



Australian Government

Australian Sports Commission

# Active After-school Communities

Helping kids and communities get active

## Keep kids active in the holidays!

The Australian Sports Commission's Active After-school Communities (AASC) program is encouraging students to be active during the school holidays.

The AASC program is urging children to say no to computer games and TV and turn to fun and energising holiday activities.

### Active After-school Communities holiday activity ideas

#### *Ideas to keep active together*

- Dance to your favourite music
- Play 'hide and seek'
- Play 'Sardines' – one person hides and everyone else looks for them. When you find them, you have to hide with them – don't be the last sardine out of the can!
- Build a cubby house with cardboard boxes
- Have a throwing competition – throw fluffy toys into a laundry basket or box, or see how far you can throw
- Set up an indoor bowling alley down the hall – use empty plastic bottles as pins and a ball to knock them down.

#### *Outside the house*

- Play hopscotch
- Set up an obstacle course
- Hit a ball against a wall
- Play with the dog
- Set up a treasure hunt – hide clues throughout the yard and then follow the directions to find the treasure
- Build an outdoor cubby house
- Put on a concert or circus with toys and friends

#### *Family weekends*

- Go for a bushwalk, bike ride or a swim
- Play soccer, volleyball, cricket or football at a family picnic or barbecue
- Take your dog for a walk to the park
- Do some gardening – grow some vegetables or flowers
- Go on a fishing trip

