

Open search panel



Search

Search the Insight Hub...

Cancel

- [Insights](#)  
[Rangahau](#)
- [Events](#)  
[Hui](#)
- [Partnerships](#)  
[Rangapū](#)
- [Impact](#)  
[Whakaaweawe](#)
- About  
Mō Mātou
  - [Overview](#)
  - [History](#)
  - [Support](#)
-  [0](#)  
[Saved](#)

 [0](#) [Saved](#)

 EN 

- [Sign in](#)
- [Submit](#) 


Toggle navigation

[Submit](#) 



# IWG: Etsuko Ogasawara - New Way of Thinking to Promote Physical Activity for Girls

Theme:  
Participation

 IWG: Etsuko Ogasawara - New Way of Thinking to Promote Physical Activity for Girls


Co-authored by Etsuko Ogasawara


## 2022 IWG Lightening Talk: Etsuko Ogasawara, Japanese Centre for Research on Women in Sport - New Way of Thinking to Promote Physical Activity for Girls.




[Play video](#)

[IWG: Etsuko Ogasawara - New Way of Thinking to Promote Physical Activity for Girls](#)

  
Save this Insight





  
Print this Insight

  
Download Insight assets  
For use in your own documents


Was this Insight helpful?



Share this Insight

-  [Facebook](#)
-  [Twitter](#)
-  [Email](#)
-  Copy this page's URL

  
Save this Insight

  
Print this Insight

  
Download Insight assets



[Email this Insight](#)

 Close 'Download Insight Assets' modal

### Download Insight assets

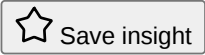
- [IWG: Etsuko Ogasawara - New Way of Thinking to Promote Physical Activity for Girls.pdf](#)
- [Japanese.jpg 90KB JPG](#)

Was this Insight useful?



## Similar Insights (85)

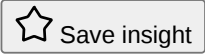
[The rise of women’s football in New Zealand](#)



Participation

### The rise of women’s football in New Zealand

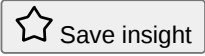
[Good Practice Guide - Increasing participation of Muslim women and girls](#)



Participation

### Good Practice Guide - Increasing participation of Muslim women and girls

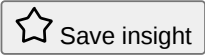
[Healthy Women in Performance Sport](#)



Participation

### Healthy Women in Performance Sport

[Making sport inclusive: Free period products in clubs - report](#)

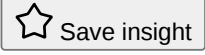


Participation

### Making sport inclusive: Free period products in clubs - report

By Emma Evans - Sport New Zealand

[Rally Report 2024](#)

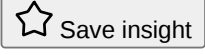


Participation

### Rally Report 2024

By Canadian Women & Sport - Canadian Women & Sport

[Women in Trail Running - Aotearoa 2015-24](#)



Participation

**Women in Trail Running - Aotearoa 2015-24**

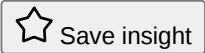
[Kea Kids News: Skateboarding girls are dropping in on Iron Awareness Week](#)



Participation

**Kea Kids News: Skateboarding girls are dropping in on Iron Awareness Week**

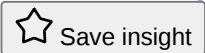
[UN Report of the Special Rapporteur on violence against women and girls, its causes and consequences - Violence against women and girls in sports](#)



Participation

**UN Report of the Special Rapporteur on violence against women and girls, its causes and consequences - Violence against women and girls in sports**

[Adventures doing a POWA of good](#)

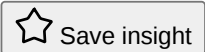


Participation

**Adventures doing a POWA of good**

By Angela Walker - LockerRoom

[Is Paris 2024 really achieving its goals for gender equality?](#)

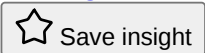


Participation

**Is Paris 2024 really achieving its goals for gender equality?**

By Victoria University Melbourne Australia - Victoria University | Melbourne Australia

[New legislation for gender identity and sex characteristics in Queensland sport](#)

