



Variety Activate Inclusion Sports Day

Encourage. Empower. Explore.

Details

Tuesday, 13th June 2023
10:00 am - 1:00 pm
Sitzler Netball Centre
235 Abala Road, Marrara

Contact:

Kristy Rohrer
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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:



Variety 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
- 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.

Disability Sports Northern Territory, a branch of Disability Sports Australia, provides adaptive and inclusive sport and recreation opportunities for the NT.



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