.4	37.17-41.68	3514	51.4	48.97-53.92
	Boys	Asian	79	9.0	6.10-11.86	242	43.5	36.95-50.12	332	47.5	40.84-54.12
		Non-Asian	441	7.4	6.49-8.37	1857	31.2	29.42-33.05	3896	61.3	59.22-63.45
	Girls	Asian	160	13.8	10.92-16.74	372	48.2	43.68-52.68	354	38.0	33.27-42.72
		Non-Asian	654	8.4	7.44-9.34	2289	38.2	36.08-40.36	3796	53.4	51.04-55.74
Socio-economic background (school decile rating)	Boys	Low (1-3)	105	6.7	4.09-9.33	511	37.1	32.30-41.86	895	56.2	50.69-61.73
		Medium (4-7)	236	8.8	6.65-11.00	916	32.9	30.35-35.40	1803	58.3	55.75-60.85
		High (8-10)	181	6.7	4.78-8.70	679	29.9	26.52-33.35	1506	63.3	59.47-67.19
	Girls	Low (1-3)	215	9.0	6.49-11.54	657	43.4	36.73-49.98	896	47.6	41.43-53.83
		Medium (4-7)	367	10.3	8.06-12.51	1098	37.2	33.92-40.38	1721	52.6	49.46-55.68
		High (8-10)	236	7.6	5.78-9.49	905	39.5	35.18-43.85	1497	52.9	48.12-57.60

Time spent doing sport and active things – in a “normal” week			Time spent doing organised sport								
			No time			Less than 3 hours			3 hours or more		
			n	%	95% CIs	n	%	95% CIs	n	%	95% CIs
Like playing sport	Boys	Like a lot	114	2.6	1.90-3.24	1206	25.8	23.88-27.67	3640	71.7	69.54-73.76
		Like a little	296	17.7	15.52-19.85	775	52.4	49.18-55.56	493	29.9	26.91-32.97
		Don't like	104	39.7	32.27-47.12	117	42.9	35.13-50.67	44	17.4	11.65-23.17
	Girls	Like a lot	136	2.8	2.19-3.35	1272	29.9	27.77-31.99	3244	67.4	65.16-69.55
		Like a little	479	14.7	12.81-16.68	1215	54.8	51.82-57.79	805	30.4	27.53-33.36
		Don't like	177	39.9	34.20-45.56	151	45.5	39.38-51.67	45	14.6	9.99-19.19
Participation with clubs	Boys	Belong to a club	94	2.1	1.64-2.62	839	20.8	18.95-22.72	3301	77.0	75.03-79.04
		Don't belong to a club	418	15.7	13.78-17.71	1270	50.9	48.06-53.67	920	33.4	30.38-36.39
	Girls	Belong to a club	121	2.9	2.19-3.56	923	26.3	23.68-29.01	2833	70.8	68.06-73.50
		Don't belong to a club	685	14.7	13.09-16.36	1739	52.2	49.13-55.21	1309	33.1	30.03-36.19
Participation with school sports team	Boys	Belong to a team	77	2.3	1.51-3.17	826	21.3	19.50-23.04	3025	76.4	74.38-78.40
		Don't belong to a team	432	13.2	11.41-14.96	1282	45.5	42.76-48.15	1207	41.4	38.47-44.24
	Girls	Belong to a team	132	2.7	2.21-3.28	1154	26.5	24.53-28.42	3147	70.8	68.72-72.84
		Don't belong to a team	672	15.5	13.80-17.13	1517	53.3	50.13-56.56	1010	31.2	27.92-34.46

Questions:

- Organised time was calculated drawing information collected from a number of different questions (which varied across the different age-appropriate survey forms). See Appendix 4 for more information.

Notes:

- 1 As the information was sourced from a number of questions, missing responses were compounded as the different time estimates were added together. Overall missing responses formed 17.0% of responses for combined time. These responses have been excluded from this reporting. Estimates are based on around 14,000 complete responses.
- 2 Information has been reported for 5 to 14-year-olds (mostly Years 1 to 10 students), as PE (which has been included in this time measure) is compulsory for these students.

