

# Term 3 2025 Report

## Program Description

Active In-Betweens is a free weekly after-school program for children aged 8-12 communities of socio-economic disadvantage, promoting active living, healthy eating and skills that support good health, resilience and self-esteem and is funded through successful grant applications.

## Objectives & Why ?

The program aims to increase physical activity, especially in outdoor environments, improve knowledge of healthy eating, strengthen social connections and build emotional resilience and leadership skills. AIB promotes these objectives to support long-term health and well-being to create a foundation for lasting positive outcomes for both individuals and their communities.

## Activities

Fundamental Movement Skills are focused on in Term 3 with a different skill and game linked in alongside nutritional and social emotion connection activities.

Week 1: Baseline movement skills and cooking nachos

Week 2: Jumping skills, dodgeball, and SNAICC children's day scavenger hunt

Week 3: Kicking relays and Bubble Soccer

Week 4: Aboriginal Games and Silent Disco

Week 5: Catching games and art session

Week 6: Vertical jump skills and offsite outing to Flip Out

Week 7: Sprinting, skipping, and cooking Mi Goreng

Week 8: Side Step and sports charades boxing

Week 9: Striking skills (TeeBall) and children's choice activity.

## Attendance

Albion Park Rail	151
Bellambi	379
Bundaleer	167
Warilla	129
Koonawarra	184
Total	1010

## Evaluation

Case Study: Kick Relay and Bubble Soccer

This session paired a fundamental movement skill of kicking with a unique game of bubble soccer. Children practiced skills of a proficient kick including keeping eye on ball, placing non-kicking food beside ball, swinging leg back with knee bent and connect with ball with inside of food and following through. Children then listened to instructions of bubble soccer including it was a game of karma, if you know someone down, it's very likely they will try knock you down. They played a game of soccer incased in giant bubbles, a high intensity exercise and focused game involving physical activity, teamwork, endurance and resilience.

## Children's voices

Conversation with child during cooking "I don't want to add all these veggies"

Staff "it's ok let's give it a go add them and it will still taste good" "ok I'll try"

\*at the end of session when he was eating the food\*

"oh my gosh this is delicious 10/10!!"

## **Adult voices**

"It's great they came home so excited, they don't get to do any other outings this is the only one they get to do, when I woke up this morning, they were making sure I'd signed them up so they could go to flip out"