



Fit For Sport's Extended School Club Newsletter



Happy New Year from everyone at Fit For Sport! Come and join us every day at our action-packed Fit For Sport Extended School Clubs, running throughout term-time!

Why should I send my child to a Fit For Sport Extended School club?

- Fit For Sport's highly **qualified** and **experienced** staff are dedicated to teaching your children the benefits of leading a **healthy active lifestyle**.
- **ALL** children that attend get to revel in **FUN** physical activity every weekday.
- After a day of structured learning children need to be able to **release their energy**.
- Children get to try **new activities** that they may never have experienced before.
- The clubs result in a boost in **concentration levels** and they also help raise **attainment**.



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**

"Sign up to our monthly Fitter Families Newsletter at www.fitforsport.co.uk for top tips on how your family can commit to an active 2018!"



This term's theme: "Love being active & feeling healthy"

How often are we guilty of committing to a New Year's resolution but fail to keep it up? Well if getting active and feeling healthy is yours this year then Fit For Sport are here to help you this time around.

For the Spring Term, we at Fit For Sport will be focusing on the first element of our vision; **'love being active and feeling healthy'** where we will be showing how **ALL** children can enjoy taking part in **FUN** physical activity and how they will soon be reaping the health benefits from doing so.

Over the next few months we'll be offering activity ideas and healthy recipes at all of our clubs and camps, as well as through our newsletters, in order to help you and your children get started on their road to a healthy active lifestyle.

Children will soon receive Healthy Passports so that they can begin to record their progress and learn new exciting ways of keeping healthy and active.



To get you started why not try out our Game of the Month...

Mark out a square or rectangle using cones or something similar. Participants must stay in the area. Everyone jogs around the area and when the adult/leader calls out a type of bean, participants must react accordingly, for example:

- Frozen beans - Stand still
- Runner beans - Run on the spot
- Chilli beans - Shake on the spot
- Broad beans - Freeze in a wide shape
- Jumping beans - Two footed/bunny jump on the spot

Everyone receives three lives, last player to react on each call loses a life. Use your imagination to come up with different variations of beans/actions and add to the list.

"Beans, beans, beans"



DID YOU KNOW?



"All types of physical activity help keep your heart healthy — take the stairs instead of the lift, walk briskly around your local park or dance in your living room, every little helps."

Beat the flu-season with this 'Immune-Boosting Soup'

January is a notorious time of the year for picking up common colds and bugs so here's the perfect tasty recipe that will keep you and your family in tip-top shape throughout the winter months. This immune-boosting Chicken Wild Rice Soup is full of delicious natural ingredients that will keep you strong. For the full recipe visit www.superhealthykids.com/immune-boosting-chicken-turmeric-soup/. Recipe courtesy of Super Healthy Kids.





Join Fit For Sport this
February Half Term at
your local...



**Activity
Camp**

Example Day

AM	★ Activity Challenges ★ Themed Activities ★ Bed Time	★ Team Games ★ Arts & Crafts ★ Multi Sports
Lunch		
PM	★ Children's Choice ★ Active Shake Up ★ Healthy Zone	★ Parachute Games ★ Outdoor Adventure ★ Fun Factory

CAMP COMPETITION!
According to medical guidelines how many minutes of physical activity are recommended per day?
A 30 minutes
B 60 minutes
C 90 minutes
Email your answers to competitions@fitforsport.co.uk by Friday 9th February 2018 for your chance to WIN A FREE WEEK AT YOUR LOCAL CAMP

Ages, prices and activities vary depending on venue. Visit www.fitforsport.co.uk for more info.

"Excellent service. My daughters first time at a holiday club, the staff were very friendly and welcoming and she loved her time there"

@fitforsportuk
FitForSport.ffs
#EveryChildActive

This February Half Term, nationwide Fit For Sport Activity Camps will be putting smiles on the faces of thousands of children!

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- Move with confidence and feel successful
- Feel self-empowered and respectful of others

BOOK NOW

www.fitforsport.co.uk
0845 456 3233

(Calls to 0845 number cost 3p per minute plus the customer's phone company access charge)

For the schedule, times and prices of our Extended School services, visit www.fitforsport.co.uk. Please note the prices shown online are the **EARLY** rates which only apply if you book two weeks or more in advance of a session.

