

THE EVENT:

THE DVD ASSEMBLY

Today I watched a DVD in assembly which announced the GB/Olympic athlete visiting my school and which sport they compete in. I'm going to be doing a sponsored fitness circuit to raise money for sports equipment at my school.

PRACTICE

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

MY EVENT DATE:

MY ATHLETE:

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:

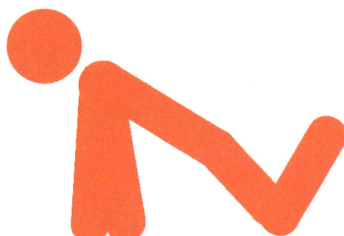
I will complete as many of the following exercises as I can in 1 minute intervals:



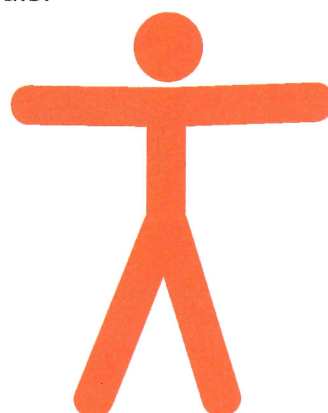
Spotty Dogs



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:

£100

Could buy my school 15 footballs.



£250

Could buy my school 2 basketball hoops.



£500

Could buy my school a gym mat trolley & 5 gym mats.



GET YOUR FRIENDS AND FAMILY INVOLVED



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



1.



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

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



See our fun facts on Facebook @sportsfschools



Sign up to our bite size articles about health, nutrition and exercise at www.sportsforschools.org

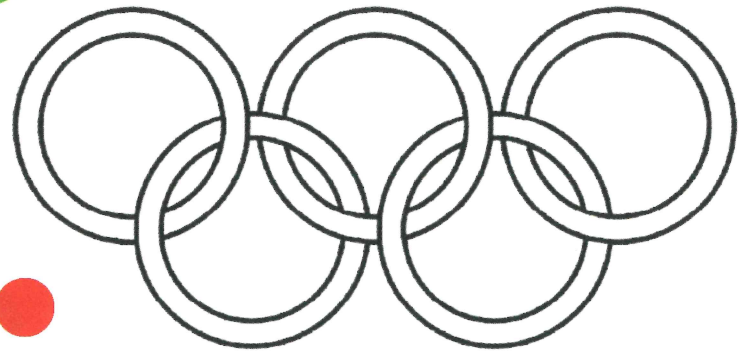


To find out more about Sports for Schools and how we fund the scheme, visit: www.SportsForSchools.org/funding-for-schools/

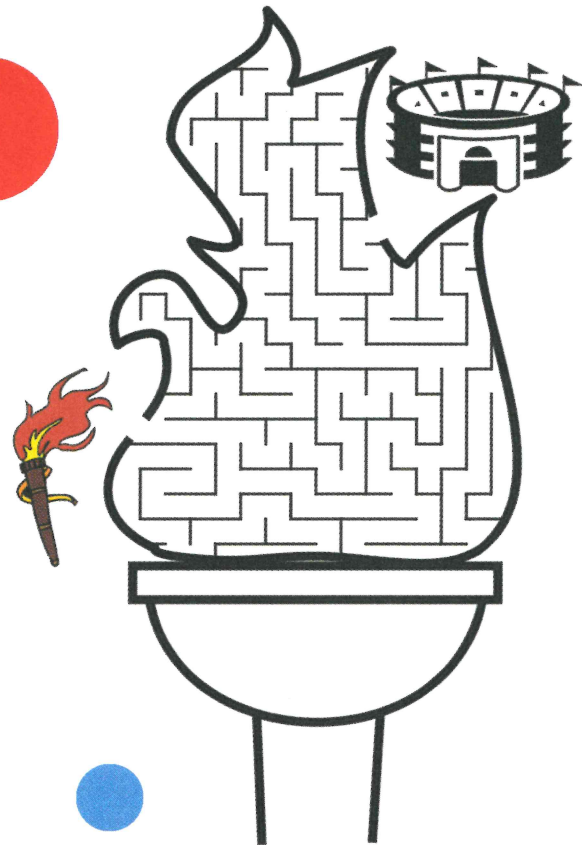
We'd love to hear from you - post us your pictures and comments on social media

COMPETITION TIME

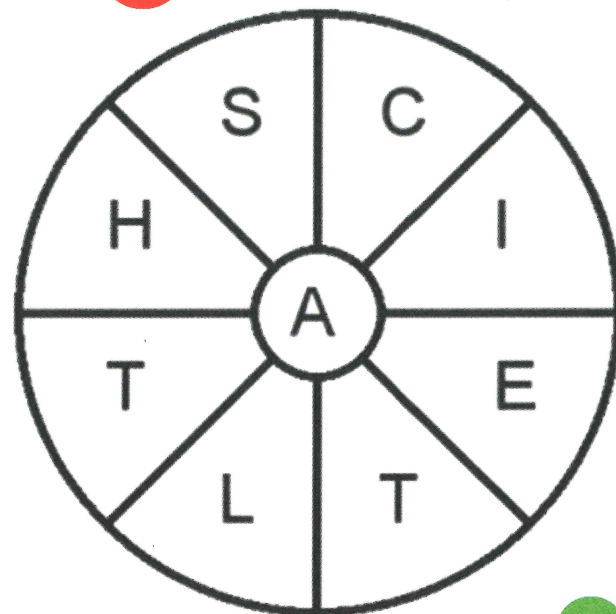
Colour in the drawings!



Can you find a way for the Olympic Torch to get into the Olympic Stadium?



See how many words of three or more letters you can make using the middle letter in each one. Can you find the word that uses all the letters?



Send a picture of your answers to **competition@sportsforschools.org** to be in with a chance of winning a t-shirt!



SPORTS FOR SCHOOLS®
GB ATHLETES WHO INSPIRE KIDS

2 million kids inspired

MY NAME:

MY CLASS:

I'VE RAISED:

£

MY SPONSORSHIP FORM

I'm going to be taking part in a fun fitness circuit alongside a top GB athlete.

Please sponsor me to help raise money for new sports equipment for my school and to help support GB athletes to compete for our country and inspire the next generation.

As a thank you, if I meet these milestones, I'll receive the following thank you gifts:

Raise over £5



Raise over £15



Raise over £30

[illegible]

CLUBS FOR SCHOOLS



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BUSINESS WHERE SOCIETY PROFITS
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