

Exercise is good for your health



***Reader note:** while these stories have been developed to support all young people's participation in footy, we recommend that you speak with your child about the concepts and examples in a way that is relevant to your child.*

NAB AFL Auskick has lots of games and activities where I can practise skills and have fun!



When I play Auskick, I'm exercising. That means my body might be moving around, stretching, bending, and being active. These are all important parts of exercising.



Exercising is important because it helps me practise my movement skills and keep my muscles strong. It helps my body be flexible. It helps keep me healthy.



Exercise can help me sleep better.



Exercise can help me settle my emotions and feel calm and happy.



Exercise can be fun to do with other people. I can make new friends when I exercise with other people!





AllPlay Footy is a joint initiative by Monash University and the AFL. AllPlay Footy was founded at Deakin University in 2015 and has been part of Monash Education since 2021. The AllPlay Footy content and resources presented here have been developed with people with lived experience of disability, consultants from National Sporting Organisations for People with Disability, psychologists and researchers, and are brought to you with funding from a Department of Social Services Information, Linkages and Capacity Building: Social and Community Participation Stream (2020-2021) grant. We aim to use language that is respectful to everyone.

Cartoon illustrations by Michelle Commandeur (www.commic.com.au)