



Australian Government
Australian Sports Commission

Active After-school Communities

Helping kids and communities get active



AASC NATIONAL NEWSLETTER

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Introduction

It is hard to believe that the first year of the Active After-school Communities (AASC) program has come to a close and we are now into our second year. What was achieved through the AASC in 2005 is a credit to everyone involved in the program. From the support provided by the Australian Sports Commission (ASC) Board and Executive, through to all business operational areas of the Commission, to the outstanding commitment of the AASC staff on the ground, and finally to all stakeholders and partners — what an effort in achieving so much in so little time. Congratulations!

The positive feedback received about the program is exciting and rewarding, and is due recognition of the hard work and effort from all quarters. To see so many children having fun — as the saying goes, 'it doesn't get any better than this'.

A lot has been learnt from experiences in 2005 and this will all help to make the program bigger and better in 2006. The AASC hopes that everyone had a relaxing and safe Christmas and New Year break and we look forward to moving full steam ahead in 2006.

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AASC schools and OSHCSs put their skates on and get active

The first year of the AASC program has seen the introduction of a number of positive new programs that have helped to promote the benefits of physical activity to both children and the community.

Many schools and out of school hours care services (OSHCSs) opted to utilise the diversity of the AASC program, and chose some more unique programs on offer over the more traditional ones in order to help keep children enthusiastic about keeping active. Of particular note in 2005 was the popularity of ice hockey and figure skating.

Sunnybank Anglican Care in Brisbane decided to beat the Queensland heat by having over 20 children participate in ice skating sessions each week. The ice skating program was launched by the Hon. Gary Hardgrave MP in October and proved popular with all involved.

The Association of Ice Skating Queensland is keen to become further involved in the AASC program and we are sure to see a lot more ice skating programs popping up throughout Queensland in 2006.

Schools and OSHCSs in the ACT were lucky enough to have players from the Canberra Knights teaching ice

hockey skills every Tuesday and figure skating coaches teaching ice skating skills every Friday.

Both Wodonga West Primary School and St John's Lutheran Public School OSHCS in Albury, New South Wales also decided to give ice skating a try at the temporary Albury Ice Skating Rink after receiving an AASC Special Initiative Grant.

Ice skating was a new initiative in Albury and was established over the winter months to meet the demand from local enthusiasts. The children involved in the AASC ice skating program received coaching from a qualified instructor for the first half of the session, which included Playing for Life games. The second half of the session gave them the opportunity to practise their new skills in both free time and structured play activities.

The popularity of the ice skating program in 2005 has ensured the return of the rink in 2006.

Feedback from all the programs has been positive, with many finding that the number of children participating in the AASC program has been significantly higher on days when ice skating was being run. The shrieks of delight and smiles on the children's



faces were testimony to the fun they were all having.

So when deciding on what programs to run this year, why not let your imaginations run wild and give some of those more unusual sports and activities a go? If you are unsure of what is available in your area, why not give your local AASC Regional Coordinator a call?

Sports Ability

In a follow up to the article, 'Bentley Primary School linking Australian Sports Commission programs to help Indigenous children' in the AASC Term 4 2005 National Newsletter, we have included some further information to let you know how you can receive training and get involved in the ASC's Sports Ability program.

Sports Ability is an exciting new initiative from the ASC and is an inclusive activities program with two main aims:

- to provide teachers, support staff, community leaders, coaches and sports leaders working in physical activity and sport settings with more ways of including people with disabilities in physical activity and sport, particularly those who have higher support needs
- to create a medium for the integration of people with and without disabilities in inclusive activities.

To support Sports Ability, a training program has been developed to

complement activity cards and an instructional video. Training is provided through the ASC's Disability Education Program. The training consists of a three-hour module that explores all the activities included in the program and some of the suggested introductory games and variations. The philosophy of inclusion and ways to adapt and modify an activity using the TREE (teaching style, rules, environment and equipment) principle is central to

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this training. Training is available in every state and territory.

Sports Ability equipment bags may be purchased for \$1300 (GST exclusive) or \$1430 (GST inclusive). This includes sports equipment for five inclusive activities, activity cards, instructional video and a boardmaker CD.

For further information regarding the purchase of equipment and training, contact Richard on (02) 6214 1521 (email: SAF@ausport.gov.au).



