



# WHAT ARE THE BENEFITS OF YOUR CHILD JOINING A SPORTS TEAM?

- 1 GOOD PHYSICAL HEALTH**  
Regular physical activity is important to be physically healthy. If your child is fit and well this prevents the development of diseases and ill health, and promotes good health into the future.
- 2 GOOD BRAIN FUNCTION IMPROVES LEARNING**  
Physical activity is very important as it promotes good brain functioning in children. This is good for academic performance. Research has found that academic results are not harmed when children spend time playing sport. In fact by boosting your child's brain functioning your child's ability to learn and understand their school work is improved.
- 3 GOOD MENTAL HEALTH**  
People who participate in sport have improved self-esteem and overall wellbeing and is good for mental health.
- 4 BUILDING FRIENDSHIPS AND SOCIAL ENGAGEMENT**  
Participating in a sports team has been shown to build friendships and acceptance between children. A supportive environment such as a sports club helps children and youth develop positive life skills and behaviours and develops core values such as respect for others and being responsible.

By creating opportunities to join a sports club, the Count Me In project aims to promote social inclusion for your child and your whole family. The Community Support Workers will help you join the sports club and support ongoing participation for you and your child.



Reference: Bangsbo J, Krstrup P, Duda J, et al. Br J Sports Med Published Online first: June 27th 2016  
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