



Australian Government
Australian Sports Commission

Fact Sheet

Active After-school Communities in South Australia — Playing for Life



Thousands of South Australian primary school students have access to free sport and other structured physical activity programs after school thanks to the Australian Government's Active After-school Communities (AASC) program.

The AASC program is a free initiative delivered nationally by the Australian Sports Commission. Recent research has shown overwhelming support for the program from its deliverers, parents and community coaches, as well as from participating children.

Children report that they are making new friends, having fun, learning new skills and spending more time with their friends.

Coaches credit the program with building their businesses and strengthening ties with their local community.

Getting inactive children active in South Australia

As a result of the program, South Australian parents feel their children are more interested in a range of sports and activities, with one saying the program 'gets the kids motivated so they want to be active'.

Ninety per cent of parents also admit their child would not be playing another sport if they were not participating in the AASC program.

South Australian schools are experiencing broader benefits of physical activity, with one school reporting 'kids who are active after school have also become more active during lunchtimes and at recess'.

Participation in the program is also boosting the confidence of children who are less inclined to be physically active. Most community coaches say children of all ability levels feel welcome participating in the program.

Mount Compass Little Athletics has seen an improvement in the motor skills and coordination of children, with a program deliverer saying, 'We've noticed that they've improved because they've been taught and learnt a lot more thoroughly than what some of the other kids there at the school have'.

Another South Australian program deliverer agrees that children become more coordinated as a result of the program: 'At first some of them did not know how to kick a ball. Now those same kids can do tricks with the ball.'



South Australian schools are experiencing broader benefits of physical activity, with one school reporting 'kids who are active after school have also become more active during lunchtimes and at recess'

‘We do get a number of kids from the AASC program coming out during the school holidays and furthering their football,’

‘I am able to promote the Norwood Football Club (NFC) at the same time, so I take out prizes, stickers, footies and whatever else and hand them out to the kids at the end of the session if they’re good. That allows them to become familiar with the NFC, and hopefully we get a few more members, supporters, and maybe even — if they’re good enough — players down the track. That’s quite a handy little outlet to promote the NFC’

Strengthening communities in South Australia

The AASC program has a flow-on effect to the wider community, stimulating community involvement and promoting the social inclusion of people from a variety of ethnic and socio-economic backgrounds.

One provider spoke to the Australian Sports Commission about the benefits of the program being free-of-charge and accessible to people from all socio-economic backgrounds.

‘We decided to become part of the AASC program because so many of the kids around here do not get a chance to access club sports as their parents don’t have the time, money or transport to take them to sports,’ the deliverer says.

More than half the participating parents (58 per cent) in South Australia say their child has become interested in joining a school sports team or a community sporting club as a result of the AASC program.

The vast majority of community coaches (66 per cent) agree that more children are joining local sporting clubs. One South Australian deliverer says, ‘A few have moved from the AASC program into playing netball at the YMCA and a few say they are going to come to our next round of youth camps’.

The South Australian National Football League (SANFL) says they are able to promote their school holiday coaching clinics through the AASC program, encouraging children to continue their sport outside the program. ‘We do get a number of kids from the AASC program coming out during the school holidays and furthering their football,’ a program deliverer with SANFL explains.

The SANFL also says the AASC program has helped the future of their sport by building their junior membership.

‘I am able to promote the Norwood Football Club (NFC) at the same time, so I take out prizes, stickers, footies and whatever else and hand them out to the kids at the end of the session if they’re good. That allows them to become familiar with the NFC, and hopefully we get a few more members, supporters, and maybe even — if they’re good enough — players down the track. That’s quite a handy little outlet to promote the NFC’.

Mount Compass Little Athletics has also seen a marked increase in membership after becoming involved with the AASC program, with 30 new children joining the club the following season.

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 in South Australia said children of all ethnic backgrounds feel welcome participating in the AASC program
- 98% of parents in South Australia say their child enjoys taking part in the program
- Close to 70% of community coaches agree more children are joining local sporting clubs or other sporting organisations
- 90% of parents say their child would not be playing another sport if they were not participating in the program
- 91% of community coaches in South Australia say the program is stimulating community involvement in sport
- 84% of parents report an overall high satisfaction with the AASC program
- 87% of schools and after-school care providers agree that children and families are more aware of the benefits of physical activity as a result of the program