



Helping children and communities get active

Every year the Australian Government's Active After-school Communities program gets up to 190 000 children and their communities involved in sport and other structured physical activities.

The Active After-school Communities (AASC) program is an Australian Government initiative that provides primary school children with free sport and other structured physical activity programs after school (3.00pm to 5.30pm). The program is run in 3270 schools and after-school care centres across Australia.

The program aims to engage traditionally inactive children in sport and other structured physical activities, and through a positive and fun experience, develop a love of sport that motivates them to join a local sporting club.

The Australian Sports Commission manages the AASC program nationally through a network of locally based regional coordinators. The coordinators assist schools and after-school care centres to facilitate the program, recruit and/or train community coaches, and work with local sporting clubs and organisations to increase junior membership.

The AASC program began in 2005 as a response to a number of societal changes, including increasing sedentary behaviour, decreasing participation in physical activity, mounting time and financial pressures on families making it difficult for extracurricular physical activities for their children, and declining daily physical education in schools due to crowded curriculum.

Our objectives

- ★ Enhance the physical activity levels of Australian primary school children through a nationally coordinated program.
- ★ Provide increased opportunities for inclusive participation in quality, safe and fun sport and other structured physical activity through the AASC program.
- ★ Stimulate local community involvement in sport and other structured physical activity.

Our philosophy: playing for life

The AASC program aims to provide primary school children with a positive and fun introduction to sport and other structured physical activities, which motivates them to be active for life.

This is achieved through a philosophy based on the 'game sense' approach to coaching, called 'playing for life'. The AASC program adopted the playing for life philosophy as it creates a fun and inclusive environment for the introduction of sport and other structured physical activities.

The 'playing for life' philosophy ensures children have a positive and successful experience through the use of games that are continuously modified to challenge and engage children of all abilities and backgrounds.



How you can get involved

Children

Children can participate, with their parents or guardians' permission, in the AASC program if their school or after-school care centre is a AASC site. There are also great activities for children to play at home available at ausport.gov.au/aasc/kids

Community coaches

Community coaches can deliver AASC sessions in a range of sports and activities, from traditional sports (for example, netball and hockey) to other structured physical activities (such as dance and circus skills) and non-traditional sports (such as frisbee and martial arts).

Community coaches can be students, club coaches, teachers, parents, volunteers, professional and beginner coaches, community members and athletes. Free training is provided through the AASC's Community Coach Training Program. Applications for registration as a community coach can be found at ausport.gov.au/aasc

Schools and after-school care centres

Schools and after-school care centres are able to apply to be part of the AASC program by filling in an expression of interest form, available online at ausport.gov.au/aasc

Sport clubs and community organisations

Sport clubs and community organisations can be involved in many ways – club coaches and members can become AASC community coaches, or the AASC program can help find someone in the local community to coach on the club's behalf.

Other ways for clubs to be involved include:

- ★ coaching or promoting their sport at AASC 'come and try' and 'sign-on' events
- ★ club representatives attending AASC sessions and distributing registration forms and promotional material
- ★ hosting AASC schools and after-school care centres at club facilities and introducing the children to the sport and club coaches.

Making a difference

- ★ The AASC program is free, and in a year each child can receive up to 80 free sport sessions, 80 free healthy afternoon snacks, access to sports equipment and support from a qualified coach and supervisor.

- ★ Since 2005, nearly 400 000 children have participated in the AASC program and over half a million sport and activity sessions have been delivered around Australia.
- ★ There are up to 190 000 children currently participating in the program each term, which runs in 3270 schools and after-school care centres in every state and territory of Australia.
- ★ The AASC program reaches all regions and populations of Australia, including Indigenous Australians, children in rural, remote and low socio-economic areas, and children with special needs.
- ★ Over 53 000 community coaches have been trained by the Australian Sports Commission to deliver the AASC program.
- ★ Over 70 different sports are delivered through the AASC program, including netball, rugby, cricket, gymnastics, volleyball, hockey, softball, golf and lawn bowls, as well as up to 20 other structured physical activities such as dance and circus skills.
- ★ Children think the AASC program is fun and want to come back term after term.
- ★ Thanks to the program, children are spending more time being active and want to join sports clubs or continue playing the sport or activity.
- ★ Thanks to the program, more inactive children are becoming involved in sport than ever before.
- ★ Feedback shows parents, teachers, after-school care centre staff and community coaches are very satisfied with the AASC program.

Statements drawn from research results from the Newspoll 2009-10 evaluation of the AASC program.

Find out more!

Visit the AASC website at ausport.gov.au/aasc or email infoaasc@ausport.gov.au

State offices

**Australian Capital Territory
and New South Wales**
Tel: (02) 8765 2544

Northern Territory
Tel: (08) 8942 3681

Queensland
Tel: (07) 3031 8000

South Australia
Tel: (08) 7424 7628

Tasmania
Tel: (03) 6224 9730

Victoria
Tel: (03) 8698 7711

Western Australia
Tel: (08) 9492 9769