

Fit For Sport Newsletter: Kew Riverside Primary School



Fit For Sport News:



Leo, Chaymae, Nicola and our new staff member Tom would like to welcome you back to Fit For Sport at Kew Riverside

Join us for a fun filled Summer Term including a variety of new activities including Skater Club's new scooter challenges, new games, role play costumes and all your favourite games from last term.

We will be having lots of fun with the Euro 2016 tournament, Rio Olympics, Wimbledon, London Marathon, and learning about and making lots of summer food on our new menu every Friday. Welcome back to our new term!

Healthy tip:



Let's dance! Twisting, jiving and twirling to music is a great way to be active as a family! Dancing gets the heart pumping but also to improve children's balance and coordination...and it's a great way to feel good too!

Match of the Week!

It is our aim to make sure that everyone has an opportunity to try new activities and sports and find the one that they love most.

Please don't hesitate to give us suggestions of new sports that you would like to play, and we will do our best to organise them.

Summer Term Tournaments!

All new tournaments for a variety of games including 'Bop It Champions', 'Square Up Time Trials', 'Battleship Competitions' and Art Exhibitions. Winners will be allowed to help staff to decide which new games are bought each week.

Finally, as part of Cooking Club, we will also be starting a 'Fit for Sport Bake Off'. So get practicing those cakes, biscuits and other treats!

Healthy tip:



Asking children to help prepare healthy food and snacks can help to encourage them to swap sugary treats: if they've helped to make it, they'll be more likely to want to eat it too!

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.

Fit For Sport Kids Camp at Barnes Primary & Sheen Mount Primary: May Half Term

The fun doesn't stop when schools are out either! Fit For Sport's next Kids Camp at Barnes Primary and Sheen Mount Primary School's during May half term: 31st May - 3rd June.

Our experienced and fully qualified team will be delivering a wide range of activities from sports and games to arts and crafts making sure your children have fun, make friends and keep moving during the holidays.

Early Bird Discount - Quote MAY16 by Monday 16th May to receive your 10% discount!



Booking Information:



Dates: 11th April - 21st July

Breakfast Club

07.30 - 09.00: £4.25

After School Club

15.15 - 16.15: £11.50

16.30 - 18.15: £8.50

15.15 - 16.30: £6.50

(excluding light snack)

Book online at www.fitforsport.co.uk
or call our booking team on
0845 456 3233!

Parents 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:

"The kids love the combination of activities and they also comment on how nice the staff are. I always see staff being cheerful and fully engaged."

"Great flexible service. It is a fantastic after school club, my children love it!"