



Fit For Sport would like to thank all the brilliant teachers, parents and most importantly, children, for a wonderful year at our extended school provisions!

Fit For Sport News...

The 2017/18 school year was yet another ground-breaking one for Fit For Sport as we successfully continued our mission of inspiring the next generation to engage in fun physical activity on a more regular basis.

Through supporting and delivering in physical activity sessions schools and holiday camps nationwide, as well as training 23% of the country's children's activity specialists, we have shown our commitment to helping start every child on their journey to healthy active lifestyles.

Earlier this year our hugely successful Engage To Compete project, in partnership with Sport England, came to a conclusion. ETC was launched in the Autumn of 2014 in a bid to enhance activity provision for 10,000 pupils in the boroughs of Sandwell and Tower Hamlets, through which the impact has been remarkable. **Click here to read the latest report.**

Over the past 12 months we also ran our Westway, Alton and Tipton Legacy Sports Days where we engaged in excess of 3000 children in exciting physical activity. In addition, we participated in events such as the London Youth Games and Elevate, whilst supporting multiple 'Healthy School' events and Sports Days.

To support schools in becoming more active, we provide them with our FREE Healthy Active Schools System; an online measurement tool used to help track, monitor and improve all pupils' activity levels. Concerningly, of the 600 schools registered on the HASS, 79% of pupils are failing to meet the recommended fitness levels. However, here at Fit For Sport we're making it our mission to change these statistics through our nationwide camps running all summer and in as many schools as possible from September onwards.

We hope you enjoy a wonderful summer and look forward to seeing you soon!



#EveryChildActive

Healthy family tips
on the other side...



For the schedule, times and prices of our before and after school clubs, please visit www.fitforsport.co.uk.

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

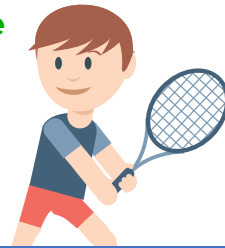


Commit your family to an active 2018!

Getting fit is all about making simple changes to your everyday life. Sign up to our monthly Fitter Families Newsletter at www.fitforsport.co.uk for lots of Simple, Achievable and Sustainable (SAS) tips to help get you started on your journey to an active 2018.

Game of the month...Sky high Tennis!

Ideally split into pairs and ensure each participant has a tennis racket, a hoop and one ball. Each pair stands opposite one another with a hoop between them. The aim is to strike the ball, letting it bounce once in the hoop and then the partner to return the ball with one bounce in the hoop as well. This creates a rally between the pair. Ten successful balls that land inside the hoop equal one point for the pair. Pairs compete against other pairs to gain the most points.



Healthy Recipe of the month...

Keep cool this summer with these delicious Frozen Pineapple Ice Pops that are super simple to make. Visit www.eatsamazing.co.uk/family-friendly-recipes/snack-ideas-recipes/super-easy-pineapple-ice-pops-recipe-4-ways for the full recipe, courtesy of Eats Amazing.



Yellowball Foundation

Fit For Sport's charity partner, the Yellowball Foundation, work to provide disadvantaged children access to sustainable activity programmes. For ways you can support please visit www.yellowballfoundation.co.uk.



Join us at
your local
camp!

Activity Camp



Kids camp offers

RUNNING ALL SUMMER LONG

What's on offer...

- ⚽ Football
- 🎾 Tennis
- 🎭 Themed Activities
- ✂️ Arts & Crafts
- 🏊 Swimming
- 💃 Dance
- 👶 Children's Choice
- 🏀 Basketball
- 🪂 Parachute Games
- 🧗 Rock Climbing
- 🏊 Trampolining
- 🏕️ Outdoor Adventures

...and much more!

*activities vary depending on the venue

@fitforsportuk



FitForSport.ffs



#EveryChildActive

BOOK NOW

Limited availability, book early to avoid disappointment!

www.fitforsport.co.uk
0845 456 3233

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

