

Active 60 Challenge

Being active is important for your wellbeing. Even just a few minutes of activity can help you to stay happy and healthy.



60 or more minutes of moderate to vigorous physical activity per day helps us stay healthy, improves mood, and increases ability learn!

Our active 60 challenge allows you to be active in your own way, log your active minutes each month to chart your progress, and if you want to, submit your record for a chance to win prizes for you, your family, and for your friends and school.

Here's what to do:

- Keep a track of the number of minutes you're active for each day
- **The aim is to be active for at least 60 minutes per day**, but any activity is better than none
- Occasionally we'll set some specific challenges and competitions
- We'll be looking for improvements, effort, and the school games values below
- Can you improve your activity levels over time, or beat your personal best for challenges?
- Submit your monthly logs for a chance to win prizes, and for support and ideas:
 - Visit www.broxtoweactiveschools.co.uk/active60 and click the entry link
 - Email to info@broxtoweactiveschools.co.uk
 - Twitter: @brox_active_sch
 - Instagram: @broxtoweactiveschools
 - Facebook: @broxtoweactiveschools
 - Hand hard copies to your teachers

If you want to share with the community, remember to use the hashtags below on social media:

#broxtoweactive

#broxtowechallenge

#active60



07476 762732 broxtoweactiveschools.co.uk





Monthly Activity log for the month of: _____

School name:		Family name:	Individuals Active minutes log			
Day	Activity	Name:	Name:	Name:	Name:	
Monthly Active Minutes	Family total combined minutes:	Person 1:	Person 2:	Person 3:	Person 4:	

Visit www.broxtoweactiveschools.co.uk/active60 for more information, submit by 7th of following month

#broxtoweactive

#broxtowechallenge

#active60