

# PRESS RELEASE

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DraftV1 04/03/2010

## **motive8 delivers a successful skipping challenge for British Heart Foundation at St. Mary's & St. Peter's Primary School in Teddington, Middlesex**

**motive8**, one of the UK's leading providers of grass-roots school sports programmes and activity clubs in the education sector ran a fantastic skipping event for all children in Key Stage 1 (years 1&2) at a local primary school in Teddington, Middlesex.

The event was organised in order to promote skipping, increase playground activity and raise money for British Heart Foundation.

Over 60 children took part in the challenge at lunchtime, which alongside motive8 Coach Shawn Mullix, was led by Young Leaders from Year 5, previously trained by motive8. Nearly £200 was collected for the British Heart Foundation, who provided the school with a fantastic resource pack including coaching resources and equipment.

Shawn Mullix comments: For our event we followed the structure of "Jump Rope for Heart", which is the British Heart Foundation's (BHF) popular sponsored skipping challenge, which raises money for the nation's heart charity. Skipping is an excellent form of cardio-vascular activity and it also promotes bone health, co-ordination, rhythm and timing. By getting more children involved in Jump Rope For Heart and the new skipping club at St. Mary's & St. Peter's Primary School in Teddington last term, we hope to increase awareness of health related issues, and show children (and adults!) how much fun skipping is!"

John Logan, Head Teacher at St. Mary's & St. Peter's School, comments:" motive8 has recently introduced skipping as a new after school activity. It has been very well received by all our children, who think it is great fun! The British Heart Foundation (BHF) 'Jump Rope for Heart' fund raising event in February was fantastic, the playground was full of activity. Skipping is a fun way to get children more active in the playground and helps develop important co-ordination and balance skills."



Alongside 6 other school programmes, motive8 currently runs six extra-curricular clubs each week at St. Mary's & St. Peter's as well as running their Sports Day every summer. motive8 also ran the Sports Leader UK Young Leaders Award recently for Year 5 pupils.

motive8 is currently seeking potential partners i.e. developers, suppliers and PE stakeholders in order to expand our sports schools activity programme within this market. If your company/school may be interested in partnering with motive8 in the development of grass-roots sports programmes then please contact motive8.

motive8 - [www.m8group.net](http://www.m8group.net) , e [info@m8group.net](mailto:info@m8group.net) 3 The Mews, 53 High Street, Hampton Hill, Middlesex, TW12 1NH, T 0845 838 1888 F 020 8979 3914

For press enquires, interviews or visuals please contact Henman Communications on +44 (0)7810 448782 or email [info@henmancom.com](mailto:info@henmancom.com)

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## NOTES TO EDITORS

### About motive8.

**motive8** is a health and fitness solutions company based in Hampton Hill, specialising in residential and commercial gym design, personal training and the delivery of grass-roots school sport programmes. Established in 1998, it has progressed to become one of the market's leading health and fitness providers.

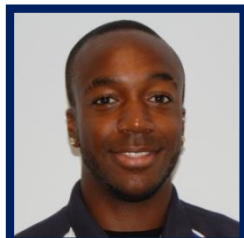
**motive8 Schools** delivers high quality sports sessions and courses to children and adults. Our aim is to promote the benefits of regular physical activity and encourage a lifelong participation in sport.

Our services include:

- Curricular physical Education
- Sports days
- Inter-school competitions
- Extra-curricular sports clubs
- Holiday activity camps
- Team building days
- Teacher and coach training
- Schools fitness suites
- Sports Leader UK leadership courses

For further information on motive8 please visit [www.m8group.net](http://www.m8group.net) , e [info@m8group.net](mailto:info@m8group.net), 3 The Mews, 53 High Street, Hampton Hill, Middlesex, TW12 1NH, T 0845 838 1888 F 020 8979 3914

**Shawn Mullix**



**Education**

- BSc Sports Science with PE in the Community
- FA Key Stage 3&4 Football Coaching
- FA Level 2 Football Coach
- Appointed First Aider
- Trained in Child Protection by Sports Coach UK

**Professional Experience**

- Coaching football to children aged 4-18years with Brazillia Soccer for 5 years
- 5 years Experience in delivering multi-sports in Primary Schools
- 5 years coaching Basketball and Athletics at club level

**Sporting Success**

- Sprint Athlete specialising in 60m, 100m and 200m
- Played football, rugby and national level Junior Basketball

**British Heart Foundation's (BHF)**

To see the BHF 'Jump Off' video please visit [www.bhf.org.uk/jumprope](http://www.bhf.org.uk/jumprope)

**Please contact Motive8 for further information.**

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