4.5 Time spent doing “extra training” (Years 7-13) by selected student characteristics

Young people who completed the Years 7 to 13 survey forms (10 to 18-year-olds) were asked how much time they spend in “extra training” without a coach (like running to get fit) **in a normal week**:

- 10 to 18-year-old boys (26.2%) were significantly more likely than 10 to 18-year-old girls (22.7%) to spend three or more hours a week on extra training
- girls (50.7%) were significantly more likely than boys (47.0%) to spend less than three hours a week on extra training
- boys (26.8%) and girls (26.6%) were as likely to spend no time on extra training.

By Gender and Age

Comparing boys of different ages:

- 10 to 14-year-old boys (25.8%) and 15 to 18-year-old boys (26.7%) were as likely to spend three or more hours a week on extra training
- 10 to 14-year-old boys (49.8%) were significantly more likely than 15 to 18-year-old boys (43.6%) to spend less than three hours a week on extra training
- 15 to 18-year-old boys (29.7%) were significantly more likely than 10 to 14-year-old boys (24.4%) to spend no time on extra training.

Comparing girls of different ages:

- 10 to 14-year-old girls (24.0%) and 15 to 18-year-old girls (21.0%) were as likely to spend three or more hours a week on extra training
- 10 to 14-year-old girls (55.8%) were significantly more likely than 15 to 18-year-old girls (44.6%) to spend less than three hours a week on extra training
- 15 to 18-year-old girls (34.4%) were significantly more likely than 10 to 14-year-old girls (20.2%) to spend no time on extra training.

Comparing 10 to 14-year-old boys and girls:

- boys (25.8%) and girls (24.0%) were as likely to spend three or more hours a week on extra training
- girls (55.8%) were significantly more likely than boys (49.8%) to spend less than three hours a week on extra training
- boys (24.4%) and girls (20.2%) were as likely to spend no time on extra training.

Comparing 15 to 18-year-old boys and girls:

- boys (26.7%) were significantly more likely than girls (21.0%) to spend three or more hours a week on extra training
- boys (43.6%) and girls (44.6%) were as likely to spend less than three hours a week on extra training
- boys (29.7%) and girls (34.4%) were as likely to spend no time on extra training.

By Gender and Ethnicity (multiple response)

Time spent on extra training varies with young people’s ethnic background. This section describes only the significant differences.

Boys of Pacific ethnicity were significantly:

- more likely than all boys to spend three or more hours a week on extra training (36.0%, 26.2%)
- less likely than all boys to spend no time on extra training (17.4%, 26.8%).

Girls of Pacific ethnicity were significantly:

- more likely than all girls to spend three or more hours a week on extra training (31.2%, 22.7%)
- less likely than all girls to spend less than three hours a week on extra training (45.4%, 50.7%).

Girls of Asian ethnicity were significantly:

- less likely than all girls to spend less than three hours a week on extra training (45.2%, 50.7%)
- more likely than all girls to spend no time on extra training (34.5%, 26.6%).

By Gender and Ethnicity (two-way)

Time spent on extra training varies with young people's ethnic background. This section describes only the significant differences.

Boys of Māori ethnicity (30.8%) were significantly more likely than other boys (ie. Non-Māori: 25.0%) to spend three or more hours a week on extra training.

Boys and girls of Pacific ethnicity were significantly more likely than other boys and girls (ie. Non-Pacific) to spend three or more hours a week on extra training:

- boys (36.0%, 24.9%)
- girls (31.2%, 21.5%).

Boys of Pacific ethnicity (17.4%) were significantly less likely than other boys (ie. Non-Pacific: 28.0%) to spend no time on extra training.

Girls of Pacific ethnicity (45.4%) were significantly less likely than other girls (ie. Non-Pacific: 51.5%) to spend less than three hours a week on extra training.

