




SELBY DISTRICT
SGO
STACEY HOWARD



THE FAMILY FIT CHALLENGE



The Research – less than 17.5% of children doing the recommended 60 active minutes a day.

A third of Children are over weight or obese by the time they leave primary school.

Data from the active lives survey indicates that only 17.5% of children are doing 60 minutes every day.

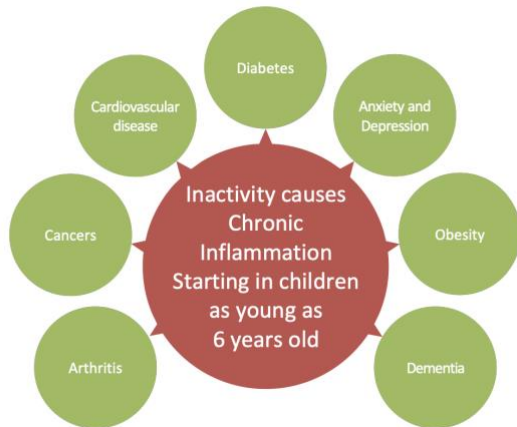
Only 30% of children achieve the 30 active minutes target daily.

The importance of physical activity in promoting children and young people's mental wellbeing is equally clear.

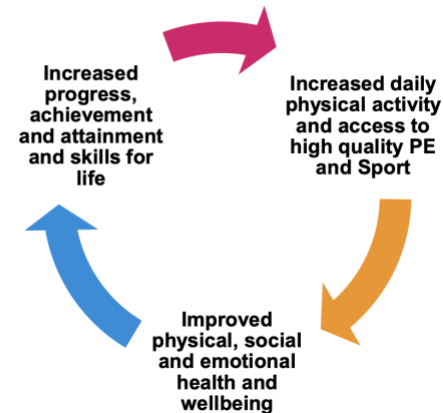
One in eight 5-to-19 year olds has at least one mental disorder. Physical and mental health are inextricably linked; numerous studies confirm a positive association between physical activity and increased self-esteem, emotional wellbeing.

Source – School Sport and activity action plan July 2019

Why Active 30:30?



Why Active 30:30?



The Family Fit challenge

The family fit challenge has been designed to help families and schools achieve 60 minutes a day of activity in a fun way.

We understand that families don't have access to all the same equipment schools and clubs do and therefore it has been designed for the whole family to be involved with everyday items.

The initial resource is to help families and schools during in lockdown. We all know that juggling home learning and working amongst other commitments makes it difficult to think about other activities during the day.

There are 3 versions of the challenge, but you can adapt it to however it works for you. Please don't feel you have to follow it exactly. You may want to make it easier or harder.

Version 1 – The competition

Version 2 – The boardgame

Version 3 – The family edition

Version 1 – The competition, this is for the whole family to join in, but your school (via me) will send out a code every week to submit your children's scores. With the new code that is sent out weekly the winners of every year group will be announced. – You can print out the certificate in the pack to celebrate.

Version 2 – If you would like to just play the game at home use the board game squares to move along, when your child gets to 100 give them a little treat, read a story, play a game, watch a movie anything you can think of that your child would like. – You can print out the certificate in the pack to celebrate.

Version 3 – The family edition, the same as the first version but you don't need to submit your scores. Please however let your school know you are participating so that they can add this to their data. – You can print out the certificate in the pack to celebrate.

As mentioned, you may want to come up with your own challenges and therefore, I will also include a blank template.

The challenges are there for a little bit of fun but to help children towards there 60 active minutes a day.

Below are other resources to help you achieve the daily target:

Active at home – a YouTube channel with home fitness session for fun

<https://www.youtube.com/c/ActiveNorthumberland>

NHS – Change4life – 10 minute shake up with Disney

<https://www.nhs.uk/10-minute-shake-up/shake-ups>

BBC Bitesize – Physical Education

<https://www.bbc.co.uk/bitesize/subjects/zdhs34j>

YST - After School Sport Club Tuesdays and Thursdays 5pm

<https://www.youtube.com/user/YouthSportTrust>

Joe Wicks -The Body Coach Family Fitness

<https://www.youtube.com/playlist?list=PLyCLOpd4VxBsXs1WmPcektsQyFbXTf9FO>

Selby High School – Personal Challenges

<https://twitter.com/SelbyHighPE>

Outdoor Ted – Videos of personal challenges and family outdoor activities

<https://www.outdoorted.co.uk/odt-tv>

This is PE – Videos around multi-skills

<https://www.afpe.org.uk/physical-education/thisispe-supporting-parents-to-teach-pe-at-home/>

The Family Fit Challenge

Can you complete the challenges while you're learning at home? Can be for the whole family or just the children. Each challenge is worth points add up your weekly points and see if you can beat it the week after.

Challenge		Points
1	Every time you have a break from your home schoolwork you must do 5 squats	5
2	Each time you ask for a snack if it's a healthy snack 5-star jumps (fruit and veg) unhealthy snack (chocolate & crisps) 10-star jumps	5
3	Instead of sitting down to do your work schoolwork can you stand up? Earn one point for every minute you are standing	1 per minute
4	When watching TV every time the adverts come on can you jog on the spot until they have finished?	10
5	Every time you brush your teeth, play your favourite song and have a little wiggle.	5
6	Every time you take your clothes off can you put them in a pile and jump over them 10 times non-stop	5
7	When you wake up on a morning can you get out of bed and hold a plank for as long as you can 1 point for every 10 seconds you reach/	1 per 10 seconds
8	Family challenge who can come up with the best dance routine. Choose a song of the week at the end of the week have a dance off and give the winning dance 10 points	10 points
9	Every morning before you put your socks on can you throw them in the air and clap your hands before you catch them. Try 10 times give yourself points for your winning score 10 claps=10 points	1 per clap
10	Before every meal can you hold your balance on one leg? 1 point for every 10 seconds	1 per 10 seconds
11	Before every drink complete a bunny hop, 5 for water, 10 for juice, 20 for fizzy drinks	5
12	Go for a daily walk with your family and find 5 different/interesting things 1 point for everything interesting you find (up to 5 points) E.G a frosty pattern, a cat, an acorn etc	5
13	Every time you go upstairs you must run up 3 hop up 1 run up 3 hop up 1 till the top	5
14	When you leave your house either to go out as a family or to play in the garden you must do sit ups 1 point for every sit up	1 per sit up
15	Every time someone says the word _____ (Insert your own word) everyone has to do 5 press ups	5



OUTDOORTED

Class chart for schools

Pupil	Score	Pupil	Score

Weekly Winner _____



Board Game Version

100	99	98	97	96	95	94	93	92	91
81	82	83	84	85	86	87	88	89	90
80	79	78	77	76	75	74	73	72	71
61	62	63	64	65	66	67	68	69	70
60	59	58	57	56	55	54	53	52	51
41	42	43	44	45	46	47	48	49	50
40	39	38	37	36	35	34	33	32	31
21	22	23	24	25	26	27	28	29	30
20	19	18	17	16	15	14	13	12	11
1	2	3	4	5	6	7	8	9	10

Cut out the icons below to move along the grid set a daily or weekly target for your team/child/children

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Challenge		Points
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		



Congratulations

Name _____

Family Fit
Champion