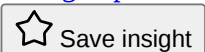


Participation

**New legislation for gender identity and sex characteristics in Queensland sport**

By Victoria University Melbourne Australia - Victoria University | Melbourne Australia

[Strength, power and aerobic capacity of transgender athletes: a cross-sectional study](#)



Participation


**Strength, power and aerobic capacity of transgender athletes: a cross-sectional study**

[Change in Action Week - Innovative Impact FINALIST - Hibiscus Coast Football](#)

 Save insight

Participation


**Change in Action Week - Innovative Impact FINALIST - Hibiscus Coast Football**  
[Change in Action Week - Innovative Impact FINALIST - Active Wāhine](#)

 Save insight

Participation

**Change in Action Week - Innovative Impact FINALIST - Active Wāhine**


[Change in Action Week - Innovative Impact FINALIST - Kia Ora Academy](#)

 Save insight

Participation

**Change in Action Week - Innovative Impact FINALIST - Kia Ora Academy**


[Change in Action Week - Rangatahi FINALIST - Sylvia Brunt](#)

 Save insight

Participation

**Change in Action Week - Rangatahi FINALIST - Sylvia Brunt**


[Change in Action Week - Innovative Impact FINALIST - Wāhine Toa](#)

 Save insight

Participation

**Change in Action Week - Innovative Impact FINALIST - Wāhine Toa**


[Change in Action Week - Rangatahi Winner - Carmel College](#)

 Save insight

Participation

**Change in Action Week - Rangatahi Winner - Carmel College**

[ADIDAS BREAKING BARRIERS RESEARCH](#)

 Save insight

Participation

**ADIDAS BREAKING BARRIERS RESEARCH**

[Kiwi women take clean sweep of the Ski Podium at The North Face Frontier 4- Competition](#)

 Save insight

Participation

**Kiwi women take clean sweep of the Ski Podium at The North Face Frontier 4- Competition**  
[GUIDE TO CREATING ACTIVITIES AND EVENTS FOR YOUNG WOMEN](#)

 Save insight

Participation

**GUIDE TO CREATING ACTIVITIES AND EVENTS FOR YOUNG WOMEN**


By Emma Evans - Sport New Zealand  
[A 2024 SURVEY FOR: Women in Trail and Ultrarunning](#)

 Save insight

Participation

**A 2024 SURVEY FOR: Women in Trail and Ultrarunning**


By Ali Pottinger - Squadrun  
[2022 IWG: Christine Young - Integrity in HP Youth Sport](#)

 Save insight

Participation

**2022 IWG: Christine Young - Integrity in HP Youth Sport**


[2022 IWG: David Cabello - A Gender Policy for Increasing Women’s Representation in Badminton](#)

 Save insight

Participation

**2022 IWG: David Cabello - A Gender Policy for Increasing Women’s Representation in Badminton**


[2022 IWG: Nicole Terril - Bruce Pulman Park – Collaborating, Connecting, Enabling Our Wāhine in Sport](#)

 Save insight

Participation

**2022 IWG: Nicole Terril - Bruce Pulman Park – Collaborating, Connecting, Enabling Our Wāhine in Sport**

[2022 IWG: Kirsten Spencer - Sport as a social development tool](#)

 Save insight

Participation

**2022 IWG: Kirsten Spencer - Sport as a social development tool**


[2022 IWG: Erin Hatton - Driving transformational change](#)

 Save insight

Participation

**2022 IWG: Erin Hatton - Driving transformational change**

[Understanding Period Poverty Infographic](#)


 Save insight

Participation

**Understanding Period Poverty Infographic**

By Cheycoda Cocks - Sport Manawatu

[Well Wāhine Week Case Study](#)


 Save insight

Participation

**Well Wāhine Week Case Study**

By Helayna Ruifrok - Sport Gisborne Tairāwhiti

[Netball Resources for Clubs and School Administrators](#)


 Save insight

Participation

**Netball Resources for Clubs and School Administrators**

By Jenna Murie - Netball New Zealand

[Girls Smash Modified Girls Only Cricket Programme](#)