School turns the tide on physical activity with support from the community

Fyans Park Primary School is a small school with an enrolment of 240 students located in Geelong, Victoria. The school prides itself on its great programs, however, without the luxury of a physical education specialist, it has not boasted a comprehensive formal approach to sport and physical education for some years.

Principal Phil Hines said that the Fyans Park parent body had adopted the community-wide interest for physical activity in schools, and the school was aware of the Australian Government push for Building a Healthy, Active Australia. Increasing pressure was mounting on the school to supplement its 'active' curriculum.

'We've understood that we needed to supplement what we were doing, but how to achieve it was another thing. We've been part of the Active

Australia Schools Network, another Australian Sports Commission program, for some time and have read about initiatives undertaken by other member schools. This was part of the motivation to build a more active culture across the school,' he said.

In addition to allocating staff to teach physical education in 2005, which included the Principal himself, the school also adopted a number of other measures to promote activity and increase student opportunities to be active both during and after school. This entailed looking outside the school boundaries for additional support.

'One of the first steps was to actively seek community opportunities to bolster the program and support professional development for staff, which was extremely helpful. The Tennis in Schools Program provided by Tennis Victoria supplied us with a coach for three weeks; local clubs conducted clinics in netball, basketball, football and cricket; and the Geelong Croquet Association ran a very enjoyable Gate Ball Program for all age groups.'

Also, the school introduced the Active After-school Communities program, which was an added bonus, according to Hines.

'By offering this through our OSHC Centre, we knew that we were



filling a gap. Our after-school care has focused largely on arts, crafts, drama and free active play, so to introduce some sport skill learning into the program has been a terrific incentive, particularly for kids who are potentially the least involved in community sport.'

All of these initiatives, combined with district school sports and carnivals, an active camp program and house activities, have assisted Fyans Park to become a hive of activity. Plans are to build on this during 2006 through the Healthy Schools Community grant and the appointment of a physical education-trained teacher into a grade.

The Active Australia Schools Network continues to support over 1100 schools Australia-wide, with more than 160 being invited to renew their two-year membership for the third time during 2006. Fyans Park Primary School has been a member since 2000. For more information about the Active Australia Schools Network and achievements of member schools, visit www.ausport.gov.au/schools/ or contact Gayle Rogers (email: activeoz@achper.org.au).





Fruity ice treats

Serves: 6

Preparation: Five minutes

- > 6 disposable plastic cups
- > 6 pop sticks

Strawberry and kiwi

- > 1 punnet strawberries, hulled and chopped
- > 2 kiwi fruit, peeled and chopped
- > 1½ cups orange juice

Drop strawberries and kiwi fruit into each disposable cup. Pour orange juice over fruit, add a pop stick to each cup and freeze until set. Run under hot water to remove from cup.

Tropical

- > 1 fresh mango, peeled and chopped or 425g can mango
- > 1½ cups orange juice
- > 410g can apricots in natural juice, drained and chopped

Puree mango in blender and add orange juice. Divide apricots between plastic cups. Pour mango and orange juice over fruit, add a pop stick to each cup and freeze until set. Run under hot water to remove from cup.

Variation

Substitute your favourite fresh or canned fruits.

For more quick and easy recipes to help you add extra serves of fruit and vegetables to your day, visit www.gofor2and5.com.au.



HART Sport Competition winners!

Congratulations to the following children and schools/OSHCSs who won the Active After-school Communities kit worth \$446 for their great entries in the HART Sport Competition.

Queensland: Virginia YMCA

New South Wales: Kurrajong OOSH, Penrith

Australian Capital Territory: Shane Latham, Tolland Public School, Wagga Wagga

Victoria: St Joseph's School OSHCS

Tasmania: Callum Barker (aged 9), St Therese's School, Hobart

South Australia: Unfortunately no entries were received from South Australia

Western Australia: Unfortunately no entries were received from Western Australia

Northern Territory: Stuart Park Primary School After School Care

Winners will soon be contacted by their Regional Coordinator to arrange delivery of the HART Sport kit.

Do not forget to encourage your students to visit the AASC Kids Playground to come up with some more fun games to play outside.

www.ausport.gov.au/aasc/kids

