



Life's a Ball Club

The Life's a Ball Club aims at children aged 8-17 that promotes personal growth through sport, encouraging positive values, active participation (especially among girls), health awareness, informed decision-making, and the development of leadership skills.

- **Positive values** – improved respectful attitude
- **Sport activity** – increased activity levels & increased girl participation
- **Health** – hygiene, puberty, menstruation & well-being
- **Knowledge** – to make informed life decisions & know alcohol risks
- **Leadership** – increased leadership skills

