



## **MEDIA RELEASE**

**Amanda Rishworth MP**  
Federal Member for Kingston

15 February 2011

### **Playing for Life keeps children in Southern Adelaide active**

More children who are enrolled in holiday and outside of school hours care programs in the Southern Suburbs of Adelaide are set to benefit from the Australian Sports Commission's successful Playing for Life Kit.

Member for Kingston, Amanda Rishworth MP welcomed the announcement that the Playing for Life kit and staff training would be provided to 29 Outside School Hours Care services in Southern Adelaide.

The Playing for Life kit is part of the Australian Government's Active After School Care program, which provides school age children with access to sport and other physical activity programs after school.

Ms Rishworth said "The Australian Government is strongly committed to supporting high quality care services that help all our children to discover the benefits of a happy, healthy and active lifestyle.

"The Playing for Life kit is designed to engage and motivate primary school aged children to participate in physical activity regardless of their level of ability."

The Playing for Life kits will support the implementation of the Australian Government's National Quality Standard for Early Childhood Education and Care, which will be implemented from January 2012.

The 29 local Outside School Hours Care services will also receive training for staff in delivering the program and a set of companion books.

The information contained in the kits is designed to engage traditionally non-active children in physical activities and to develop links between local community organisations and sporting and recreation clubs.

According to Australian Bureau of Statistic figures one in five Australian children are either overweight or obese.

"Sport is a powerful vehicle for getting Australian kids off the couch and active - both during and outside of schools hours," Ms Rishworth said.

The 2,000 new kits announces today represents an Australian Government investment of more than \$1.2 million, in addition to the \$43.5 million already invested in the Active After School Care program.