



Exclusive Offers to all 2011 "Active Kids Challenge" Participating Schools!

- FREE 30 minute **Catch Me If You Can** class to all participating schools
- Win a 2 hr **KidFit Leaders** Program for your Year 5 or 6 Students

Catch Me If You Can provides Primary School aged children a 30 minute dynamic and engaging physical fitness program held at your school, specifically designed to bring back the FUN in being active.

Catch Me If You Can enables children to learn through play the value and virtue of being physically fit and active. This experiential approach capitalises on the way kids learn best - by doing! *Catch Me If You Can* enhances overall fitness by promoting and developing fundamental gross motor skills, cardiovascular fitness, upper and lower body strength, coordination, flexibility and most importantly self-confidence.

Fit Habitz are offering 1 FREE 30 minute *Catch Me If You Can* class to each participating school.

*All free classes must be conducted throughout the 10 week Active Kids Challenge: 25 July – 30 September 2011.

KidFit Leaders is a two hour leadership development session held at your school, specifically designed for Year 5 and 6 students. *KidFit Leaders* recognises the importance of peer support amongst students and equips senior students with the skills and resources to create and lead younger children in fun, physical activities. The two hour *KidFit Leaders* session provides senior students with a comprehensive workbook and includes demonstrations, reflective activities and plenty of games to bring to life the concept of developing fitness through fun! The program ensures that senior students are proficient in developing age appropriate activities across the whole school population and provides an excellent base to develop leadership skills, self confidence and a sound knowledge of fitness principles.

Win 1 of 2 FREE *KidFit Leaders* programs

Email your answers in 25 words or less to emma@fithabitz.com.au

Prize must be taken before 1 December 2011

Q1: Drawn Monday 22 Aug 2011 How would your students benefit from participating in *Catch Me If You Can*?

Q2: Drawn Monday 26 Sept 2011 How would your school benefit from participating in *KidFit Leaders*?

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Book NOW to secure your preferred date and time for the FREE 30 min *Catch Me If You Can* class!

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For further information and to book your free *Catch Me If You Can* class,

Contact Emma Pieper 0410 544 069 or emma@fithabitz.com.au

To download the Fit Habitz Active Kids Challenge Teaching Resource Sheet, or for more information on other Fit Habitz programs visit:

www.fithabitz.com.au

Totally Fit – Totally Kid Fit!