

Variety
**ACTIVATE
INCLUSION**
SPORTS DAYS

**A free, fun & inclusive
day of activities to try!**



**For children living with
physical, sensory or
intellectual disabilities**

Tuesday, 28th March 2023

10:00am - 1:00pm

Broken Hill PCYC/AJ Keast Park

Gypsums Street, Broken Hill

Scan the QR Code to register



Delivered by:



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