



LEEDS BECKETT UNIVERSITY
CARNEGIE SCHOOL OF EDUCATION



WRISTBAND CHALLENGE

3030WC@leedsbeckett.ac.uk



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The 30:30 Wristband Challenge has been launched by the Carnegie School of Education at Leeds Beckett University to help boost motivation for physical activity in primary and secondary schools, for pupils and staff.

Addressing new government recommendations that primary and secondary schools provide 30 minutes of physical activity for children per day towards their daily target of 60 minutes, the scheme will see pupils and staff earning bronze, silver and gold wristbands as they hit their targets over the course of each academic year.

We are incentivising young people to work on their levels of daily physical activity through their 30:30 Wristband Challenge. The success has been phenomenal with nearly 6,000 pupils achieving at least their bronze wristband since December. If you are doing daily physical activity projects such as The Daily Mile, Active Learning or busy breaks in your school, youth club or other children's group, the 30:30 Wristband Challenge could be the boost your project needs to help young people with motivation, parental engagement, resilience (mental health) and a feeling of personal achievement.

Who is this for?

Individual Schools, MATs, LAs, Community Groups and other workplaces.

How much physically active does a pupil need to be to claim the awards?

If a pupil can complete 10 days of 30:30 minutes of physical activity, collected over any period of time, they will be awarded a 30:30 certificate. This is designed to allow **all** pupils to achieve success over an academic year. To earn a bronze wristband pupils will need to be physically active for 30:30 minutes for 80% of one half-term. If they don't manage this in one half-term, they can try again.

For Silver and Gold wristbands pupils need to be physically active for 80% of a whole term.

What's included in the pack?

We will supply you with a recording sheet for each pupil or staff member (plus the wristbands) and then send out e-certificates for all successful participants. You will also receive a powerpoint presentation to introduce the challenge to pupils, staff and parents.

Cost

PRIMARY SCHOOLS

Wristbands cost 25p for orders of over 230 and 30p for orders under 230

SECONDARY SCHOOLS AND STAFF

Wristbands cost 35p for orders of over 230 and 40p for orders under 230

Contact

For further information please contact 3030WC@leedsbeckett.ac.uk