

## ACTIVE SCHOOLS – BANKHEAD ACADEMY

5.3.08

### FIRST SECONDARY SCHOOL TO TRIAL THE FIT ZONE™ WITH S3-S4 PUPILS

Zone Fit Ltd is pleased to be working with Active Schools to promote health and fitness within Aberdeen schools.



Physical Education Teachers, Placement Students and Parent Helpers having fun at our 3 hr introductory workshop

One of our certified instructors undertook a pilot study at Ellon Academy for staff only and introduced the concept as a group exercise programme. Based on positive feedback, it was decided to approach Active Schools to help develop and promote The Fit Zone™ for children of all ages.

We are pleased to announce that Bankhead Academy, a health promoting school, is the first secondary school in Aberdeen to trial our concept with S3-S4 pupils within their current PE curriculum. The PE staff attended an introductory workshop on the equipment's safe and effective use and all agreed that it was an exciting product to introduce to pupils to encourage them to remain fit and healthy. We have also ran a competition within the school for the kids to come up with a generic name for the activity solely for children – watch this space for the results!

Fiona Leslie, Acting Principal Physical Education Teacher at the school says, "It's a really useful additional resource to have in the department for motivating pupils to get active and moving right at the start of the lesson."

Active Schools is a citywide initiative with 9 full time Coordinators covering all Primary schools, and 12 part time Coordinators covering the secondary schools. The aim of Active Schools is to raise participation rates by offering a vast range of sports and activities.

Active Schools Coordinator, Louise Beggs, says "One of our main focuses is to get children that do not currently do exercise involved in activities. By working with an initiative like The Fit Zone™ it creates a perfect opportunity to do this. It is a completely new type of fitness class, and this tends to attract more children from our target groups than traditional sports and activities."