 Save insight

Participation

**Girls Smash Modified Girls Only Cricket Programme**

By Jess Davidson - New Zealand Cricket

[Innovative approaches to encouraging women's participation in Golf](#)


 Save insight

Participation

**Innovative approaches to encouraging women's participation in Golf**

By Roxanna Holdworth - This is ME

[Netball Volunteer Programme](#)

 Save insight

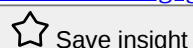


Participation

## Netball Volunteer Programme

By Jenna Murie - Netball New Zealand

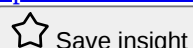
[Mind. Set. Engage. Rugby's mental wellbeing programme.](#)



Participation

## Mind. Set. Engage. Rugby's mental wellbeing programme.

[Sport as a Social Development Tool](#)

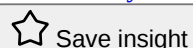


Participation

## Sport as a Social Development Tool

By Kirsten Spencer - Auckland University of Technology

[Netball Player Development Programme](#)

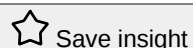


Participation

## Netball Player Development Programme

By Alysha Jensen - Netball New Zealand

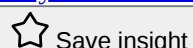
[COACHING GIRLS GUIDE: HOW TO GET \(AND KEEP\) GIRLS PLAYING](#)



Participation

## COACHING GIRLS GUIDE: HOW TO GET (AND KEEP) GIRLS PLAYING

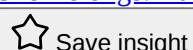
[Why Aussie women's sport needs to talk about fertility.](#)



Participation

## Why Aussie women's sport needs to talk about fertility

[She Belongs: Building Social Connection for Lasting Participation in Sport](#)



Participation

## She Belongs: Building Social Connection for Lasting Participation in Sport

By Canadian Women & Sport - Canadian Women & Sport

[Sport for Sustainable Development: Designing Effective Policies and Programmes](#)

 Save insight


Participation

**Sport for Sustainable Development: Designing Effective Policies and Programmes**  
[The Volunteer Capacity of Community Sports Clubs to Support Women and Girls in Sport](#)

 Save insight


Participation

**The Volunteer Capacity of Community Sports Clubs to Support Women and Girls in Sport**  
[Huge uptick in girls and women playing football in New Zealand](#)

 Save insight


Participation

**Huge uptick in girls and women playing football in New Zealand**  
[Resources on Male Allyship](#)

 Save insight


Participation

**Resources on Male Allyship**  
[Rally Report Insights: Body Confidence](#)

 Save insight


Participation

**Rally Report Insights: Body Confidence**  
[Rally Report Insights: Mental Health](#)

 Save insight

Participation

**Rally Report Insights: Mental Health**  
[What type of uniforms do women want to wear when they referee or umpire sport?](#)

 Save insight

Participation

**What type of uniforms do women want to wear when they referee or umpire sport?**  
[Women & Padel: Start of a love story](#)

☆ Save insight

Participation

**Women & Padel: Start of a love story**  
[Empowering young women to lead their experiences - Journeys Central Otago](#)

☆ Save insight

Participation

**Empowering young women to lead their experiences - Journeys Central Otago**

By Rachel Howells - Sport New Zealand  
[Creating safe environments for young women to be active their way](#)

☆ Save insight

Participation

**Creating safe environments for young women to be active their way**

By Rachel Howells - Sport New Zealand  
[Kōhine māia](#)

☆ Save insight

Participation

**Kōhine māia**

By Rachel Howells - Sport New Zealand  
[Yeah! Girls Move - Cricket not the way you know it](#)

☆ Save insight



Participation

**Yeah! Girls Move - Cricket not the way you know it**

By Rachel Howells - Sport New Zealand  
[For young women, by young women - WORD girls-only programme](#)

☆ Save insight

Participation

**For young women, by young women - WORD girls-only programme**

By Rachel Howells - Sport New Zealand  
[Not just for the "sporty", the Not-So-Sports-Club](#)

