

30:30 WRISTBAND CHALLENGE

Bronze



CARNEGIE
SCHOOL OF EDUCATION

LEEDS BECKETT UNIVERSITY

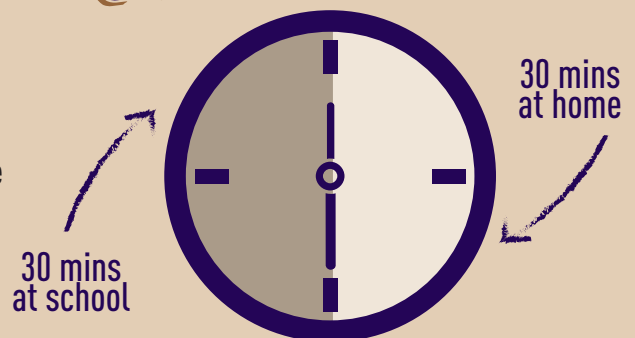


Introduction

While the Chief Medical Officer recommends that your child is physically active for **60 minutes every day**, the government are now expecting 30 minutes of this to occur in school and the rest to take place at home.

The **30:30 Wristband Challenge** has been launched by the Carnegie School of Education at Leeds Beckett University to help schools and pupils meet this daily target and become healthier and fitter.

60 minutes physical activity every day



Aim

Our aim is to change children's daily physical activity habits. By being more active, children will become fitter and will hopefully develop more permanent habits that lead to a healthier lifestyle.

What is physical activity?

We want children to be physically active so they will feel warmer, breathe quicker and feel their heart beat faster..but still be able to maintain a conversation over a period of time. Activities such as a brisk walk, cycling and swimming are just some examples.



Useful websites

Please use these links for tips on how to be more physically active at home and as a family.

www.family-fit.org

www.nhs.uk/change4life-beta/activities#CFtAGo1MJ10y41F.97

www.parents.com/fun/sports/exercise/10-ways-to-exercise-as-a-family

How to earn a bronze wristband

To earn a bronze wristband your child will need to be physically active for 30 mins at school and 30 mins at home every day, for 80% of this half-term. If your child achieves this, please sign the form and hand it back to your child's teacher to claim their award.

How to record your physical activity

Each circle on the record sheet (overleaf) represents 30 mins. If your child has completed 30 mins at home or at school, he/she can tick a circle. If this shows that **60 mins has been completed** in a day, a block of the track can be coloured. If you pass the bronze finish-line, hand this to your teacher to claim your prize...and then get ready to earn your silver next term!

MY 30:30 PHYSICAL ACTIVITY (PA) RECORD



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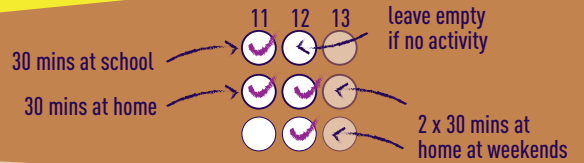
- Record your child's activity minutes by ticking the circles
- Each circle represents 30 minutes of physical activity
- If you tick 2 circles in one day, colour one block on the track (complete all 38 blocks to earn your wristband)
- Hand the form into your child's teacher when you've reached a finish line
- Don't forget to sign the bottom!

Honesty statement

Please encourage your child to be honest about their physical activity levels ensuring they complete the required 30 minutes at home and at school to achieve the challenge.



SAMPLE



Month.....

Date	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
In School	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
at home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
weekend	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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1	Colour these blocks for every 2 x 30 minute session you complete (38 for bronze)																															
2																																
3	Start with this block																															
4		Claim your certificate																														
5																																
6																																
7																																
8																																

Collect your wristband!

FINISH

Now go for Silver

I can confirm that I have been physically active for 30:30 mins for 80% of this half-term and I can't wait to wear my bronze wristband!

Signed:..... Signed:.....
(Pupil) (Parent/guardian)

Email address:.....