

Variety  
**ACTIVATE  
INCLUSION**  
SPORTS DAYS

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



## FOR PHYSICAL, SENSORY & INTELLECTUAL DISABILITIES



Tuesday, 15th November 2022

10:00am - 1:00pm

Casey Stadium

65 Berwick - Cranbourne Road,  
Cranbourne

**Scan the QR Code to register**



Delivered by:



**Contact:**

Kristy Rohrer

+61 2 8736 1223

aisd@sports.org.au

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

**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.