



ONE WORLD  
ONE BALL  
FLOORBALL

# BENEFITS OF PARTICIPATION



## What are the benefits of participation for children?

- Being physically active provides positive health effects
- Regular participation in physical activity is associated with a longer and better quality of life, reduced risks of a variety of diseases and many psychological and emotional benefits
- Organised sports offer children an opportunity to acquire new skills, interact with others, meet challenges, develop team skills, and potentially improve self-esteem and self-confidence
- Children who participate in organised community or school-based sports are more likely to be active and to participate in physical activity as adults
- Studies have found improvements for many children in academic performance when time for physical activity is increased in their day
- Positive sports experiences have the potential to contribute to the process of social inclusion by:
  - bringing individuals from a variety of social and economic backgrounds together in a shared interest or activity; and
  - offering a sense of belonging, to a team, a club or a programme;

## For Girls there are added benefits from participation...

### Social Health

- Girls' participation can challenge and change social norms about their roles and capabilities

### Mental Health

- Adolescent girls are particularly vulnerable to eating disorders, and regular activity can have a positive effect upon girls' psychological well-being
- Physical activity can contribute to the reduction of problematic levels of anxiety and depression
- Participation can help build a girls's self-esteem
- Physical activity can help girls develop a sense of ownership of their bodies

### Education & Intellectual Development

- Studies show that girls who participate in sports are more likely to achieve academic success