

Family Fun Fit

This programme will run through the summer term, each week will involve 3 sessions. One session a week will be for parents and carers to join while the other two will be fitness sessions just for children. **The sessions will be:**

Aerobic activities

This session will involve fun games and activities that will work your child's aerobic system. This means that they work at a moderate level, so they should be able to feel their heart pumping and breathe faster than normal. They will work within their own level and will be taught how to work at the correct level for them.

Family fun

This session is for the family to join in. The child should be joined by a parent or carer on this afternoon session (more than one are welcome!). This session will not involve any strenuous activity, there will be low level physical activities, again allowing everyone to work at their own level. The aim of this session is to give you a fun range of games and activities which you may be able to use as a family. These will involve things such as parachute games and team-building activities.



Multi-skills sessions

This session is to give children the basic skills needed to take part in any sport at a later stage. They are aimed at being a fun way to develop non-sport specific skills such as balance, co-ordination, speed, ball skills etc. These are a key part of a child's physical development.



Family Fun Fit is part of the school's work with the [Cornwall Healthy Schools Team](#). It is an exciting opportunity and will be one of the first schools to run this new program. The whole program is based around fun activities it is to help children and their families enjoy physical activity at a level that is right for them.

This program can benefit a range of children, those with low self esteem or who find it difficult to make friends, children who have low fitness levels, children who do not like playing competitive activities or sports, those who lack specific skills to achieve in sport type games, and also families who would like to take part in more activities together.

The main aim of this programme is to show that being active can be fun for everyone!