



## About our school services...

Fit For Sport's **Before and After School Clubs** do not only provide children with a whole host of exciting activities including; teamtastic games, arts and crafts, multi-sports, themed events, activity challenges and much more, but they also offer parents who require childcare during out of schools hours, peace of mind that their children will be kept engaged in fun activity by qualified and experienced staff.

*Healthy snack options are also available....*

## Please see below how our pricing structure works:

- **EARLY** pricing (as seen on website) applies if you book two weeks or more in advance of the start date of the activity.
- **BASIC** pricing applies if you book between two weeks and 48 hours in advance of the start date of the activity.
- **LATE** pricing applies if you book less than 48 hours before the start date of the activity.

*\*For exact times and prices please visit [www.fitforsport.co.uk](http://www.fitforsport.co.uk)*



## Using Fit For Sport for the first time? Here's how to register...

- Step 1 - Select the activity, venue and session you would like to book via <https://ffsbooking.workpepper.com/>
- Step 2 - Once you have reached 'Your details' click on the 'Please sign up here' button and complete all fields.
- Step 3 - Ensure that you have made payment to secure your booking

Alternatively contact our friendly Customer Service Team on 0845 456 3233 to assist you with the registration process.

## Our vision is for every child to...

- Love being active and feeling healthy
- Move with confidence and feel successful
- Feel self-empowered and respectful of others

**Healthy family tips on  
the other side...**





At Fit For Sport, we believe that being an active family should be Simple, Achievable and Sustainable



Why not start your journey by signing up to the Fit For Sport Activity Challenge?

It is completely FREE and every person in the family can give it a go. It involves taking part in three activities which measure coordination, agility and stamina. Each person gets a score which you can submit onto the Activity Challenge website. Try each activity every three months to see if you've improved, if you stay active in-between, we'll bet you have! There are lots of videos on the Activity Challenge website which show you how to do the challenges.

Sign up for free at [www.activitychallenge.co.uk](http://www.activitychallenge.co.uk).

As the new school year begins, focus will very much be on academic study and with this comes the temptation for children to neglect physical activity on a daily basis. However, this doesn't have to be the case, check out these invaluable health tips that will ensure children stay active during term time and achieve those vital 60 minutes of activity a day:

- **Active Travel** – Parents, ditch the car and commit to taking your kids to school through active travel whether that be through walking or cycling. It's not only the healthier option but it may also leave your bank account looking healthier as well.
- **Healthy Eating** – Swap those fatty sugary snacks in the lunch box for healthier alternatives like fruit & vegetables. Kids will begin to notice a difference in no time. Learning the importance of eating healthy foods from a young age is key to a healthy adulthood.
- **Active Family Weekends** – As a family commit to trying a different sport each weekend, maybe go on an adventurous nature walk or even set up a talent show in the house, there's so many ways for the whole family to get active together, be as creative as you can.



Fit For Sport are delighted to be supporting National #FitnessDay on Wednesday 27th September where we'll be encouraging all of the schools we work with to take part in our Activity Challenge at some point during the day. To make National #FitnessDay the most active day of the year we need everyone's participation! To find out more about how you can support please visit [www.nationalfitnessday.com/get-involved/](http://www.nationalfitnessday.com/get-involved/).

Fit For Sport have also teamed up with JDRF, the type 1 diabetes charity who fund research to cure, treat and prevent type 1. We're encouraging everyone to support JDRF's #GoBlue campaign? Make it, bake it or fake it blue and raise money to cure, treat & prevent type 1 diabetes. Download your fundraising pack from [jdrf.org.uk/goblue](http://jdrf.org.uk/goblue).



fit for sport  
"a journey to an active life"

Join Fit For Sport  
this October half term  
at your local...

@fitforsportuk  
FitForSport.ffs  
#EveryChildActive

**Activity Camp**

Ofsted  
Registered



This October half term, nationwide Fit For Sport Activity Camps will put smiles on the faces of thousands of children!

**Our vision is for every child to...**  
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Move with confidence and feel successful  
Feel self-empowered and respectful of others



**BOOK NOW**  
Limited availability, book early to avoid disappointment!

[www.fitforsport.co.uk](http://www.fitforsport.co.uk)  
**0845 456 3233**  
(Calls to 0845 number cost 3p per minute plus the customer's phone company access charge)

**DID YOU KNOW?**

Fit For Sport are creators of the Healthy Active School System, a FREE online activity measurement tool which allows Primary Schools to record, track and improve pupils' activity levels. For more information please visit [www.healthyactiveschools.co.uk](http://www.healthyactiveschools.co.uk).



**Healthy Active Schools System**  
your school's activity tracker.

Record physical activity, track your Sport Premium, get access to PE resources and much more.  
[www.healthyactiveschools.co.uk](http://www.healthyactiveschools.co.uk)