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 PNGHS “Let’s Move it” programme video

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Co-authored by Palmerston North Girls High School


 Sport Manawatu


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 Manawatū 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.



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