



Australian Government  
Australian Sports Commission

# Fact Sheet

## Active After-school Communities in Queensland — Playing for Life



Queensland has embraced the Australian Government's Active After-school Communities (AASC) program as a fun and active after-school activity for children.

The AASC program is a free initiative delivered nationally by the Australian Sports Commission. The vast majority of participating parents in Queensland say their child finds the program enjoyable. As one participating Queensland school says, 'You can tell the kids have fun ... you just need to see the turn out and the amount of kids that keep coming back. They would not do this if it was not fun'.

The program targets kids in the early years to establish healthy habits that will remain with them throughout their lives.

### Getting inactive children active in Queensland

The AASC program plays a large role in getting inactive kids active in Queensland, with the majority of parents saying their child would not otherwise be participating in sport.

A program deliverer with Tara and District Little Athletics in The Gums says through the program parents are becoming more positive about being spectators, which has a flow-on effect to their children. 'Having positive parents behind children builds their self-esteem, makes them more proactive and it even makes them eat healthier.'

The program gives children an opportunity to learn about sport from an expert or professional. A program deliverer from Bundaberg Basketball says the AASC program is an opportunity to get children involved in sport before it becomes competitive, saying 'They just play games and learn skills'.

Participation in the AASC program is boosting the confidence of those children who are less inclined to be physically active, with nearly all community coaches in Queensland saying children of all abilities feel welcome participating in the program.

This positive outlook has been noticed at Tara and District Branch Little Athletics: 'I've always believed that with sport or any sort of physical activity, it doesn't matter what it is, athletics, tennis or whatever, children who are involved in sport in some degree always have a more positive outlook'.

Program deliverers and schools in Queensland like the fact the AASC program provides opportunities for both inactive and active children to broaden their experience and knowledge of a range of sports. One deliverer notes increasing enrolments in martial arts following classes where children experience this activity through the AASC program. Another notes that some children enrol in other school sports after being exposed to activities through the AASC program.

One school in Queensland says, 'The program can be effective at getting the inactive kids more active. We start with basic skills and slowly build on them to get these kids involved'.

Another says, 'Kids are doing more activity as a result of the program. If they were not doing any activity before, now they are'.

**'The program can be effective at getting the inactive kids more active. We start with basic skills and slowly build on them to get these kids involved'**

**‘Particularly this year we’ve had parents from that school who are new members who have put up their hand and taken on roles within the club. That’s hugely positive because new parents usually sit back for 12 months and see how things go ... they don’t generally jump in boots and all, so perhaps we’ve built the self-esteem of the parents as well.’**

## **Strengthening communities in Queensland**

The benefits of the AASC program have flowed on to the wider community in Queensland, stimulating community involvement and promoting the social inclusion of people from a variety of ethnic and socio-economic backgrounds.

As a result of the program, more children in Queensland are taking part in sport. The majority of community coaches agree more children are joining local sporting clubs or other sporting organisations as a result of the program.

A deliverer from Emerald and District Lawn Tennis Association says their membership has increased as a result of the AASC program. ‘In the two years that we’ve been doing the sessions we’ve had an increase. I think we’ve had about 20 children’.

A deliverer from Bundaberg Basketball speaks about how children become engaged with a sport in the AASC program and then follow through with membership. ‘I told them to check out our website and after that, I told them about the summer camp and they said they’d try to get to that and they made it.’

The program also encourages greater participation among adults, with Tara and District Branch Little Athletics saying both teachers and parents have become involved with their club. ‘Particularly this year we’ve had parents from that school who are new members who have put up their hand and taken on roles within the club. That’s hugely positive because new parents usually sit back for 12 months and see how things go ... *they don’t generally jump in boots and all*, so perhaps we’ve built the self-esteem of the parents as well.’

In addition, there has been a strengthening of networks for community sporting organisations in Queensland. Bundaberg Basketball has experienced additional support from local government and local businesses as a result of their involvement with the program. ‘Our local government has seen that we coach so many kids, last term about 200 kids, so local government can help with applying for grants and write letters of approval,’ a representative says.

One provider in Queensland calls the AASC program a ‘recipe for success’ in bringing the schools, clubs and service providers together. They say the AASC program gets the ball rolling in terms of community connections: ‘The rest happens because the various players can see the objectives of the program provide benefits for themselves and their community’.

## **Active After-school Communities**

Helping kids and communities get active

For more information visit  
[ausport.gov.au/aasc](https://ausport.gov.au/aasc)

### **Facts at a glance**

- 97% of schools in Queensland say children of all socio-economic backgrounds feel welcome participating in the AASC program
- More than 92% of community coaches say children of all ability levels feel welcome participating
- Almost 66% percent of parents say their child has become more physically active as a result of participating in the program
- 71% of community coaches in Queensland agree the AASC program leads to increased links between schools and sporting clubs
- 80% of parents in Queensland say the AASC program is stimulating community involvement in sport
- 76% of community coaches in Queensland say children and families are more aware of the benefits of physical activity as a result of the program