



AFS

ADHD FOCUS IN SPORT

YOUTH & ADHD IN SPORT

How physical activity helps
focus, emotions and
inclusion

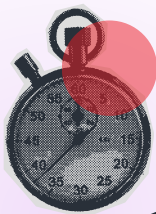
ADHD AT A GLANCE

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



Co-funded by
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.