Girls of Asian ethnicity were significantly:

- less likely than other girls (ie. Non-Asian) to spend less than three hours a week on extra training (45.2%, 51.4%)
- more likely than other girls (ie. Non-Asian) to spend no time on extra training (34.5%, 25.5%).

By Socio-economic Background

Time spent on extra training varies with young people's socio-economic background. This section describes only the significant differences.

Comparing boys and girls of different socio-economic backgrounds, girls who attend low-decile schools were significantly:

- less likely than girls who attend medium-decile and high-decile schools to spend less than three hours a week on extra training (44.7%, 51.3%, 52.5%)
- more likely than girls who attend high-decile schools to spend no time on extra training (32.3%, 24.1%).

Comparing boys and girls of the same socio-economic background:

- boys who attend low-decile schools (29.9%) were significantly more likely than girls who attend low-decile schools (23.1%) to spend three or more hours a week on extra training
- boys who attend medium-decile schools were significantly more likely than girls who attend medium-decile schools to spend three or more hours on extra training (26.6%, 22.1%).

By Views about Sport

Time spent on extra training varies with young people's views about sport. The summary table below shows the significant differences between boys and girls with different views about sport.

Time spent doing sport and active things – in a “normal” week	Time spent doing extra training					
	Boys			Girls		
	Like a lot	Like a little	Don't like	Like a lot	Like a little	Don't like
No time	↓ ↓	↑ ↓	↑ ↑	↓ ↓	↑ ↓	↑ ↑
Less than 3 hours	↑ ↑	↓ ↑	↓ ↓	↑ ↑	↓ ↑	↓ ↓
3 hours or more	↑ ↑	↓ ↓	↓ ↓	↑ ↑	↓ ↑	↓ ↓
Key ↑ ↓ Significantly higher/lower than young people of the same gender who like playing sport a lot ↑ ↓ Significantly higher/lower than for young people of the same gender who like playing sport a little ↑ ↓ Significantly higher/lower than for young people of the same gender who don't like playing sport						

By Club Membership

Time spent on extra training varies by club membership. This section describes only the significant differences.

Boys who say they belonged to a club were significantly:

- more likely than boys who say they didn't belong to a club to spend three or more hours a week on extra training (31.9%, 17.9%)
- more likely than boys who say they didn't belong to a club to spend less than three hours a week on extra training (53.0%, 38.3%)
- less likely than boys who say they didn't belong to a club to spend no time on extra training (15.0%, 43.8%).

Girls who say they belonged to a club were significantly:

- more likely than girls who say they didn't belong to a club to spend three or more hours a week on extra training (28.5%, 16.6%)
- more likely than girls who say they didn't belong to a club to spend less than three hours a week on extra training (57.3%, 43.8%)
- less likely than girls who say they didn't belong to a club to spend no time on sport and recreation on extra training (14.2%, 39.6%).

By School Sports Team Membership

Time spent on extra training varies by school sports team membership. This section describes only the significant differences.

Boys who say they belonged to a school sports team were significantly:

- more likely than boys who say they didn't belong to a school sports team to spend three or more hours a week on extra training (31.0%, 19.3%)
- more likely than boys who say they didn't belong to a school sports team to spend less than three hours a week on extra training (51.4%, 40.7%)
- less likely than boys who say they didn't belong to a school sports team to spend no time on extra training (17.6%, 40.0%).

Girls who say they belonged to a school sports team were significantly:

- more likely than girls who say they didn't belong to a school sports team to spend three or more hours a week on extra training (26.1%, 18.3%)
- more likely than girls who say they didn't belong to a school sports team to spend less than three hours a week on extra training (56.5%, 42.9%)
- less likely than girls who say they didn't belong to a school sports team to spend no time on extra training (17.4%, 38.9%).

Table 4.5.1: Time spent participating in extra training for sport and active recreation (Years 7-13) – by selected student characteristics

Table 4.5.1 shows time spent by young people participating in extra training or practice without a coach (like running to get fit) by selected student characteristics.

