

Secondary Schools FITNESS ROADSHOW

2019

Make sure your school is part of the 2019 Fitness Roadshow, bringing fitness education, assessment and fitness fun to your door.

Fitness by design - Schools' Concept

Fitness by design schools concept is a student centered learning and discovery experience. It has been designed to promote awareness of students personal fitness levels, their physical activity patterns and an understanding of fitness levels for health and sports related activities.

- **Self Assess Components of Fitness**
- **Improving Fitness Awareness**
- **Improve your Fitness Levels**
- **Compare Yourself to National Norm Scores for Your Age**



'Fitness Profiling Booklet'

A guide for improving your personal fitness.

Our fitness profiling booklet is designed with specific key focuses with curricular links. It provides students with curricular links. It provides students with a practical tool for recording, comparing, understanding and improving their personal fitness levels.

The booklet outlines a set of practical recommendations on how each student can improve their fitness scores. These recommendations allow students to address areas of weakness.

This comprehensive booklet is a user friendly tool which may be used as a point of reference for addressing key fitness related aspects of the curriculum explored during Physical Education classes.



"Special offer package available from March to June 2019"....Contact us for details.

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