



22/11/2010

New for 2011 – Junior Gym for Heroes

Junior Gym for Heroes is an opportunity for school children of all ages to take up the gym challenge and do their bit to raise funds and awareness for Help for Heroes. It is of course, an ideal opportunity to promote fitness and exercise within the school.

[It's completely free for schools and children to take part.](#)

The challenge can be any type of cardio vascular event for the duration of one hour and which you feel suitable for children of any age to take part.

It's the school decision as to which type of challenge is set for the children, as well as organising the event.

You may decide to set more challenging events for the older children or indeed they may decide to organise their own! The way funds are raised is through sponsorship which should be paid in via our bmycharity site or our bank account. Sponsorship forms are available on our Downloads Page.

An editable 'Certificate of Achievement' will be emailed to you which you are able to add each child's name or a class name for completing the challenge.

Some suggestions are

Running
Swimming
Bike Ride
Skipping
Ball bouncing
Three-legged walk/run
Egg and spoon walk/run
Hoop shoot
Hop-scotch
Elastics

Or your own ideas.

If you have any questions, or any ideas for a challenge which we can add to our FAQ's page, then please feel free to email us at enquiries@gymforheroes.co.uk

Thanks so much for your support.

The Gym for Heroes team.

enquiries@gymforheroes.co.uk
<http://www.gymforheroes.co.uk>

