

MY SPONSORSHIP FORM

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

We are raising money to improve **Burghfield St Mary's Primary School's** outdoor learning environment. The project will cost £20000, our school has already secured £12000. Your sponsorship will help us reach the total.



SPORTS FOR SCHOOLS[®]
GB ATHLETES WHO INSPIRE KIDS

2 million kids inspired

MY NAME:

MY CLASS:

I'VE RAISED:

£

MY EVENT DATE:

Friday 13th March

MY ATHLETE:

Luke Delahunty

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.

Our event: On Friday 13th March every child will take part in HIIT (High-Intensity Interval Training). They will have their own personal challenge to do as many of the four exercises below as they can in **1 minute**. Start practicing now.

PRACTISE

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

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

