



# Activate Inclusion Sports Day

**Encourage. Empower. Explore.**

## Details

**Tuesday 7 March 2023**

**10 am - 1 pm**

**Leisuretime Sports Precinct**

**262-282 Anakie Rd,**

**Norlane VIC 3214**

A fun and inclusive day of activities connecting children 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 kids the opportunity to try sports they might otherwise miss out on. Aimed at kids aged 5-18 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 kids 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!**