

Fit For Sport Newsletter:



Fit For Sport News:

Welcome to our latest newsletter!

The Fit For Sport team are once more looking forward to engaging children in exciting and energetic sports and games before and after school!

Here is a Sample Day at Fit For Sport:

Breakfast Club

7:30 am – Breakfast Time
7.45 am – Crafts and Board Games
8:15 am – Sporting Activity
8:50 am – Cool Down group activity
9:00 am – School day begins!

Extended School

3:15 pm – Fruit and Squash
3:30 pm – Warm up Activity
4:30 pm – Snack Time
5:10 pm – Main Sports/ Craft game
6:15 pm – Home Time

Healthy tip:



Healthy breakfasts fuel better academic results: Researchers at Cardiff University have evidence of direct, positive links between children eating breakfast and educational attainment.

Breakfast Club

7:30am – 9:00am

At our before school breakfast club, we ensure that an assortment of healthy breakfast options are available to help fuel children's minds and bodies ready for our sporty activities and the school day ahead.

Healthy tip:



Keeping kids active can be harder in cold weather. For days when braving the elements isn't an option try the activitychallenge.co.uk