

MARATHON KIDS

PARENT / CARER
INFORMATION PACK

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TODAY'S GENERATION OF KIDS IS THE LEAST ACTIVE IN HISTORY, WITH REAL CONSEQUENCES FOR THEIR HEALTH AND WELLBEING. RESEARCH SHOWS THAT ACTIVE KIDS DO BETTER IN EVERY WAY: THEY ARE HAPPIER, HEALTHIER AND MORE SUCCESSFUL IN SCHOOL.

WHAT IS MARATHON KIDS?

Marathon Kids is a flexible, fun and sustainable running programme that helps schools to get kids moving every day, and helps kids to run and jump into a happier, healthier future.

WHY MARATHON KIDS?

We know Marathon Kids works because:

- Over the past four years we have seen 40,000 children running and achieving with Marathon Kids.
- Kids Run Free provides all the support and evidence based tools a school needs to manage the programme and inspire their kids to get moving.

THE IMPACT OF MARATHON KIDS

Marathon Kids:

- Engages the least active pupils to participate in physical activity.
- Develops children's leadership skills by training them to manage the programme alongside the teaching staff.
- Develops children's awareness of their own Health & Wellbeing to improve personal fitness through goal setting.

WHAT DOES IT COST?

Marathon Kids is FREE if a school chooses to implement the programme themselves by using our support tools but will need to provide all equipment to set up a running course (starter kits and incentives can be purchased from the Kids Run Free website if required).

WHAT NEXT?

FOLLOW THESE EASY STEPS TO REFER YOUR SCHOOL TO BE CONTACTED BY THE KIDS RUN FREE TEAM, AND WE'LL PROVIDE THEM WITH ALL THE INFORMATION THEY NEED ABOUT MARATHON KIDS:

- 1.** Contact your school's PE Lead or Head Teacher - inform them of the Marathon Kids programme and direct them to this website www.marathonkids.co.uk where they will find the Teachers Information Pack.
- 2.** Please click [here](#) and fill in the Parent Referral Form with your schools contact details and we will then send additional information on your behalf.
- 3.** Tell your friends and family about Marathon Kids. The more schools that participate the more children we can support to start being more physically active.

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READY TO GO?

Visit our website www.marathonkids.co.uk or contact us on 01926 336628

Kids Run Free is a nonprofit organization who's mission is to create fun, sustainable running opportunities for 0-16 year olds, igniting their passion for sport and physical activity allowing them to become healthier, happier, more confident children.