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## Youngsters in awe as Olympians give them lesson in keep fit



Youngsters in awe as Olympians give them lesson in keep fit

First published Saturday 13 December 2014 in [News](#)

by [Juliette Astrup](#)

THREE Olympic medallists helped children at Baden-Powell and St Peters Junior School put the fun into keeping fit.

Modern pentathlete and silver medallist Heather Fell showed children aged seven to 11 what it takes to make it at the top, before answering questions and posing for photographs as part of the Team Superschools Challenge run by Olympic gold medallists Darren Campbell and Jason Gardener who also visited for the day on November 28. Fell, who won Silver at the 2008 Beijing [Olympics](#), also took the eager students through a series of sponsored exercises, from star jumps to sit ups, helping to raise funds for their school.

"It was a great day and one the children will remember for many years to come," said Paul Howieson, head teacher at the Poole school.

"The fact that you could hear a pin drop when Heather was talking says it all.

"We also raised a great deal of money for the school thanks to the sponsored circuits and linking up with Team Superschools is definitely something we will look

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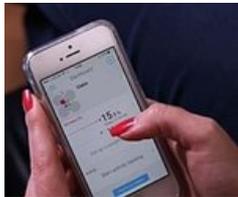
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to do regularly from now on."

"The kids put everything into the exercises and they had plenty of great ideas on how to live a healthy life," added Fell.



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