

## Trend Task: Why Play?

Approach: Station  
Focus: Staying healthy  
Resources: Picture montage

Year: 4 & 8

### Questions / instructions:

Look at the pictures of children playing and doing different activities.

Try to think of **three** good reasons why it is good for young people to take part in activities like these.

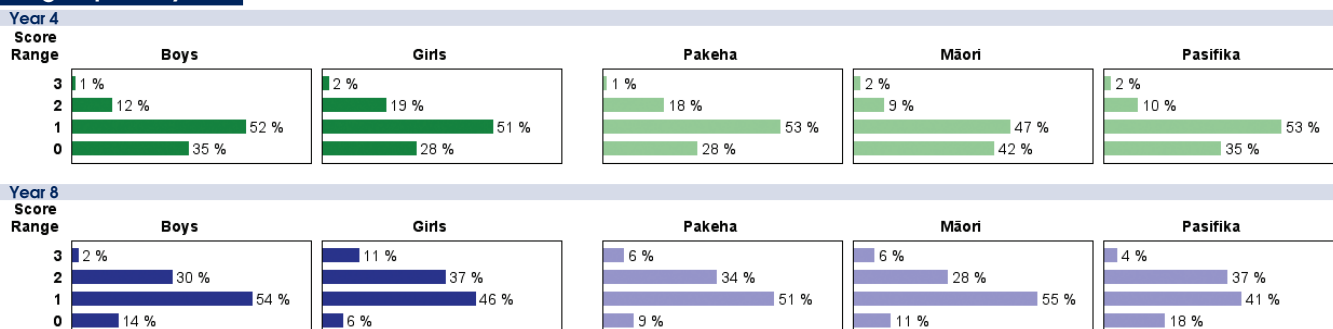
Write **each reason** in a box.



% response  
2006 ('02)  
year 4 year 8

general health benefits (exercise, fitness, energy, concentration)	112 (78)	110 (94)
social benefits (enjoying doing things with others, learning how to relate/work with others, learning how to win/lose, team building)	18 (24)	53 (50)
fun/enjoyment	71 (69)	62 (65)
learning new skills/trying new things	39 (63)	42 (57)
<b>Strength of reasons:</b> very strong	1 (1)	6 (7)
strong	16 (18)	33 (50)
moderately strong	52 (51)	51 (34)
weak	31 (30)	10 (9)
<b>Total score:</b>		
3	1 (1)	6 (7)
2	16 (18)	33 (50)
1	52 (51)	51 (34)
0	31 (30)	10 (9)

### Subgroup Analyses:



### Commentary:

The "Why Play" percentages are accumulations across three student responses. Percentages higher than 100 indicate that the total of the three percentages for that category of response exceeded 100. Year 8 students were much more aware than year 4 students of the social benefits of play. There were only minor differences between Pakeha, Māori and Pasifika students. There was a small decline in performance for year 8 students between 2002 and 2006.