



AFS

ADHD

FOCUS IN SPORT

YOUTH & ADHD IN SPORT

How physical activity helps
focus, emotions and
inclusion

ADHD AT A GLANCE

6-7% of young people under 18 live with ADHD.

Boys are **3** times more likely to receive a diagnosis than girls.



WHY SPORT MATTERS

- Improves attention, impulse control and memory.
- Just **20 mins** of aerobic exercise can boost focus immediately.
- Reduces hyperactivity, impulsivity and anxiety.
- Supports emotional stability and self-esteem.

BEST SPORTS FOR ADHD

Martial arts → discipline & self-control

Swimming → focus & energy balance

Basketball & Football → teamwork & social skills

Tennis & Gymnastics → concentration & coordination



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