

Fit For Sport Newsletter:



Fit For Sport News:

Spring is the perfect time to get active: leaves are budding, birds are singing, and children are jumping, running and bouncing around with lots of energy! The team at Kew Riverside have got lots of tips to help you stay active this year.

Spring into action!

How about some fun family games to kick off your active 2016? A game of Fruit Salad always goes down a treat! Sit in a circle, with each child given a different fruit name – strawberry, apple, banana and pear! Call out a fruit and all the players with that fruit name will run around the circle, in a clockwise direction, back to their space. It can be made into a race, so that the last person back to their space loses a life. Call out 'Fruit Salad' and all players run around the circle at the same time.



Healthy tip:



According to the NHS children should have at least 60 minutes of physical activity every day. Increase your time of physical activity with Fit For Sport!

After School Club

Happy new year from Fit For Sport! We hope you had a fantastic holiday period! Get your Kids Fit and Active again at our After School Club! The club is designed to be flexible, affordable and educate the children on the benefits of leading a fun and active healthy lifestyle. Children will receive fruit, juice and a snack to keep them going until home time!

New to Fit For Sport

At Fit For Sport we believe that your children deserve the very best from both the staff and setting, and after listening to the children's requests we have invested in new and exciting ways to engage them in sports and activities!

We are also introducing our Daily Nominations, in which staff will reward good behavior and effort!

Healthy tip:



With spring on its way, why not make a commitment to walk, cycle or scooter to school at least once a week for a healthy start to the day?

Activity Challenge

Do you know how fit your kids are? Find out with our Activity Challenge!

We all know how our children perform in academic subjects like Maths and English, but it's difficult to know how fit they are and whether they're getting enough physical activity. To help parents understand how fit and active their children are, we've created a free online portal where you can complete the Activity Challenge with your own children and log on to submit scores and compare their results with the recommended fitness levels at www.activitychallenge.co.uk. There's lots of resources and advice on there about how to improve fitness and you can track progress as improvements are made over time. Visit www.activitychallenge.co.uk for more information.



February Half Term Kids Camp! 15th-19th

Do you want to keep your kids healthy and active during the February half term? Sheen Mount and Barnes Kids Camps will be running from Monday 15th February until Friday 19th February which means an array of exciting games and activities for your children to enjoy!

2016 Times and Prices

Extended Day (8:30-17:30)	–£42 a day or £187 a week
Standard Day (9:30-16:30)	–£32 a day or £144 a week
Half Day (9:30-13:00)	–£24 a day or £108 a week

Booking Information:

Times and Prices:

Breakfast Club
7.30-9.00 £4.50

Extended School
15:15-18:15 £11.50 per session
15:15-16:30 £6.50 per session*
*Excluding lite bite
16:30-18:15 £8.50 per session

Parent Feedback:

We're proud of our excellent customer satisfaction rating from independent feedback engine Feefo. Check out some of the feedback we've had from parents using our service:

"Knowing my children are happy is so comforting while I have to work."

"My boys have been coming here for years they absolutely love it! They offer a good variety of games, both mental and physical. I cannot recommend Fit For Sport enough!"