



Australian Government
Australian Sports Commission



Australian kids need active, sporty parents

New research from the Australian Sports Commission (ASC) shows active parents are more likely to have active kids.

AusPlay is a key research pillar of *Play.Sport.Australia*. – the Australian Government’s commitment to get more Australians participating in organised sport more often. This snapshot of AusPlay research comes from the ASC’s latest study of Australians and their sport participation activities.

What does AusPlay tell us about parents and kids?

It is well known that parents’ activities and behaviours strongly influence the way children develop.

Recent AusPlay results confirm a high correlation between a parent’s engagement in sport and that of their child, indicating that active parents can be a positive influence on their children.

72 per cent of children who have at least one active parent* are physically active in organised sport or physical activity outside of school compared to just 53 per cent of children with at least one inactive parent*.

Active is good, sporty is better

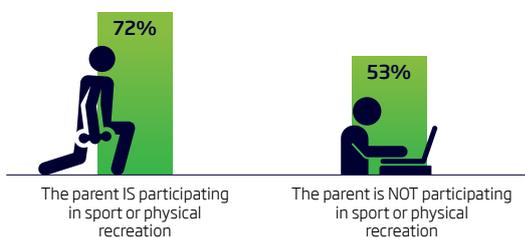
We know that kids with active parents are more likely to be active.

Being an active parent is a good start—but being involved in organised sport is even better, and there are lots of ways that parents can be involved.

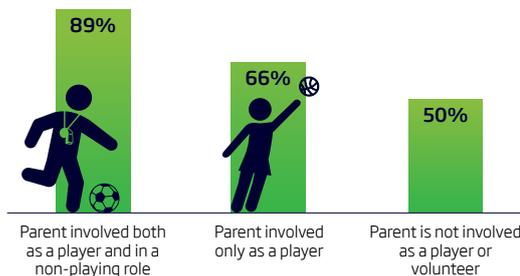
Nearly 90 per cent of kids with at least one parent* who plays and volunteers in sport are active in organised sport or physical activity outside of school.

Those who only play without being involved as a volunteer in sport are also much more likely to have active kids compared to those parents who are not involved at all.

Child participation in organised sports of physical activity outside of school hours

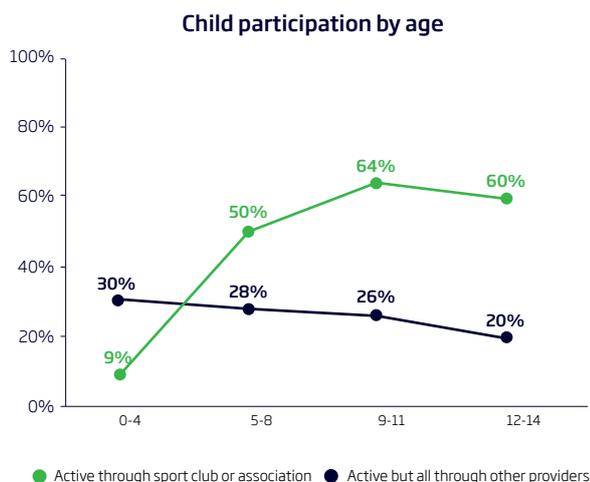


Child participation based on parent involvement

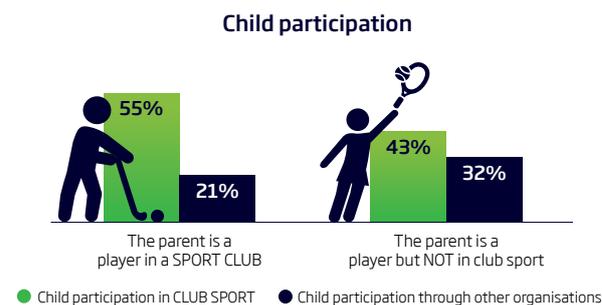


*Please note that AusPlay collects data from only one randomly selected parent and only one randomly selected child in the same household. This report therefore does not consider the influence of both parents on child participation.

Sports clubs are the most common way that school-aged children participate in organised physical activity outside of school hours, with 64 per cent of children aged 9-11 being involved.



Not surprisingly, kids are more likely to be involved in club sport if at least one parent* is also playing club sport.



While the activity habits of parents influence whether a child is active or not, there is also a link between parents' sports preferences and what their children do.

- > 31 per cent of children participated in the same sport or physical activity as one of their parent's*.
- > Where at least one parent* plays a *club sport*, 50 per cent of children also played that same sport.

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Where to from here?

Getting involved in sport has multiple benefits for both parents and children such as:

- > improved physical literacy and emotional health;
- > better performance in cognitive activities like work and study; and
- > expanded social networks.

Sport is a great foundation to set up your kids with healthy habits for life!

To improve participation in sport across the nation, the ASC is currently undertaking further research to better understand how parents and guardians engage with their children's sporting experiences.

For more information on AusPlay: clearinghouseforsport.gov.au/ausplay

For more information on 'Engaging parents in Sport': clearinghouseforsport.gov.au/engagingparentsinsport

For more information on parental motivations, attitudes and behaviours towards sports and sport clubs, and to better understand the decision-making process that parents go through in selecting sporting activities or involvement in sport clubs for their children:

clearinghouseforsport.gov.au/marketseparents

For more information on Top Tips for parents #7 covers positive role models: ausport.gov.au/participating/playsportaustralia/tips_for_parents