☆ Save insight

Participation

# Not just for the "sporty", the Not-So-Sports-Club

By Rachel Howells - Sport New Zealand  
[Manawatū Cricket Association case study](#)



Participation

## Manawatū Cricket Association case study

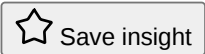
By Cheycoda Cocks - Sport Manawatu  
[Backyard Smash & Sista Smash](#)



Participation

## Backyard Smash & Sista Smash

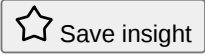
By Roxanna Holdworth - This is ME  
[The female-friendliness of New Zealand’s tennis clubs](#)



Participation

## The female-friendliness of New Zealand’s tennis clubs

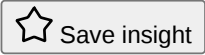
[Removing Period Poverty As a Barrier to Participation](#)



Participation

## Removing Period Poverty As a Barrier to Participation

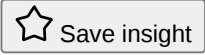
By Roxanna Holdworth - This is ME  
[Te Awamutu AFC starts 2024 off strong with growing demand](#)



Participation

## Te Awamutu AFC starts 2024 off strong with growing demand

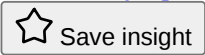
[Five things to know about women and sport](#)



Participation

## Five things to know about women and sport

[Has the Olympics become too sexualised? How sex and gender debates drove online discourse](#)



Participation

**Has the Olympics become too sexualised? How sex and gender debates drove online discourse**  
[Pacific Women's Leadership Programme Impact - Sela Vaenuku](#)

☆ Save insight

Participation

**Pacific Women's Leadership Programme Impact - Sela Vaenuku**

[IWG: Claire Badenhorst - Iron regulation throughout the lifespan - An active female perspective](#)

☆ Save insight

Participation

**IWG: Claire Badenhorst - Iron regulation throughout the lifespan - An active female perspective**

["Beginning Day 1" Checklist: How to Coach and Support Women and Teen Girl Athletes](#)

☆ Save insight

Participation

**"Beginning Day 1" Checklist: How to Coach and Support Women and Teen Girl Athletes**

[Nutrition For Female Athletes](#)

☆ Save insight

Participation

**Nutrition For Female Athletes**

[Coaching through a Gender Lens Infographic](#)

☆ Save insight

Participation

**Coaching through a Gender Lens Infographic**

[Angel City Equity House Podcast: Myth Busters presented by Gatorade](#)

☆ Save insight

Participation

**Angel City Equity House Podcast: Myth Busters presented by Gatorade**

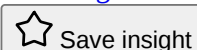
[2022 IWG: Emily Davidson - She Loves Golf Presentation](#)

☆ Save insight

Participation

## 2022 IWG: Emily Davidson - She Loves Golf Presentation

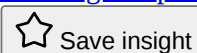
[Hikurangi Golf Club president Felice Croft encouraging more women into the sport](#)



Participation

## Hikurangi Golf Club president Felice Croft encouraging more women into the sport

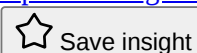
[Running and periods: The myths about exercise and your menstrual cycle, debunked](#)



Participation

## Running and periods: The myths about exercise and your menstrual cycle, debunked

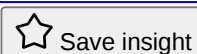
[Updated Pregnancy guidance from UK Sport](#)



Participation

## Updated Pregnancy guidance from UK Sport

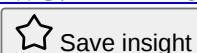
[IWG: Daenin Roth - Grassroots Role Models Inspiring Change](#)



Participation

## IWG: Daenin Roth - Grassroots Role Models Inspiring Change

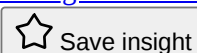
[IWG: Dr Riki Tesler: Social capital and health among participants in the cachibol league in Israel](#)



Participation

## IWG: Dr Riki Tesler: Social capital and health among participants in the cachibol league in Israel

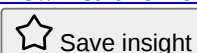
[Young Women Profile - September 2021](#)



Participation

## Young Women Profile - September 2021

[New Zealand Football Performance & Prevention - Considerations for Female Athletes](#)



