

## Scooting Training

Your school is receiving a visit from Scoot Fit, a professional scooting company who use scooters as secret exercise machines. Their aim is to get children confident and competent at scooting after a single session so children want to scoot more often.

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

After this session your child may come home from school enthused about scooting and want to scoot more often.

### **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 are we coming to your school?**

Our 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.

### **The Result**

A direct result of this training is more children wanting to be active on scooters so please encourage your child to scoot whenever possible; it's really good for them.

Scoot Fit use all different kinds of scooters that your child may not have ridden on before, ask your child what scooter did they used and why they liked it?

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) we're here to help get you scooting.

Many Thanks

James Rodger

Scooting Instructor