



Australian Government
Australian Sports Commission

Fact Sheet

Active After-school Communities in the ACT — Playing for Life



There is a high level of satisfaction with the Australian Government's Active After-school Communities (AASC) program in the ACT.

The AASC program is a free initiative delivered nationally by the Australian Sports Commission. It provides a fun and active after-school environment for hundreds of children in the ACT.

Research shows a high-level of support for the program from parents, program deliverers and community coaches. The program is going a long way towards getting inactive children active and strengthening the ACT sporting community. Importantly, participating children are having fun, making new friends and improving their health.

Getting inactive children active in the ACT

The AASC program is raising awareness about the importance of keeping active, with more than 80 per cent of schools and after-school care providers in the ACT saying children and their families are now more aware of the benefits of physical activity as a result of participating in the program.

Over 60 per cent of schools and after-school care providers agree that children feel more positive towards physical activity after taking part in the program, paving the way for them to be more active and healthy adults.

Strengthening communities in the ACT

The AASC program is not only getting inactive kids active, it is also encouraging the wider community to get off the couch and exercise, with a high percentage of schools saying the program is stimulating community involvement in sport.

The benefits are even more widespread than improving the fitness levels of children and communities. For example, 90 per cent of schools say children of all socio-economic backgrounds feel welcome taking part, demonstrating how the program helps build better relationships between people from all walks of life.

The AASC program is also raising the profile of small businesses in the ACT, with almost 60 per cent of community coaches saying the program is attracting more members to their organisation.

Facts at a glance

- 86% of schools and after-school care providers in the ACT are satisfied with the AASC program
- 93% of schools and after-school care providers in the ACT believe children of all ability levels feel welcome participating in the program
- 62% of schools and after-school care providers in the ACT agree that children feel more positive towards physical activity after participating in the program
- 100% of community coaches say children of all ethnic backgrounds feel welcome participating in the program

Active After-school Communities

Helping kids and communities get active

For more information visit
ausport.gov.au/aasc