

Physical Activity for Disabled Children and Disabled Young People

Getting and staying active is about



Equality



Inclusivity



**Finding
what's fun**



**Exploring what
activities make you
feel good**

Benefits of physical activity

**Meet new
people**



**Mental
health**



**Muscles
and motor
skills**



**Confidence
and
concentration**



**Sense of
achievement**



**Calmer less
stressed**



**Balance and
coordination**



How much physical activity should I do?

**When
starting
build up slowly**

Ask: Can you do
this today?

Do bitesize chunks
of physical activity
throughout the
day

**For
good health
benefits do**

20 mins
of physical
activity
per day

**Do
challenging but
manageable**
strength and balance
activities 3 times per week

**Small amounts of
physical activity**
are good for you
as well