

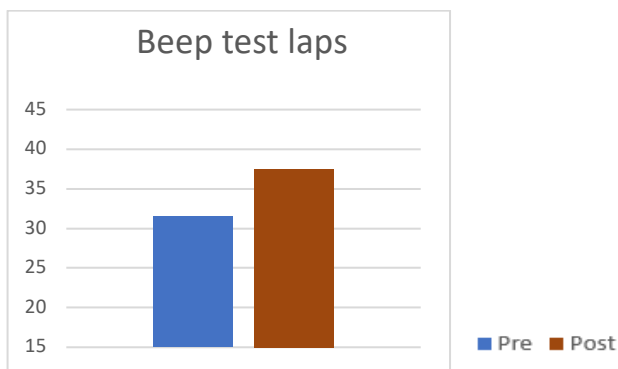
Pau te Hau 2021

The Pau te Hau research programme is led by Professor Nigel Harris at Auckland University of Technology. In 2019, Nigel was invited to the Hawkes Bay region to oversee the delivery of an earlier version of Pau te Hau in Hawkes Bay Schools, supported by funding from the Royston Health Trust, and the Hawkes Bay Community Fitness Centre Trust. The programme was very popular, and resulted in Professor Harris's resolve to commit to future work in Hawkes Bay. After receiving further funding from the Health Research Council NZ, and support from the Royston Health Trust, 860 school students in 17 different schools across Auckland and Hawkes Bay commenced the Pau te Hau research programme in 2021. Half were randomly selected to do the programme, the other half to be the 'control' (no change) group.

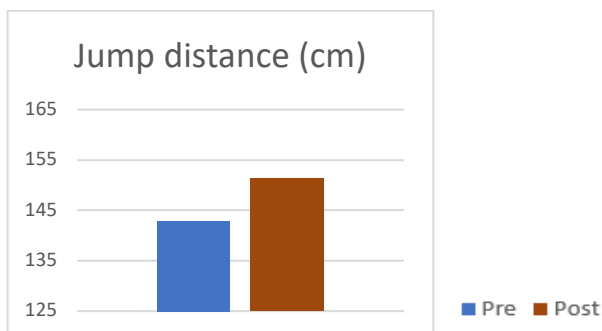
Pau te Hau is an exercise programme based on high-intensity interval training, but designed specifically to be of practical use in schools, including connections to curriculum. Mātauranga Māori is embedded through the use of pūrākau (traditional stories). The sessions are designed to be delivered by any teacher in their classroom. Each session takes around 10-15 minutes. A customised Pau te Hau app is used, along with heart rate monitoring.

The programme was running very well in School Term 2 of 2021, receiving great feedback from teachers and students alike. Unfortunately, it was abruptly halted in August when NZ re-entered 'Level 3' lockdown, and schools were closed. In Auckland, those closures persisted until near the end of 2021, but Hawkes Bay schools were able to re-open, albeit with some continued disruptions. Three Hawkes Bay schools re-commenced the Pau te Hau programme for a period in 2021, and the results below provide an overview of their results. The graphs compare the average change from the start of Term 2 (Pre) to the middle of term 4 (Post). The results are not the final formal results of the study, as the full research trial is ongoing.

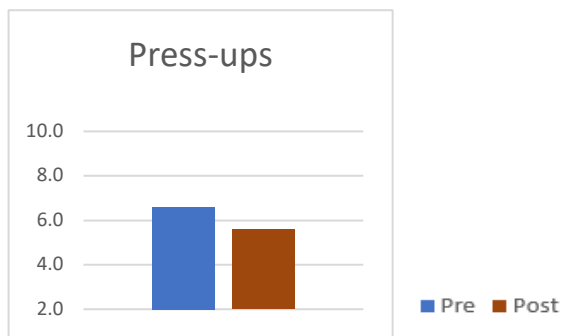
BEEP test: There was an encouraging improvement in cardiorespiratory fitness levels, assessed via the 'beep test'. Cardio fitness is fundamental to health over the lifespan, and we know fitter youth are far more likely to be in better health longer term.



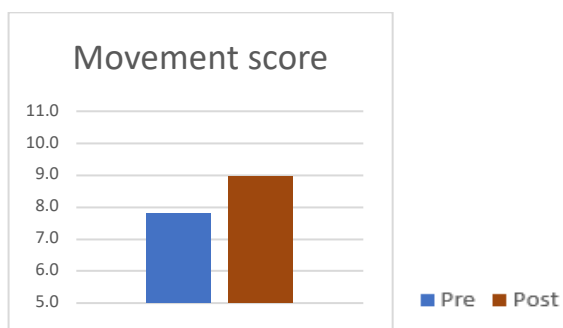
Jump: Assessed as a horizontal jump from standing, jump distance increased. This demonstrates an increase in power; a good indication of muscular fitness.



Press-ups: The number of press-ups completed decreased a little. Press-ups did not get used in the Pau te Hau programme with consistency as teachers reported there was not enough space for the whole class to perform them, so the result is not surprising.



Movement: This is an analysis of some fundamental movements such as squatting. An overall increase was observed for Pau te Hau participants. The ability to perform fundamental movements is important to general participation in physical activity.



Wellbeing: This assessment was a survey of general wellbeing. As indicated in the graph, the score went down, and this means wellbeing worsened. We expect that is quite possibly a manifestation of the Covid environment that was 2021, but more work is needed to determine that.

