

[Skip to content](#)

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

 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](#) >



# Sport for Sustainable Development: Designing Effective Policies and Programmes

Theme:  
Participation

 Sport for Sustainable Development: Designing Effective Policies and Programmes

## Sport for Sustainable Development: Designing Effective Policies and Programmes

**Sport is one of the things that binds the people of the Commonwealth together and it is often seen as a tremendous source of pride.**

While sport is enjoyable for recreation, it is also increasingly being used as a tool in sustainable development work and to enable positive societal change.

The Commonwealth Secretariat, in partnership with the [International Platform on Sport and Development](#) and the Australian Government, have collaborated on an online course, available free of cost, to support this growing movement.

### Sport for sustainable development

During the online course, participants will learn:

- the benefits and limitations of using sport in development;
- how to design, implement, and measure the impact of sport-based policies and programmes using best practices;
- key concepts on sport and gender equality, disability, human rights, social inclusion, peacebuilding, good governance and safeguarding

[Sign up for the course here.](#)



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

- [Sport for Sustainable Development: Designing Effective Policies and Programmes.pdf](#)
- [Pacific.jpg 110KB JPG](#)

Was this Insight useful?



## Similar Insights (56)

[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**

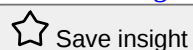
[2022 IWG: Erin Hatton - Driving transformational change](#)

☆ Save insight

Participation

## 2022 IWG: Erin Hatton - Driving transformational change

[Understanding Period Poverty Infographic](#)

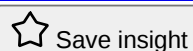


Participation

### Understanding Period Poverty Infographic

By Cheycoda Cocks - Sport Manawatu

[Well Wāhine Week Case Study](#)

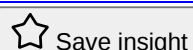


Participation

### Well Wāhine Week Case Study

By Helayna Ruifrok - Sport Gisborne Tairāwhiti

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

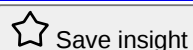


Participation

### Netball Resources for Clubs and School Administrators

By Jenna Murie - Netball New Zealand

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

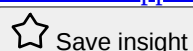


Participation

### Girls Smash Modified Girls Only Cricket Programme

By Jess Davidson - New Zealand Cricket

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

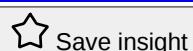


Participation

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

By Roxanna Holdworth - This is ME

[Netball Volunteer Programme](#)

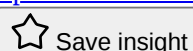


Participation

### Netball Volunteer Programme

By Jenna Murie - Netball New Zealand

[Sport as a Social Development Tool](#)

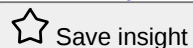


Participation

## Sport as a Social Development Tool

By Kirsten Spencer - Auckland University of Technology

[Netball Player Development Programme](#)

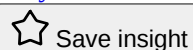


Participation

## Netball Player Development Programme

By Alysha Jensen - Netball New Zealand

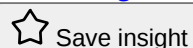
[Why Aussie women's sport needs to talk about fertility](#)



Participation

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

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

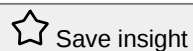


Participation

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

By Canadian Women & Sport - Canadian Women & Sport

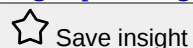
[The Volunteer Capacity of Community Sports Clubs to Support Women and Girls in Sport](#)



Participation

## The Volunteer Capacity of Community Sports Clubs to Support Women and Girls in Sport

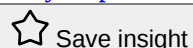
[Huge uptick in girls and women playing football in New Zealand](#)



Participation

## Huge uptick in girls and women playing football in New Zealand


[Rally Report Insights: Body Confidence](#)



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

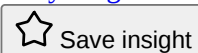
 Yeah! Girls Move

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](#)



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](#)



Participation

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

By Rachel Howells - Sport New Zealand

[Manawatū Cricket Association case study](#)

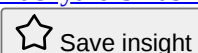


Participation

## Manawatū Cricket Association case study

By Cheycoda Cocks - Sport Manawatu

[Backyard Smash & Sista Smash](#)

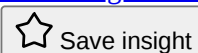


Participation

## Backyard Smash & Sista Smash

By Roxanna Holdworth - This is ME

[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

[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](#)

 Save insight

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](#)

 Save insight

Participation

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


[Updated Pregnancy guidance from UK Sport](#)

 Save insight

Participation

**Updated Pregnancy guidance from UK Sport**

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

 Save insight

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](#)

 Save insight

Participation

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


[Young Women Profile - September 2021](#)

 Save insight

Participation

**Young Women Profile - September 2021**


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

 Save insight

Participation

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

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

 Save insight

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


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


Participation

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

By Briana iring - Aktive - Auckland Sport & Recreation

[Aktive Women & Girls Facility Guide](#)


 Save insight

 Women & Girls Facility Guide

Participation

### **Aktive Women & Girls Facility Guide**

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

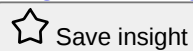
 Save insight

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"](#)

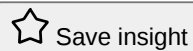


Participation

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

By Rachel Howells - Sport New Zealand

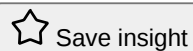
[IWG: Helen Parker - Transgender competitors in women's sport - Change for the better?](#)



Participation

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

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

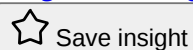


Participation

## 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"](#)



Participation




## 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 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](#)

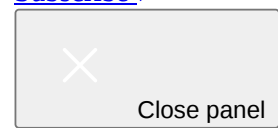
## Subscribe to our newsletter

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

Name:

Email:

[Subscribe](#) >



 Women in Sport Aotearoa Insight Hub | Ngā Wāhine Hākinakina o Aotearoa

## 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](#) >