**Virtual Physical Activity Information Booking Form**

This FREE 30 minute session will be led by our Healthy Families practitioners, who will deliver via Microsoft Teams a fun, interactive and informative session on Physical Activity to your chosen group of children who can then act as your Healthy School Champions sharing their knowledge with their peer groups and families. The session will include:

* **Benefits to activity**
* **Activity Quiz**
* **Fuelling the body**
* **And more**

Please provide us with your school details to book your session:

**School Name:**

**Address:**

**Contact number:**

**School lead contact person:**

**School lead contact person email:**

Please provide three possible dates for your session and preferred times. Bookings start from 16th November onward**. Please note we cannot offer Friday sessions.**

Date & Time 1:

Date & Time 2:

Date & Time 3:

Please return you’re completed booking form to healthylifestyles@telford.gov.uk and a member of the team will be in contact to confirm your booking.