

THE EVENT:

VIDEO ASSEMBLY

Today I watched a video in assembly which announced the GB athlete visiting my school and the sport in which they compete. I'm going to do a sponsored fitness circuit with the athlete to raise funds to help increase levels of physical activity at my school, which is great for my brain and my health.

MY ATHLETE:

PRACTISE

I'll practise the 4 exercises before the event so I can do them alongside my athlete.

MY EVENT DATE:

THE EVENT DAY

I'll complete the fitness circuit and then listen to the athlete give a talk, share their experiences and tell us about how they've worked to reach the top of their discipline. I'm working on some interesting questions to ask at the end of the talk.

THE EXERCISES:

I will complete as many of the following exercises as I can in 1 minute intervals:



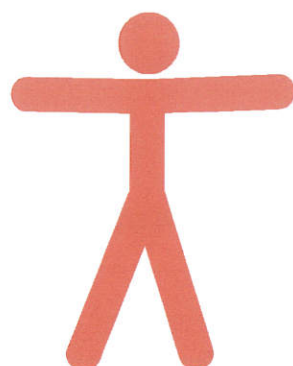
Spotty Dogs



Leg Drives



Push Ups



Star Jumps

AFTER THE EVENT:

I'll have one week to collect up my sponsorship money and then I will need to return the front two pages of this form to the school office.

SPONSORSHIP DUE DATE:

HOW THE MONEY WILL BE SPENT:



Maths & English



These are some of the ways my school could spend the money:

Teach Active would mean we would have physically active lessons in literacy, numeracy and other classes to help us learn better and have more fun.

Get Active would help us all understand how physical activity builds the brain so teachers can fill the brain.

If the school needs it, then it could also spend the money on new **Sports / PE Equipment**.



GET YOUR FRIENDS AND FAMILY INVOLVED



Find out more about your event and the Athlete visiting your school at www.SportsForSchools.org

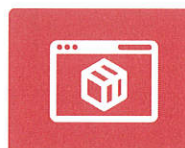


RAISE MONEY ONLINE!



Point your phone camera at this QR code to go directly to the **online sponsorship page**

1.



Set up an online fundraising page (takes 90 seconds) Simply visit www.SportsForSchools.org

2.



Make the 1st donation

The best way to encourage others to support your child is to be the first to sponsor them. The amount is less important than the act!

3.



Invite others

Share your child's fundraising page with friends and family to get the donations rolling in.



See tweets and pictures from our events [@sportsfs](https://twitter.com/sportsfs)



Share your child's online sponsorship page on Facebook! [@sportsfschools](https://www.facebook.com/sportsfschools)



To find out more about Sports for Schools and how we fund the scheme, visit: www.SportsForSchools.org

We'd love to hear from you – post your pictures and comments, and don't forget to tag us!

