

“Arena Active 60” Home Challenge

Can you start the new year by completing ‘Active 60 Minutes’ every day?

ARENA
SPORTS CENTRE

westsussexwest
School Sport Partnership
www.westsussexwestssp.co.uk

Children and young people aged between 5-18 should try to do moderate to vigorous physical activity for an average of at least 60 minutes per day across the week!



Examples of what this activity can include:

- Taking part in an online workout or dance session
- Going for a walk or walking your dog
- Getting out on your bike
- Playing in the garden
- Creating your own physical activity challenge at home
- Taking part in an online PE lesson organised by your school

Remember: Any chunk of 10 minutes of activity can help you achieve your 60 minute daily goal – it doesn't have to be all in one go!

To help you achieve this Active 60 Minute daily goal use the activity log sheet below for you to keep track of how active you are each day!

How it works:

For every 10 minute chunk of exercise you do each day colour in or tick one block on the log sheet. Or you can even write in what physical activity you did. For example:

Bronze = two 10 minute chunks = total of 20 minutes of activity
Silver = four 10 minutes chunks = total of 40 minutes of activity
Gold = Six 10 minutes chunks = total of 60 minutes of activity
Platinum = total of more than 60 minutes and have an adult family member get involved! Arena 12 days after Christmas challenge available on facebook



ArenaSportsCentre



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First Name:

Age:

School:

Date
Started:

**SCHOOL
GAMES**



**PLATINUM
AWARD:**

60+ minutes
and get an adult
family member
active as well!
Tell your teacher
how you got them
active

Info on gym
memberships
available online for
adults

Gym offers for all
adults of WSW SSP
pupils achieving
platinum

(more info to follow in
February)

	10 minutes	20 minutes	30 minutes	40 minutes	50 minutes	60 minutes	Over 60 minutes
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							