

Physical Activity for Children with Disability

WHY IS BEING ACTIVE IMPORTANT?



Physical benefits

Mental benefits

Social benefits



HOW MUCH SHOULD I AIM FOR?



1-5 years

- 3 hours of physical activity per day
- Include 60 minutes of energetic play.

5-18 years

- 60 minutes/day of moderate-vigorous activity.
- Several hours of light activity.
- Activities to build strength 3x per week.
- Reduce your sedentary/sitting time.

WHAT ACTIVITIES CAN I DO?



COMMUNITY ACTIVITY

Many community sporting groups are inclusive and have modified options.



DISABILITY-SPECIFIC

E.g: Adaptive bike riding, frame running, wheelchair sports, blind and deaf sports.



EXERCISE PROFESSIONAL

Consider consulting your health professional or NDIS coordinator if extra support is needed.



For more information

Visit the Disability Sports Australia or Raising Children websites.

