

Variety  
**ACTIVATE  
INCLUSION**  
SPORTS DAYS

# A FREE, FUN & INCLUSIVE DAY OF ACTIVITIES TO TRY!



## FOR PHYSICAL, SENSORY & INTELLECTUAL DISABILITIES

Thursday, 8th December 2022

10:00am - 1:00pm

Shepparton Sports Stadium

120 Numurkah Road, Shepparton

**Limited places available.  
Scan below to register:**



Hosted by:

GREATER  
SHEPPARTON



Delivered by:



Contact:

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**variety**  
the children's charity

# VARIETY ACTIVATE INCLUSION SPORTS DAYS

Enabling kids to be  
more active, more  
often!

Variety 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
- local sporting club exhibitors
- access to community services
- opportunities to network with other families and teachers



## BENEFITS OF THE DAY

Activate Inclusion Sports Days encourage and empower kids to explore sporting opportunities in their local community.

### Benefits of attending the day include:

- 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



[www.variety.org.au](http://www.variety.org.au)



[www.sports.org.au](http://www.sports.org.au)



<https://dsr.org.au>

**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.

**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.

**Disability Sport & Recreation** Everything we do is to help Victorians with disability live happier, more active lives.