

July, 2020

Dear Parent/Carer,

Sworakit Youth Initiative



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

Sworakit 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. Sworakit 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 Sworakit 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 Sworakit 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 pupils³ 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 Sworakit 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 [Sworakit Youth Initiative](#) and tips for using the app [Welcome to the Sworakit Fitness App](#). Please contact the office for instruction on creating an account.

Yours sincerely,

B. Adebola

Mr. Adebola

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