

## Fit For Sport Press toolkit

With over twenty years' experience, Fit For Sport are the UK's experts in educating and engaging children and young people through physical activity. We believe that helping children to enjoy being active from an early age will set them on a journey to a healthy, active life.

Our dedicated and qualified team provide school, family and community programmes; supporting and delivering in school, afterschool and holiday camp activities across the UK and training hundreds of children's activity professionals each year through our training academy.

Fit For Sport was founded in 1986, and now has over 400 employees working with 250,000 children every year to help them get active every day.

### Active Camps

We provide multi-activity day camps every school holiday to make children have fun, make friends and keep active throughout the holiday! Our Ofsted-registered Activity Camps are run by trained professionals with lots of fun activities planned every day to provide school holiday childcare within a safe, supportive and fun environment.

### Active Schools

Fit For Sport's Active Schools programme supports schools with all aspects of PE and school sports provision. Our experienced teams deliver high quality inclusive physical activity sessions and before/after school provision. We provide training and professional development for teachers and staff, as well as resources and systems to monitor activity levels of all pupils.

### Extended School Clubs

Fit For Sport provide before and after school provision in primary schools during term time, providing parents with convenient, Ofsted-registered childcare with qualified staff. Our teams provide healthy snacks and a mixture of active fun and crafty creative time.

### Training

Fit For Sport is a leading training provider in engaging children and young people through physical activity. Our accredited and non-accredited training courses provide vital skills and qualifications to work with young people through sports and physical activity.

ENGAGING & EDUCATING CHILDREN THROUGH ACTIVITY

For more information please call 0845 456 3233 or go online at [www.fitforsport.co.uk](http://www.fitforsport.co.uk)