



# Fit For Sport's Extended School Club Newsletter



**Hello from all of us at Fit For Sport!**  
We hope everyone enjoyed a wonderful summer break and you're now feeling refreshed and raring to go for the new school year here at John Keble Church of England Primary School!

Fit For Sport cannot wait to begin engaging your children in a whole host of new and exciting activities each and every day at our extended school clubs this school year.

Why send your child to a Fit For Sport extended school club?

Extended school services provide access to a variety of opportunities beyond the school day, offering parents access to high quality Ofsted registered before and after-school provision.

We provide a bespoke booking system to allow parents to book directly over the phone or online, accepting childcare vouchers and all major debit/credit cards (except American Express).

This term, children can look forward to a wide range of activities including; Supersports, Teamtastic Games, Activity Challenges, Crafty Kids, Fun Factory, Outdoor Fun, Fit Factor and Healthy Zone, as well as time to complete homework!



**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 •

After School Club 15:15 - 17:45  
£8.25 (including healthy snack)

After School Club 16:15 - 17:45  
£6.70 (including healthy snack)

After School Club 15:15 - 16:30  
£5.45 (excluding healthy snack)

*Please note these prices are the **EARLY** rates which only apply if you book two weeks in advance of a session. Bookings can be made up until 2:30pm on the day.*



Week 1

Monday

Veg sticks and dips



Tuesday

Pitta Pockets



Wednesday

Fruit Cups



Thursday

Create your own wraps



Friday

Fruit sticks and dips



Week 2

Pitta Pockets



Veg sticks and dips



Create your own wraps



Fruit sticks and dips



It is up to you!



@FitForSport.FFS

www.fitforsport.co.uk

0845 456 3233



@fitforsportuk

SUPPORTING

**JDRF** IMPROVING LIVES. CURING TYPE 1 DIABETES.

Registered charity number: 295716 and SC040123

JOIN US FOR A 'SUPERHERO TAKEOVER DAY' AT ALL OF OUR EXTENDED SCHOOL CLUBS ON WEDNESDAY 14th NOVEMBER IN SUPPORT OF...



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

@fitforsportuk  
FitForSport.ffs  
#EveryChildActive

Ofsted  
Registered

What's on offer...

- 🏈 'Frighteningly' Fun Football
- 🎾 'Tennis' Treats
- 🎉 'Fang-tastic' Fun Parties
- 🎨 'Creepy' Crafts
- 🏊 'Spell-binding' Swimming
- 💃 'Dress-up' Dance Sessions
- 🎲 'Ghostly' Games
- 🏀 'Basketball' 'Mayhem'
- 🪂 'Poltergeist' Parachute
- 🧗 'Gutsy' Rock Climbing
- 🤸 'Thrilling' Trampolining
- 🌲 'Eerie' Outdoor Adventures
- ...and much more!

Activities vary depending on the venue

# Activity Camp

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



**BOOK NOW**

Limited availability, book early to avoid disappointment!



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



www.fitforsport.co.uk

0845 456 3233

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

## 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](http://www.fitforsport.co.uk) for lots of Simple, Achievable and Sustainable (SAS) tips to help get you started on your journey to a healthy active lifestyle.

As we return to school, what better way to kick off a new term than with a traditional playground game that the whole family will enjoy...**Hopscotch!**

### Challenge:

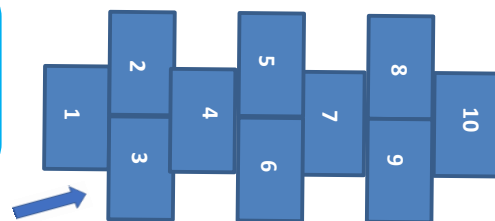
- To complete Hopscotch course before the other players

### Benefits of activity:

- Balance
- Coordination
- Stamina

### You will need:

- Suitable activity space
- Chalk or markers
- A counter or pebble



**How to play:** Before you start, make the Hopscotch course using chalk as shown

Get your counter ready and decide the playing order. Throw your counter, trying to make it land in the number one square. If it lands there carry on with your go, if it misses, then it's the next person's turn. Time to hop, missing out the number one square, hop on one foot in each of the other squares in order. If two squares are next to each other, use both feet to hop on them at the same time. Hop all the way to ten and back again, balancing to pick up the counter on the way back. It is now the next person's turn and remember the next square to aim for will be the number two! The winner is the first person to reach square ten and successfully hop back to the start without tripping or missing a square.