



Activate Inclusion Sports Day

Encourage. Empower. Explore.

Details

Tuesday 14 March 2023

10 am - 1 pm

Selkirk Stadium

**989 Norman St,
Wendouree VIC 3355**

A fun and inclusive day of activities connecting people with disability to local sport and active recreation opportunities.

Click or scan the QR code to register:



Contact:

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Activate Inclusion Sports Days

Activate Inclusion Sports Days (AISD) give people the opportunity to try sports they might otherwise miss out on. Aimed at people with learning difficulties, intellectual, sensory and physical disabilities, the days are an opportunity to have a go in a fun and inclusive environment.

Each day involves:

- a range of sports to try
- specialised coaching
- adaptive equipment
- showbags
- water and fruit
- local sporting club exhibitors
- access to community services
- opportunities to network with other families and teachers

Benefits of attending the day:

- the health benefits of physical activity
- building social wellbeing and friendship
- strengthening balance, coordination and mobility skills
- working as part of a team, collaborating and planning
- increased self-esteem through a sense of achievement

Impact of the day

Encourage and empower people with disability to explore sporting opportunities in their local community.

Disability Sports Australia aims to get more Australians with a disability more active, more often while working nationally to support sport and active recreation participation.

Variety - the Children's Charity believes all kids deserve a fair go. They provide practical and essential support to kids who are sick, disadvantaged or have special needs.



Enabling kids with disability to be more active, more often!