



# Parent consent form

Dear Parent/ Guardian,

We have a qualified Health-related Fitness Instructor coming to the school to educate children about the food they eat and the exercise they do. The session is split into two parts; the first part is a hands-on workshop, which involves fun team activities that are related to the National Curriculum. After this, KS1 (Nursery to Year 2) will take part in a group active session and KS2 (Years 3-7) will take part in fun active circuits. All of the activities are low impact and safe. During the active sessions, A-life wish to encourage children to have fun and learn safe ways of exercising in and around the home. They also emphasize the importance to children of being active in ways they find enjoyable and are capable of maintaining as they grow.

In order for your child to take part in the physical activity, please return the form below.

Name of child.....Year.....

Has your child been on any long term/short term medication in the last year? Please circle: Yes / No

If yes please give details.....

Does your child ever suffer, or has he/she suffered from any of the following:

<b>Chest Pains</b>	<b>Yes/No</b>	<b>Joint Problems</b>	<b>Yes/No</b>
<b>Asthma</b>	<b>Yes/No</b>	<b>Heart Problems</b>	<b>Yes/No</b>
<b>Diabetes</b>	<b>Yes/No</b>	<b>Epilepsy</b>	<b>Yes/No</b>

Other (please state).....

Please add details of how any of the above affects your child:

.....  
.....

Does your child have any sort of disability? Please give details on another sheet if necessary, as we aim to include and involve everyone in all parts of the session.

Is there any reason that you are aware of that may prevent your child from carrying out some gentle exercise under the supervision of an A-life instructor? Please circle: Yes / No

**I, the parent/guardian, acknowledge the above information to be factually correct and give permission for my child to take part in the sessions run by an A-life instructor with regular teachers in attendance.**

PRINT NAME.....Signed.....

Today's date \_\_/ \_\_/ \_\_\_\_