Time spent doing sport and active things – in a “normal” week			Time spent doing sport and active things in extra training								
			No time			Less than 3 hours			3 hours or more		
			n	%	95% CIs	n	%	95% CIs	n	%	95% CIs
Age group	Boys	10-14 years	545	24.4	21.74-27.13	1190	49.8	47.56-52.07	619	25.8	23.73-27.77
		15-18 years	545	29.7	27.40-32.02	823	43.6	41.39-45.88	497	26.7	24.05-29.26
	Girls	10-14 years	513	20.2	18.27-22.15	1493	55.8	53.64-57.92	608	24.0	22.23-25.79
		15-18 years	793	34.4	31.37-37.41	1055	44.6	42.32-46.88	510	21.0	19.01-23.01
Ethnic group	Boys (total response)	All boys	1095	26.8	25.14-28.52	2024	47.0	45.38-48.61	1122	26.2	24.57-27.79
		European	825	28.3	26.21-30.34	1447	46.8	44.84-48.74	759	24.9	23.07-26.80
		Māori	195	23.4	20.07-26.71	410	45.8	42.24-49.30	275	30.8	27.24-34.43
		Pacific	92	17.4	13.57-21.19	276	46.6	42.57-50.63	197	36.0	32.00-40.04
		Asian	124	26.1	22.50-29.68	201	47.5	43.72-51.34	115	26.4	22.85-29.89
		Other ethnicity	14	20.9	12.42-31.81	35	50.6	34.47-66.66	16	28.6	14.02-47.69
	Girls (total response)	All girls	1308	26.6	24.84-28.43	2554	50.7	49.02-52.33	1122	22.7	21.40-23.97
		European	862	24.8	22.63-27.05	1847	52.9	50.92-54.92	771	22.2	20.81-23.68
		Māori	291	27.2	24.00-30.39	528	48.2	45.09-51.32	274	24.6	22.12-27.09
		Pacific	170	23.4	20.12-26.71	373	45.4	42.28-48.50	215	31.2	27.98-34.40
		Asian	222	34.5	30.33-38.59	307	45.2	42.03-48.47	121	20.3	16.00-24.58
		Other ethnicity	29	36.4	25.94-48.04	36	43.9	30.08-57.67	14	19.7	12.01-29.57

Time spent doing sport and active things – in a “normal” week			Time spent doing sport and active things in extra training								
			No time			Less than 3 hours			3 hours or more		
			n	%	95% CIs	n	%	95% CIs	n	%	95% CIs
Ethnic group	Boys	Māori	195	23.4	20.07-26.71	410	45.8	42.24-49.30	275	30.8	27.24-34.43
		Non-Māori	890	27.6	25.82-29.44	1603	47.3	45.53-49.15	840	25.0	23.39-26.69
	Girls	Māori	291	27.2	24.00-30.39	528	48.2	45.09-51.32	274	24.6	22.12-27.09
		Non-Māori	1010	26.4	24.51-28.36	2013	51.3	49.58-53.11	845	22.2	20.68-23.76
	Boys	Pacific	92	17.4	13.57-21.19	276	46.6	42.57-50.63	197	36.0	32.00-40.04
		Non-Pacific	993	28.0	26.19-29.85	1737	47.1	45.40-48.76	918	24.9	23.23-26.55
	Girls	Pacific	170	23.4	20.12-26.71	373	45.4	42.28-48.50	215	31.2	27.98-34.40
		Non-Pacific	1131	27.1	25.09-29.04	2168	51.5	49.62-53.32	904	21.5	20.05-22.89
	Boys	Asian	124	26.1	22.50-29.68	201	47.5	43.72-51.34	115	26.4	22.85-29.89
		Non-Asian	961	26.9	25.02-28.75	1812	47.0	45.15-48.76	1000	26.2	24.46-27.86
	Girls	Asian	222	34.5	30.33-38.59	307	45.2	42.03-48.47	121	20.3	16.00-24.58
		Non-Asian	1079	25.5	23.59-27.44	2234	51.4	49.71-53.15	998	23.1	21.79-24.32
Socio-economic background (school decile rating)	Boys	Low (1-3)	213	25.5	21.39-29.60	409	44.6	40.93-48.37	255	29.9	25.76-33.95
		Medium (4-7)	518	26.5	24.22-28.82	938	46.8	44.44-49.24	527	26.6	24.32-28.96
		High (8-10)	355	27.9	24.60-31.28	661	48.5	45.57-51.43	320	23.6	20.60-26.52
	Girls	Low (1-3)	333	32.3	28.58-35.98	542	44.7	41.55-47.78	253	23.1	20.54-25.56
		Medium (4-7)	594	26.6	23.79-29.39	1141	51.3	48.83-53.74	489	22.1	20.48-23.77
		High (8-10)	369	24.1	20.83-27.31	830	52.5	49.29-55.72	368	23.4	20.62-26.24
Like playing sport	Boys	Like a lot	421	15.7	13.92-17.39	1484	51.5	49.50-53.47	921	32.9	30.62-35.10
		Like a little	507	45.6	42.32-48.86	453	41.5	38.23-44.72	147	12.9	11.01-14.86
		Don't like	138	73.5	67.30-79.77	41	19.5	13.40-25.67	14	6.9	3.74-11.67
	Girls	Like a lot	361	13.3	11.94-14.70	1555	56.5	54.36-58.63	815	30.2	28.35-32.01
		Like a little	706	38.3	35.58-41.07	853	47.2	44.27-50.03	251	14.5	12.65-16.40
		Don't like	208	67.6	62.53-72.74	80	25.2	20.39-29.99	26	7.2	4.73-10.40

