

Fit For Sport Newsletter:



Fit For Sport News:

Fit For Sport are pleased to be working with Knaphill Lower School to provide the out of school care, keeping your children active and healthy all year round.

KNAPHILL LOWER SCHOOL

Welcome back! We hope you had a great half term and are ready for yet another exciting, active-filled summer term with the Fit For Sport team.

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!

What to expect for the rest of term...

With a summer jam-packed with sport ahead of us expect some themed activities during our club sessions. The Euros, Wimbledon Tennis Championships and the Olympic Games are all on the horizon.

For the rest of term we will be playing Football, Tennis Basketball, indoor and outdoor games, creative Arts & Crafts, as well as Dance and Gymnastics.

15% discount at a 'Fit For Sport Activity Camp'

Some parents can't always afford the luxury of taking the whole summer off to look after their children & we at Fit For Sport understand this. This is why we are back with our renowned Activity Camps all summer long to ensure that your children still thoroughly enjoy their time off but in an active and healthy way. Come join us at Knaphill Lower School from Monday 25th July and quote 'Summer16' when booking to receive your super early bird 15% discount before Monday 20th June.

Healthy tip:



Why not have a chart in the kitchen to help keep track of how many portions of fruit and veg each family member has each day, with treats or rewards for hitting 5 a day for a whole week!

Fun for the whole family!

Challenge: To knock over the skittles and score as many points as possible with just 3 throws

You will need: 10 plastic bottles numbered 1 to 10, 2 cones or markers and 3 balls

How to play:

- Position the skittles in tenpin bowling skittle formation with the higher numbers at the back of the pack.
- Place a cone approximately 5 metres away from the 'skittles' and give each child 3 attempts to knock over as many 'skittles' as possible with the ball.
- Tally the points up based on the 'skittles' knocked over. The person with the most points wins!



Healthy Snack Recipe – Banana smoothie

Smoothies are a fantastic way of getting your children to eat more fruit. Try this super delicious banana smoothie, it's so simple to make!

Ingredients: 2 bananas (the riper the better!), 1 tbsp honey, 1tbsp natural yoghurt and 400ml milk

How to make: Peel, chop and mash/blend bananas until mushy.

Add the honey, yoghurt and milk and blend or stir well. Pour into cups/glasses and serve. Enjoy!

Booking Information:

Breakfast Club 07.45 - 08.45 £5.00
(including healthy breakfast)
After School Club 15.00 - 18.00 £12.50
(including light snack)
After School Club 15.00 - 16.15 £6.00
(excluding light snack)
After School Club 16.15 - 18.00 £9.50
(including light snack)

You can Book online at
www.fitforsport.co.uk or call our
Customer Service Team on 0845 456
3233*Calls cost 3p per minute plus the
customer's phone company access charge.

5% discount applies to online bookings.

Parent Feedback:

"Very friendly staff, always helpful and work well with the children.
Reliable, flexible and great service, Thank you"

"My son really enjoys going to after school club - he has asked to go more days!"

"My daughter loves the time she spends at breakfast club and the days she spends in the holidays. The staff are friendly and approachable and it is such a relief to have childcare to rely on!"