



STRONG POWERFUL RESILIENT JUNIORS

SPR Juniors is a 39-week online programme of fitness based activities for Years 3, 4, 5 & 6, carefully designed to improve pupils' physical health, fitness, mental health and resilience.



Annual online access to
2 x 39 physically active
lessons



Personal development tasks
that promote ambition
and self-esteem



Nutrition blog for teachers
and parents, to inspire
healthy, active families

How does it work?

Each term features two programmes of activity and fitness tests, so pupils can monitor and track their ever-improving levels of core fitness.
All activities are demonstrated by children.

Pupils learn how to physically and mentally prepare for physical exercise, whilst building confidence when performing individually, and developing teamwork skills in groups.

Our nutrition blog features delicious, healthy recipes, that are easy and fun to prepare, so parents are educated in healthy cooking too.



Plyometrics



Core strength



Cardio
fitness



SAQ and
coordination



General
conditioning



Sports day
preparations

Introductory price £3995 per year

For full information visit sprjuniors.com