

Why is Sport and Recreation so important for Young People?



Active
Young People

BETTER
GRADES



Better Grades

Physical activity releases hormones in the brain, strengthening its memory capacity and raising its thinking ability. It also improves focus, attention, and classroom behaviour.

BETTER
BEHAVIOUR



Better Behaviour

Active young people make healthy choices. They are more likely to make decisions that reject harmful situations or substances. They are more confident and happier.

BETTER
HEALTH



Better Health

Active young people have healthy bodies and minds. They have less risk of developing cancer, osteoporosis and cardiovascular disease – as well as depression, anxiety and stress.

BETTER
CONNECTIONS



Better Connections

Sport brings people together from all types of backgrounds. Physical activity exposes young people to a wider support group of friends, mentors, and role models.

BETTER
SELF ESTEEM



Better Self Esteem

The strong connections made through sport help young people discover positive ways to combat emotional pressures and develop a broader range of social skills.

BETTER
LIFE SKILLS



Better Life Skills

Sport teaches young people different life skills. They learn about goal setting, decision making, communication, team work, leadership and commitment.



Active
Adults

BETTER
FUTURES



Better Futures

Physical activity is an investment in the future. Active young people are more likely to go to University, become future leaders, and are higher earning, healthier adults.

How can Parents support your child?



Be Encouraging

Encourage your child to participate in sport but try not to place too much pressure on them. For young people to stay active they need to enjoy it.



Enjoy Sport with them

Try to enjoy your child's participation as much as you can. The best way to do this is to enjoy it with them. Try to go along to their games and provide support from the side line.



Get Active

Active Parents make for active kids. Young people learn by example so by being active themselves, parents increase the chances of their children being active too.



Volunteer

A lot of sport and recreation in New Zealand is run by the help of volunteers, especially sport clubs. Parents can help by donating their time for free to manage and coach teams, get out gear, run the cafe, provide administration for the club, and help fundraise.

Connect
2sport

Ways Young People can get Active



What about Cost?

Most sport and recreation in New Zealand requires a cost. This might include things like membership fees, venue hire, equipment and uniforms. If the cost of sport preventing your child from participating then there are options to make things easier:

- Talk to the club about payment options as some offer things like monthly payment plans.
- Think about going to a 'have a go' day to give your child the chance to try the sport out before committing to a whole season.
- Encourage your child to join a casual league as this gives you the chance to pay a smaller fee each week.
- Watch out for second hand sport equipment sales in your area or at your child's school.
- Talk to your local community group about doing some type of fundraising to help more children in your community participate in sport.
- Talk to your school to see if they know of any grants available for children from disadvantaged circumstances to help them take part in sport.



Find a Sport

There are many sports organisations across New Zealand who can introduce young people to a sport or take their skills to the next level.

To get in contact with the right people visit sportnz.org.nz and click on 'get into sport'.