

30:30 Wristband Challenge

Thursday, January 18, 2018

Dear Parents/Carers,

Happy New Year!

Last term we started a new initiative relating to increasing levels of physical activity amongst our children. The 30:30 Challenge has been a success amongst many families/children and we are now ready to launch the next phase of the initiative whilst also looking to encourage those families who haven't had a chance to start it yet.

There are different scenarios for different children across school based on how families have accessed the challenge so far:

1. My child hasn't taken part yet

If you haven't taken part in the initiative then you can go for 'Bronze' this term. Use the attached sheet to record your physical activity during this term. The target is 62 days which, if you start on Monday 8th January and include all the weeks up to the end of the Easter Holidays (a total of 98 days), should give you enough time to get the bronze wristband before Summer Term.

2. My child is still working to get the bronze wristband

Keep recording on the old sheet until you get to 38 days – remember all the active days you will have had over Christmas and include these. Once completed, bring your sheet in to get your bronze wristband. You can then immediately start recording on the attached sheet to work towards your silver wristband. Hopefully the target of 62 days will still be achievable for your child – I have calculated that there are a total of 98 days between Mon 8th Jan and the end of the Easter holidays.

3. My child has achieved their bronze wristband

If you haven't done so already, please send in the completed recording form and we will give your child a bronze wristband. You can now start recording on the attached sheet to work towards your silver wristband. As I have already stated, the target of 62 days should be achievable for your child. I have calculated that there are a total of 98 days between Mon 8th Jan and the end of the Easter holidays so hopefully this will give you enough time to complete the challenge.

If you have any questions, please do not hesitate to contact either myself or Mr. Little.

Kind regards,

Mr. D. Cooke and Mr. N. Little





Farsley Farfield
Primary School

We Can We Will



Completing the 30:30 Challenge Record Sheet

There are a few scenarios to show you in the example here...

- January 3rd & 9th the child earned a tick for 30 minutes at school, and 30 minutes at home.
- January 4th the child achieved 30 minutes at home but not at school.
- January 5th the child achieved 30 minutes in school, but not at home.
- January 6th & 7th are weekend days. On Saturday 6th, the child achieved their 60 minutes, but on Sunday 7th, they only managed 30 minutes.
- January 8th they didn't achieve either at home or school.

Month..... January

Date	1	2	3	4	5	6	7	8	9	10
In School	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
at home	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
weekend	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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"/>
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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
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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"/>
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Month.....

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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"/>
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Just mark off a box on the back of this sheet (by highlighting/ticking/etc.) each time your child earns **two ticks in one day**, i.e. using the example at the top of the page, the child has earned 3 days, for the 3rd, 6th and 9th.

We look forward to handing out your wristbands when you have reached Day 62.

Mr Little and Mr Cooke

Mark off a box each time you earn two ticks in one day!

Day 1	Day 10	Day 19	Day 28	Day 37	Day 46	Day 55
Day 2	Day 11	Day 20	Day 29	Day 38	Day 47	Day 56
Day 3	Day 12	Day 21	Day 30	Day 39	Day 48	Day 57
Day 4	Day 13	Day 22	Day 31	Day 40	Day 49	Day 58
Day 5	Day 14	Day 23	Day 32	Day 41	Day 50	Day 59
Day 6	Day 15	Day 24	Day 33	Day 42	Day 51	Day 60
Day 7	Day 16	Day 25	Day 34	Day 43	Day 52	Day 61
Day 8	Day 17	Day 26	Day 35	Day 44	Day 53	Day 62
Day 9	Day 18	Day 27	Day 36	Day 45	Day 54	Wristband Day! <i>Show this to your teacher!</i>

Child's Name.....

Child's Class.....