



Creating Healthier & Happier Lifestyles
In Schools & Communities

Eat well, move

more, live longer

Dear Parents:

“These days, 'modern life' can mean that we're a lot less active. With so many opportunities to watch TV or play computer games, and with so much convenience and fast food available, we don't move about as much, or eat as well as we used to. Which means that **9 out of 10 kids today could grow up with dangerous amounts of fat in their bodies**. This can cause life-threatening diseases like cancer, diabetes and heart disease - so it's really important that we do something about it”.

Information attained from www.nhs.uk/change4life or www.sporting-dreams.co.uk

ACTIVE kids are Happy kids

In fact children need to do at least **60minutes of physical exercise everyday** to burn off calories to prevent these diseases. Since 1999 Sporting Dreams have been working with schools and organising activities for children which has helped thousands to become more **active, healthier and consequently happier** in their everyday life. We would like to ask you a few questions that will support the Government's new campaign “Change4life”. This aims to help us all eat better, move more and live longer. The survey will help us to identify what healthy activities you want for your children during after school and in the holidays.

Please visit www.sporting-dreams.co.uk to download a full copy of the Healthy Activity Survey.

LETS PLAY! 60min a day



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PARENTS HEALTHY ACTIVITY SURVEY

This survey will help us to identify what healthy activities you want for your children during after school and in the holidays.

Q1. Which activities would your child be interested to play after school? (Tick)

- Cheerleading Football Basketball Rugby Hockey Multi-Sports
- Athletics Tennis Badminton Cricket Dancing Drama
- Other:**

Q2. Which day and times are best for you? (Tick)

- What Times? (Tick) 3.30-4.30 4.30-5.30 5.30-6.30 6.30-7.30
- What Days? (Tick) Mon Tue Wed Thu Fri Sat Mornings 10am-12pm

Q3. How much would you expect to pay? £.....

Q4. Would your child like to play healthy activities in the holidays? (Tick) YES NO

Q5. What times in the holidays are best for you? (Tick) 8.45am-3.15pm 10am-3pm
Other:.....

Q6. How much would you expect to pay per day? £.....

Q7. What prizes would you expect your child to get from the holiday play activities? (Tick)

- Attendance certificate Trophy Medal Gift Bag of Goodies

Q8. What would your child like to do during the activities? (Tick)

- Have Fun Make New Friends Win Prizes Play competitions
- Learn Skills Play Matches Other:

Sporting Dreams will be running weekly 1hour activities for parents to play with their children;

Q9. What activities would you like to take part in with your child? (Tick)

- Cheerleading Football Basketball Rugby Hockey Multi-Sports
- Athletics Tennis Badminton Cricket Dancing Drama
- Other:**

Q10. What days & times are best for you? Tick & write the best hour time for that day (Mon 5-6pm)

- Mon Tue..... Wed..... Thu.....
- Fri..... Sat..... Sun.....

Complete the following if you would like to be informed about future activities for you and your child

Your contact details

Child's Name: Class: DOB:

E-mail: Mobile:

Address: Post Code:

Your child's School Name:.....

Return to reply box or to Sporting Dreams, Parent Healthy Activity Survey, Sparkenhoe Community Centre, Southfield Rd, Hinckley, LE10-1UB