



Dear Parent/Carer,

Sworkit Youth Initiative

We are delighted to introduce Sworkit as part of our ongoing commitment to provide all our pupils with the opportunity to access high quality Physical Education and Physical Activity.

Sworkit is a fitness app that can be used on a desktop or downloaded to an Android or Apple phone or tablet. The app includes access to guided video instruction and is a great supplement to building physical skills through our Physical Literacy led curriculum.

“The data on childhood obesity rates is troubling. There’s a critical need to provide children, educators, and parents with easily accessible fitness and nutrition resources. Sworkit leadership was moved to offer our fitness technology as part of the solution. We want to ensure every teacher and coach has the tools to influence students to become more active. Our desire is to help people build life-long, multi-generational, healthy habits.” Benjamin Young Sworkit co-founder and CEO

The benefits of physical activity in children directly impacts on their ability in the classroom (higher grades and test scores are linked to physical activity) and also on child obesity rates. According to an American Journal of Preventive Medicine study from 2014, researchers analysed obesity prevention strategies and found after-school physical activity programmes could reduce obesity rates by 1.8% among children aged 6 to 12. Not all pupils will be able to participate in after-school clubs due to a variety of reasons, but Sworkit will allow pupils to participate in Physical Activity at home and enable more children to build healthy habits to last a lifetime.

Your child/children will be given a free yearly membership (worth £50) where they can create their own workout or use one of the templates available. It has a “kids” workout section (including Strength, Agility, Flexibility, Balance and Stand Up and Move) as well as sections for Strength, Cardio, Yoga and stretching. Workouts can be configured to automatically add a warm-up and there are also sub categories, if you want something more specific e.g. kettlebells or even quiet home workouts.

The instructions provided are specifically for Hunter’s Bar Junior pupils and we have been given an allocation for each child in our school. Please do not share sign up details with anyone else. Parents feel free to use the app as well and log in using your child’s login details (unless your child uses your login details e.g. they don’t have an email address)

As Sworkit is an external provider Hunter’s Bar Juniors will not hold any of your data that is submitted. These links give further information on the [Sworkit Youth Initiative](#) and tips for using the app [Welcome to the Sworkit Fitness App](#). Your instructions to create an account can be found below.

Yours sincerely,

B. Adebola

Mr. Adebola

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DEPUTY HEADTEACHER: MR DAVID PRESTON

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Sworakit Account Creation Instructions:

Please contact the School office for details on how to create your account.

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