Welcome to our Fitness Tracker App

Health and Safety notice:

ALWAYS KNOW THE MEDICAL HISTORY OF ALL YOUR PUPILS BEFORE YOU EMBARK ON ANY FITNESS ACTIVITY. THIS IS ESPECIALLY IMPORTANT WHEN ASKING PUPILS TO PUSH THEMSELVES QUITE HARD. MAKE SURE ASTHMATIC CHILDREN USE THEIR INHALERS APPROPRIATELY.

This is a web-based App and is accessible on PC's, laptops, tablets and mobile phones.

It can be accessed from anywhere with an internet connection.

Please check your school's policy on how and where you can use it.

Go to **https://www.primaryfitnesstracker.com/** and save in your favourites.

You will need your log in information…...get this from your administrator

(Business manager, bursar, admin officer, school secretary, or IT manager)

Your class register should already be loaded into the software….your administrator will tell you how to locate your class.

There is a "**How it works**" tab so you can explore the App.

The 3 main things you can do with this App are as follows:

1. Find out how fit your class is as a whole compared to other classes within the school, and compared to all similar classes nationally.

    This is called the "**BENCHMARK**" function.

2. Find out how fit each individual child is and compare this against national standards.

    This is called the "**TRACK INDIVIDUAL PUPILS**" function.

    (To perform these functions, you need to learn how to perform a simple running test, and there are videos showing you how to do this).

3. Make children fitter by increasing your knowledge of appropriate fitness activities for primary-aged children.

There is a whole section within the App linking to videos showing lots of activities you can do at any point within the school day to make your children fitter.

4. You can join our **Facebook community** to link with other primary teachers.

5. You can **follow us on Twitter** to get regular updates and tips in primary PE.

Your PE co-ordinator will be in touch informing you of how and when you should start using the App.

But in the meantime…….

See our QuickStart Guide below…

QUICKSTART GUIDE

Once you have your log in details and can find your class:

1. Watch the welcome video

2. Click the "See tests" tab and watch the videos.

3. Click on the "Benchmark" tab, watch the video and read instructions.

4. Click on "Track pupils" function, watch the video and read instructions.

5. Click on "Watch videos" tab to see the range of resources available to support you with fitness activities.

Thank you

The Primaryfitnesstracker team.