Time spent doing sport and active things – in a “normal” week			Time spent doing sport and active things in extra training								
			No time			Less than 3 hours			3 hours or more		
			n	%	95% CIs	n	%	95% CIs	n	%	95% CIs
Participation with clubs	Boys	Belong to a club	363	15.0	13.35-16.69	1366	53.0	51.00-55.06	812	31.9	29.84-34.06
		Don't belong to a club	719	43.8	41.24-46.38	638	38.3	35.48-41.19	292	17.9	15.63-20.08
	Girls	Belong to a club	334	14.2	12.61-15.86	1419	57.3	55.12-59.47	721	28.5	26.38-30.55
		Don't belong to a club	957	39.6	37.30-41.96	1112	43.8	41.49-46.08	390	16.6	15.01-18.15
Participation with school sports team	Boys	Belong to a team	420	17.6	15.68-19.60	1338	51.4	49.18-53.55	789	31.0	28.87-33.13
		Don't belong to a team	660	40.0	37.71-42.38	668	40.7	38.40-42.91	321	19.3	17.34-21.26
	Girls	Belong to a team	474	17.4	15.76-18.96	1662	56.5	54.60-58.43	737	26.1	24.59-27.67
		Don't belong to a team	823	38.9	36.19-41.51	872	42.9	40.32-45.42	380	18.3	16.56-20.00

Questions/response options:

- How much time on a normal (**Monday-Sunday**) do you spend doing extra training or practice without a coach (like running to get fit)? *Response options – none; about 15 mins; about 30 mins; about 1 hour; about 1 ½ hours; about 2 hours; 3 hours or more.*

Notes:

- 1 Not asked in the Years 1 to 6 survey forms. The students who answered this question were mostly 11 to 18-year-olds, but some 10-year-olds also answered this question are reported on here.
- 2 Young people's responses for each day were converted to a single figure by taking the mid-point of each category (eg. the “3 or more hours” category was given a value of 150 minutes). The converted time for each day was summed to provide an estimate for the week. For more information about how time is calculated, see section 4.1 and Appendix 4.
- 3 As the information was sourced from a number of questions, missing responses were compounded as the different time estimates were added together. Overall missing responses formed 7.5% of responses for time in extra training. These responses have been excluded from this reporting. Estimates are based on around 9,000 complete responses.