

Open search panel



Search

Search the Insight Hub...

Cancel

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

[☆ 0 Saved](#)

 EN 

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






Toggle navigation

[Submit](#) 

PNGHS “Let’s Move it” programme video

Theme:
Youth

 PNGHS “Let’s Move it” programme video

[Cheycoda Cocks](#)

Co-authored by Palmerston North Girls High School

The Palmerston North Girls High School “Let’s Move it” is a rangatahi led initiative by the school’s sport council. Through an initial consultation with Sport Manawātū DEI advisor, the council met to brainstorm ideas on what activities their cohort could want to participate in. The council then surveyed their school, landing at the idea of lunchtime sporting sessions playing Netball, Volleyball, Badminton. The sport council utilised the Tū Manawa Active Aotearoa Fund where the whole process from application submission, planning, and implementation was all rangatahi led. Having rangatahi input into the design, development and implementation of programs is critical to getting rangatahi more active. To get more girls active we should intentionally create more opportunities for young people to be consulted, heard and empowered to lead their sport experiences.



[Play video](#)

[PNGHS “Let’s Move it” programme video](#)



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



[Email this Insight](#)



Close 'Download Insight Assets' modal



Download Insight assets

- [PNGHS “Let’s Move it” programme video.pdf](#)
- [PNGHS.jpg 90KB JPG](#)

Was this Insight useful?



Similar Insights (26)

[Thriving Through Sport](#)




Save insight

Youth

Thriving Through Sport

[It's My Move Progress Report](#)




Save insight

Youth

It's My Move Progress Report

By Emma Evans - Sport New Zealand

[Letters from Rangatahi: Olympic Muses and Musings](#)



Save insight




Youth

Letters from Rangatahi: Olympic Muses and Musings

By Ciccone Hakaraia-Turner - Netball New Zealand

[Move YO - Move, Stretch, Relax programme for young women and girls](#)




Save insight

Youth

Move YO - Move, Stretch, Relax programme for young women and girls


[Flow on Effect: Anna Peterson talking menstruation and being active](#)

 Save insight

Youth

Flow on Effect: Anna Peterson talking menstruation and being active


[Flow on effect: Sophie Watson \(EONZ\) on how to be a menstrual ally](#)

 Save insight

Youth

Flow on effect: Sophie Watson (EONZ) on how to be a menstrual ally


[Flow on Effect: Fern Taiapa on breaking down the stigma around menstruation](#)

 Save insight

Youth

Flow on Effect: Fern Taiapa on breaking down the stigma around menstruation


[Flow on Effect: Clare Morgan on Sustainability: understanding what is good for body and planet](#)

 Save insight

Youth

Flow on Effect: Clare Morgan on Sustainability: understanding what is good for body and planet


[Venus Williams is stunned 45 per cent of girls are dropping out of sports over body confidence issues](#)

 Save insight

Youth

Venus Williams is stunned 45 per cent of girls are dropping out of sports over body confidence issues


[IWG: Jess Davidson - Yeah! Girls Activators – building a new workforce for youth female cricket](#)

 Save insight

Youth

IWG: Jess Davidson - Yeah! Girls Activators – building a new workforce for youth female cricket

[Harbour Sport Girls Motion Programme](#)

 Save insight

Youth

Harbour Sport Girls Motion Programme

[Celebrating Champions of Change: Kylie Heihei](#)

☆ Save insight

Youth

Celebrating Champions of Change: Kylie Heihei

[Team sports help vast majority of young girls feel more confident, says report](#)

☆ Save insight

Youth

Team sports help vast majority of young girls feel more confident, says report

[Balanced female health handbook for adults supporting young people in community sport.](#)

☆ Save insight

Youth

Balanced female health handbook for adults supporting young people in community sport.

[Webinar replay: Supporting Sporty Girls for coaches or administrators](#)

☆ Save insight

Youth

Webinar replay: Supporting Sporty Girls for coaches or administrators

[What's Your Little One Made Of? Creating a new generation of male allies for girls in sport](#)

☆ Save insight

Youth

What's Your Little One Made Of? Creating a new generation of male allies for girls in sport

[Rangatahi just want to have fun!](#)

☆ Save insight

 Young women from the Women's Organisation of the Waikato Muslim Association with First Step Outdoors staff, after a river trip.

Youth

Rangatahi just want to have fun!

By Robyn Cockburn - LUMIN

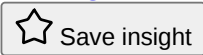
[Managing the Physical Load of Female Athletes](#)

☆ Save insight

Youth

Managing the Physical Load of Female Athletes

[Creating an Environment for Youth to Flourish](#)

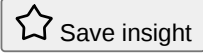


Youth

Creating an Environment for Youth to Flourish

By Charissa Barnham - Sport New Zealand

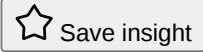
[IWG: Lavenia Yalovi & Maria Rarawa - Football for Development Programme Insights on Gender Equality](#)



Youth

IWG: Lavenia Yalovi & Maria Rarawa - Football for Development Programme Insights on Gender Equality

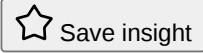
[Make Space for Us](#)



Youth

Make Space for Us

[We're losing kids from sport; but you can change that](#)



Youth

We're losing kids from sport; but you can change that

[IWG: Florence Gitau - Using the platform of football to promote Employment and Entrepreneurship opportunities for slum girls and young women in male dominated Sports industry- Critical lessons from ‘Breaking the Barriers’ \(BTB\) project in Kenya](#)



Youth

IWG: Florence Gitau - Using the platform of football to promote Employment and Entrepreneurship opportunities for slum girls and young women in male dominated Sports industry- Critical lessons from ‘Breaking the Barriers’ (BTB) project in Kenya

[Developing A Brand For Young Women's Initiatives: HERA Goddess](#)



Youth

Developing A Brand For Young Women's Initiatives: HERA Goddess

By Briana iring - Aktive - Auckland Sport & Recreation

[Empowering Young Female Leaders - Whanake o te Kōpara & the Emotional Culture Deck](#)

Youth

Empowering Young Female Leaders - Whanake o te Kōpara & the Emotional Culture Deck

By Sarah Leberman MNZM - Women in Sport Aotearoa
[WOTK Alumnae Kylie Heihei - My Leadership Journey](#)





Youth

WOTK Alumnae Kylie Heihei - My Leadership Journey

Our Partners

-  Sport NZ Sport NZ
-  Auckland Unlimited Auckland Unlimited
-  Spark Sport Spark Sport

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

-  [Facebook](#)
-  [Instagram](#)
-  [Twitter](#)
-  [YouTube](#)
- [Contact](#)
- [FAQs](#)
- [Privacy policy](#)
- [Terms of use](#)

© 2024 Women in Sport Aotearoa


Subscribe to our newsletter

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

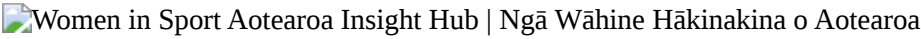
Name:

Email:

[Subscribe](#) 



Close panel



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 >