Participation

**New Zealand Football Performance & Prevention - Considerations for Female Athletes**


[IWG: Christine Young - Women in Taekwondo - Over 40 is not Over the Hill](#)

 Save insight

Participation

**IWG: Christine Young - Women in Taekwondo - Over 40 is not Over the Hill**

[Co-Designing Effective Programmes for Young Girls: Insights and Principles](#)

 Save insight

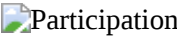
Participation

**Co-Designing Effective Programmes for Young Girls: Insights and Principles**

By Briana iring - Aktive - Auckland Sport & Recreation

[How To Co-Design A Programme With Participants](#)

 Save insight




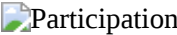
Participation

**How To Co-Design A Programme With Participants**

By Briana iring - Aktive - Auckland Sport & Recreation

[Empowering Disengaged Girls Through A Participant-Centered Programme](#)

 Save insight




Participation

**Empowering Disengaged Girls Through A Participant-Centered Programme**

By Briana iring - Aktive - Auckland Sport & Recreation

[Aktive Women & Girls Facility Guide](#)

 Save insight



Participation

**Aktive Women & Girls Facility Guide**

[Insights to Young Women’s Participation - Webinar #1 "Rethinking the offering"](#)

 Save insight

Participation

**Insights to Young Women’s Participation - Webinar #1 "Rethinking the offering"**

By Rachel Howells - Sport New Zealand

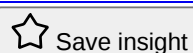
[Insights to Young Women’s Participation - Webinar #2 "Empowering young women to lead their experiences"](#)

 Save insight

## Insights to Young Women's Participation - Webinar #2 "Empowering young women to lead their experiences"

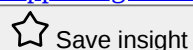
By Rachel Howells - Sport New Zealand

[IWG: Helen Parker - Transgender competitors in women's sport - Change for the better?](#)



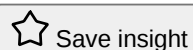
## IWG: Helen Parker - Transgender competitors in women's sport - Change for the better?

[Supporting Disabled Teenage Girls to be Active](#)



## Supporting Disabled Teenage Girls to be Active

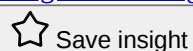
[400 Games: Melony O'Connor Reaches Refereeing Milestone in Sal's NBL](#)



## 400 Games: Melony O'Connor Reaches Refereeing Milestone in Sal's NBL

By Amy McClintock - Basketball New Zealand

[Insights to Young Women's Participation - Webinar #3 "Focus on Wellbeing and creating a safe environment"](#)



## Insights to Young Women's Participation - Webinar #3 "Focus on Wellbeing and creating a safe environment"

By Rachel Howells - Sport New Zealand

## Our Partners

- Sport NZ
- NZ Foreign affairs and trade
- US Embassy NZ

[Women in Sport Aotearoa Insight Hub](#) | [Ngā Wāhine Hākinakina o Aotearoa](#)

- [Facebook](#)
- [Instagram](#)
- [LinkedIn](#)
- [TikTok](#)



-  [YouTube](#)

- [Contact](#)
- [FAQs](#)
- [Privacy policy](#)
- [Terms of use](#)

© 2025 Women in Sport Aotearoa

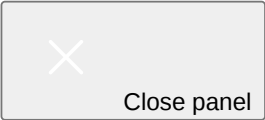
## Subscribe to our newsletter

Receive the latest news, events and insights as we publish them.

Name:

Email:

[Subscribe](#) >



## Subscribe to our newsletter

Our weekly email delivering the latest insights as we publish them, tailored to your tastes.

First name:\*

Email:\*

### Preferences

Select those that apply to you to help us customise your Insight Hub experience.

#### Insight Themes

- ☒ All
- ☒ Leadership
- ☒ Social Change
- ☒ Active Lives
- ☒ High Performance
- ☒ Visibility and Voice

#### Insight Content Types

- ☒ All
- ☒ Research
- ☒ Case studies
- ☒ News stories
- ☒ Toolkits

Subscribe now >