



**Friday 8<sup>th</sup> April 2022**



Dear Parents / Carers,

**RE: Scooting Training for Years 3 to 6**

**Monday 25<sup>th</sup> April and Tuesday 26<sup>th</sup> April 2022**

On the Monday and Tuesday after the Easter holiday, I have arranged scooter training for Years 3 to 6. It is being run by Scoot Fit, a professional scooting company who use scooters as secret exercise machines.

The aim is to get children confident and competent at scooting so children want to scoot more often. I have purchased some scooters and safety equipment for KS2 so they can be used at lunchtime and as rewards for excellent effort in their learning. By learning to scoot safely in school they will be safer out on the streets.



**The sessions will run rain or shine! Please keep an eye on the weather and get your child to bring a change of clothes.**

Scoot Fit sessions are completely innovative; children scoot for 30 minutes non-stop to music helping develop skills, abilities and confidence.

Did you know?

- Scooting burns 30% more calories than cycling and running
- Faster than walking, 20-minute walk in 7 minutes on a scooter
- Safer than cycling, you scoot on the pavement
- Scooting is a great way of building exercise into your child's daily routine if they scoot to and from school.
- Scooting is an all over body workout engaging all the major muscle groups in the body.

Why have I arranged this?

Evidence shows 40%-60% of children in EYFS and KS1 can't scoot correctly and are put off scooting when they can't get the hang of it and never scoot again. When these children enter KS2 their body grows making it easier for them to scoot and they become excited and enthused about scooting after a Scoot Fit session.



If you have any questions about the training or what scooters are best for your child, please contact [info@scootfit.co.uk](mailto:info@scootfit.co.uk) or [www.scootfit.co.uk](http://www.scootfit.co.uk) and they will help get you scooting.

Kind regards,

Mr Vaghela