



Australian Government
Australian Sports Commission

Fact Sheet

Active After-school Communities in New South Wales — Playing for Life



Parents, coaches and schools firmly agree that the Australian Government's Active After-school Communities (AASC) program is extremely successful in New South Wales, with research showing a high level of overall satisfaction with the program.

The AASC program is a free initiative delivered nationally by the Australian Sports Commission. There is widespread agreement that children find the program fun. A program deliverer with Bermagui Surf Life Saving Club says feedback from parents was positive and 'some of the parents joined in the end', which the club thought was 'fantastic'.

Getting inactive children active in New South Wales

The AASC program is playing a large role in getting inactive children active in New South Wales, with 85 per cent of parents involved saying their child would not otherwise be taking part in physical activity.

Participation in the program is resulting in more kids getting off the couch and into their backyards, with the vast majority of parents (75 per cent) and coaches (85 per cent) saying children feel more positive towards physical activity due to taking part in the AASC program.

'A lot of the children, I suspect, would just go home and be plonked in front of the TV or playing computer games. It was really good to see them out and about,' says the program deliverer with Bermagui Surf Life Saving Club.

An added benefit is the boost in confidence among children who are less inclined to be physically active, with the majority (94 per cent) of community coaches saying children of all ability levels feel welcome to participate in the program.

East Coast Youth Basketball in Swansea believes the program is about helping young people: 'It's about being role models,' a deliverer says, 'and building their self-esteem in a fun-based, game-sense activities program for the children'.

As part of the program, children in New South Wales have been exposed to a range of sports, including some they may have considered boring or too difficult before having the chance to try it through the AASC program.

A program deliverer with Paxton Bowling Club in Bellbird says bowls is no longer 'just an old man's game' to the children in the AASC program. 'We don't just play bowls, we do different sorts of things.' These include fun activities and games designed to improve children's technique and accuracy in bowls.



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Strengthening communities in New South Wales

Not only is the AASC program helping Australian kids become more active, it is also honing the skills of program leaders. Nearly all community coaches (98 per cent) in New South Wales say running the program has helped with their overall professional development.

In addition, the program is building the capacity of New South Wales communities to deliver sport. Small businesses are experiencing benefits, with community coaches reporting increased membership and more opportunities for their organisation as a result of hosting the AASC program.

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Active After-school Communities

Helping kids and communities get active

For more information visit
ausport.gov.au/aasc

Facts at a glance

- 93% of schools and after-school care providers and 87% of parents in New South Wales are satisfied with the AASC program
- 75% of parents in New South Wales say their child feels more positive towards physical activity after taking part in the AASC program
- 90% of community coaches in New South Wales say children who are less physically active feel welcome participating in the program
- 96% of schools and after-school care providers in New South Wales say children of all socio-economic backgrounds feel welcome participating in the program