



Dear Parents/ Guardians.

ActivKids UK are coming to visit your child's school. We are organising a sponsored fitness circuit for all of the children to take part in. We want to encourage children to be more active and inspire them to work hard to achieve anything they set their minds to.

The Event:

As well as a sponsored fitness circuit we would be arranging for a professional athlete to come in and oversee the event. Our elite athletes all have their own story and unique background and will share this on the day. We have a range of athletes available for selection by your school, including:

Olympic / Paralympic Athletes, Team GB & International athletes as well as Professional athletes.  
(Please note ALL athletes have an enhanced DBS certificate, which are available to view by the school)

The athlete will be working with the children throughout the fitness circuits, encouraging the children and giving them some tips. When the fitness circuit is complete the athlete will host an assembly where the importance of healthy eating, keeping fit and mental wellbeing will be discussed. Where possible, the athlete will show a demonstration of his or her sport followed by an opportunity for the children to ask questions.

The athletes will demonstrate that, hard work, team work and perseverance will ultimately enable children to achieve their goal not only in sport but in all aspects of their lives.

Our sponsored fitness sessions consist of:

- Spotty Dogs - An aerobic exercise to warm up the body.
- Leg Drives - An exercise to challenge and strengthen leg muscles.
- Press Ups / Half Press Ups - An exercise that uses arm and pectoral muscles
- Star Jumps - A fun way to cool down.

A little bit about ActivKids UK:

ActivKids UK is a fundraising social enterprise designed to raise funds for both schools and unsponsored athletes. Some athletes need to train for up to 40 hours a week and this means they have very little time to fund their training. Not only does the ActivKids Athlete Fund cover training costs, but it can be used for equipment and medical costs. 60% of the funds will go back to your school and we collect 40% for our athlete fund.

We support safe sponsorship so we ask that your child only ask family members or close friends under your supervision, another option could be that you take it to work or ask your friends or colleagues to help with sponsorship. This sponsorship money allows us to continue fundraising for athletes and schools but more importantly inspire the next generation to do great things!

Photo cards, poster rewards and gold medals are given to say thank you to the children for their hard work raising funds (the criteria is on the reverse for each prize). Also a certificate of appreciation is issued to the school. We understand that not all children are able to fundraise so everyone will receive a sticker for taking part.

We kindly ask for your co-operation with how we fundraise, as we require that your child returns the sponsor form and money to the school as soon as possible as the school need to count money and inform us of the prizes needed. Prizes will be issued to the children on the day at the end of the event and to ensure your child does not miss being issued any prizes, especially the instant photograph with the athlete.

Thank you for your support.  
Team ActivKids UK



PLEASE RETURN THIS SPONSOR FORM AND ANY MONEY RAISED AS SOON AS POSSIBLE AS THE SCHOOL NEEDS TO COUNT MONEY A WEEK BEFORE THE EVENT. WE ARE ONLY IN THE AREA FOR ONE DAY TO ISSUE THE PRIZES.