



# MARATHON KIDS

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**KIDS RUN FREE**

[www.kidsrunfree.co.uk](http://www.kidsrunfree.co.uk)

## Speak to me

**your Marathon Champion  
and get involved**

## WHY MARATHON KIDS WORKS

- **Proven to get kids of all abilities and fitness levels being more physically active on a regular basis**
- **It's easy, fun and sustainable**
- **The measurement tool allows us to see the impact and run reports for Ofsted to show that we are meeting our target of 30 minutes of physical activity per day**

## HOW YOU CAN SUPPORT MARATHON KIDS AT OUR SCHOOL

- **Encourage our kids to run/walk up to four marathons this academic year**
- **Be engaged with the programme and encourage all children to participate regularly**
- **Put the Marathon Logs on the wall and update them**
- **Celebrate every child's achievements, no matter how far they run**
- **Be a role model, all of us can benefit from taking part**
- **Read your colleague engagement document, giving you all the information you need**