Sport – increasing participation in sport and physical activity

The Government will invest $230 million in sport and physical activity initiatives over five years. The Government will encourage more Australians to get more active more often by promoting participation in physical activity and strengthening links between the community and sporting organisations. Key elements include:

- a participation grants program to get inactive people moving;
- expanding the Local Sporting Champions grants program;
- continuing the AusPlay survey, the Government’s population level physical activity survey; and
- Safe Sport Australia – to build child safe cultures and practices in sport.

Why is this important?

Eighty one per cent of children do not meet recommended physical activity levels. Two-thirds of adults and one quarter of young people are overweight or obese. The Australian Institute of Health and Welfare reports that inactivity is a significant disease risk factor. Burden of disease estimates due to inactivity are 19 per cent for diabetes, 14 per cent for dementia, 11 per cent for breast cancer and coronary heart disease, and 10 per cent for stroke.

Sports participation and physical activity deliver strong physical, health, social, psychological and economic benefits.

The new participation grants program will be open to sport and physical activity organisations, including National Sporting Organisations, to develop and implement activities on a national or large scale which focus on getting inactive Australians active. This will include building awareness and understanding of the importance of physical activity to change attitudes and behaviours, and using digital technologies to attract and retain participants in the programs.

Who will benefit?

Under the Local Sporting Champions program, more than 3,000 additional young athletes will receive grants, a 56 per cent increase, with an increase in funding for young developing athletes in the regions. This will assist these emerging athletes to attend competitions and pursue their chosen sport.

Australians will benefit, particularly groups of less active Australians, by becoming healthier through exercise.

How much will this cost?

This will cost $50.4 million from 2018–19 to 2021–22.