



#ItsOkayToPlay

Cerebral Palsy Sport, WheelPower, The English Federation of Disability Sport (EFDS) and The Association of Paediatric Chartered Physiotherapists (APCP) are working together to get more people with physical disabilities active.

We want children and young people with a physical impairment to live happy, healthy lives and believe that sport and physical activity has a positive impact on this.

We want families to play together, have fun and enjoy spending time together whilst developing strength, coordination and balance plus many more elements that will support physiotherapy treatments being received. If you are unsure speak to your physiotherapist



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You can play anywhere, in living room, in garden, on the street or at the park.

- Have a kick around
- Jump and Stretch
- Run, walk, push
- Throw and catch
- Dance
- Bat and ball
- Chase and challenge



Go to the websites and have a look at what you and your family can get involved in!

For more information on where sports and activities are taking place visit:

www.cpsport.org www.wheelpower.org www.efds.co.uk