

Australian Government  
Australian Sports Commission

# Active After-school Communities

Helping kids and communities get active

Active After-school Communities

Helping kids and communities get active

Australian Government  
Australian Sports Commission

## AASC Targets

- 3,250 Australian primary schools and/or CCB approved OSCHS to participate in the AASC program.
- 150,000 Australian children to participate in the AASC program (approx 50 children per school/CCB approved OSCHS).

Active After-school Communities

Helping kids and communities get active

Australian Government  
Australian Sports Commission

## Building a Healthy Active Australia

Australian Government package of \$116 million over four years. 4 distinct elements:

1. **Active After-school Communities** - \$90million
2. **Active School Curriculum** – inclusion of at least 2 hours of physical activity per week for children in primary school and junior high school
3. **Healthy School Communities** - \$15 million for grants to community organisations linked with schools to promote healthy eating
4. **Healthy Eating and Regular Physical Activity** - \$11 million media campaign to inform Australian families of how to make healthy eating and physical activity part of their everyday lives.

Active After-school Communities

Helping kids and communities get active

Australian Government  
Australian Sports Commission

## Program Parameters

- Minimum 60 mins physical activity delivered in the school time slot of 3.00pm – 5.30pm after
- Between 2 - 3 sessions per week
- 8 week delivery blocks per term
- 15 -50 participants per session
- Nutritious afternoon tea to be provided
- Modified where necessary to meet local needs (eg. remote, indigenous, enrolment numbers)
- All deliverers registered, screened and trained

Active After-school Communities

Helping kids and communities get active

Australian Government  
Australian Sports Commission

## AASC Objectives

- To improve the physical activity levels of Australian primary school aged children through a nationally coordinated program.
- Provide increased opportunities for inclusive participation in quality, safe and fun structured physical activities.
- To grow community capacity and stimulate local community involvement in sport.

Active After-school Communities

Helping kids and communities get active

Australian Government  
Australian Sports Commission

## Program Goals

- Target traditionally inactive children and link them to their larger community
- Create community connections which will ensure the overarching objectives of increasing activity levels of all children
- Assist with linking a range of agencies with childhood and each other to ensure sustainable partnerships
- Assist in the facilitation of other agencies' programs as an off shoot of the AASC program.

Active After-school Communities

Helping kids and communities get active



Australian Government  
Australian Sports Commission

## Deliverer Registration

Deliverers register as either an individual or through their organisation

**Paid Deliverers must have...**

- > Public liability insurance (\$5m)
- > Professional indemnity insurance (\$1m)

**Volunteer Deliverers**

- > Covered by school/OSHCs volunteer policy
- > Can be paid an honorarium

Active After-school Communities  
Helping kids and communities get active

Australian Government  
Australian Sports Commission

## WA Statistics – School/OSHC Numbers

<b>2005</b>	
Term 2	95
Term 3	123
Term 4	158
<b>2006</b>	
Term 1	174
Term 2	202
Term 3	230
Term 4	258
<b>End 2007</b>	<b>360</b>

Active After-school Communities  
Helping kids and communities get active

Australian Government  
Australian Sports Commission

## Deliverer Training

### Community Coach Training Course

Role of the AASC Community Coach

- Behaviour and Communication
- Safe Environments
- Nutrition and Wellbeing
- Playing for Life

Recognition of Current Competencies available  
e.g: PE Teachers, Teachers, Level One Coaches exempt from modules 2,3,4

Active After-school Communities  
Helping kids and communities get active

Australian Government  
Australian Sports Commission

## WA Statistics – Delivery

### Number of Sports Offered in Term 2, 2005

Active After-school Communities  
Helping kids and communities get active

Australian Government  
Australian Sports Commission

## Playing For Life

An approach to coaching that uses GAMES as the focus of participation and development.

Fun  
Inclusiveness  
Safety  
Development

Playing for Life Resource Kit

Active After-school Communities  
Helping kids and communities get active

Australian Government  
Australian Sports Commission

## WA Term3/4 Requested Programs

Drop Page Fields Here

Active After-school Communities  
Helping kids and communities get active

Australian Government  
Australian Sports Commission

## 2006 Program Focus

- Local community partnerships - longevity of the AASC
- Spreading the "Activity" message
- Strategies for sustaining participants in physical activity
- Facilitating and promoting the work of other agencies in the physical activity and health fields
- Supporting AASC schools/OSHCS
- Deliverer networks and professional development

**Active After-school Communities**  
Helping kids and communities get active

Australian Government  
Australian Sports Commission

## What can you do?

**P&Cs**

- Advocate for the AASC at your school
- Support the delivery

**Seniors**

- Potential deliverers or assistant deliverers
- Great intergenerational opportunity

**Local Government**

- Provide deliverers
- Access trained deliverers
- Provide access to facilities
- Pathways in to other programs

**Active After-school Communities**  
Helping kids and communities get active

Australian Government  
Australian Sports Commission

## What can you do?

**State Sporting Associations/Clubs**

- Promote your sport to a potential new market
- Provide deliverers
- Access to trained new deliverers
- Re-invent your product

**THINK OUTSIDE THE SQUARE!!  
TALK TO US!!**

**Active After-school Communities**  
Helping kids and communities get active