

Magic 60

Children and young people aged 5 to 18 should: **aim for an average of at least 60 minutes of moderate or vigorous intensity physical activity a day across the week.**

We have to have evidence that children are trying hard to be involved in 60 minutes per day. This does not include PE sessions.

They can include:

Walking to school,

Daily mile—active challenge,

Lunchtime clubs,

After school clubs,

Outside of school clubs

Games they play at lunchtime / breaktime

Any other professionals we get in to teach the children ie hoopstarz.

Extra playtime

Active lessons

KS2— They need to write the amount of time spent and the activity in the correct box.—ks2

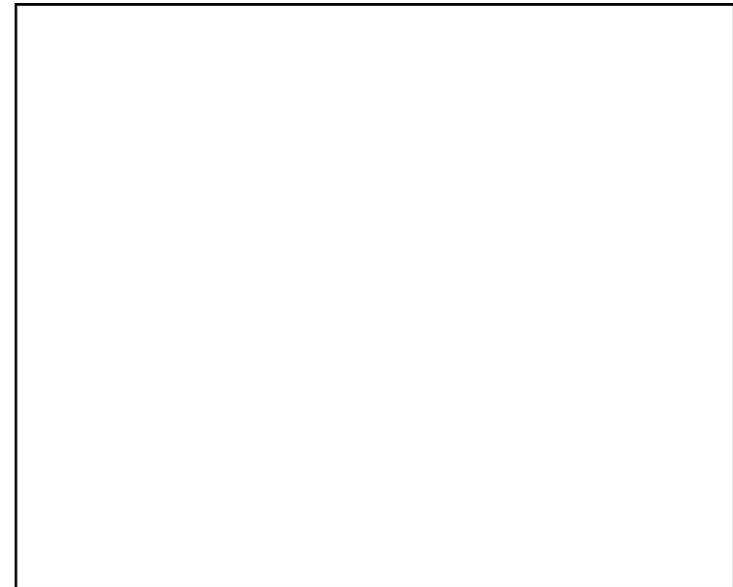
KS1 - children can draw a smiley face in the box that they have been active in. ie walking to school or lunchtime clubs.

Fill out the week and post your chart in the Magic 60 box outside of the gym.

Prizes will be give out at the end of each half term for the top three

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Name:

Class name:

Week beginning Mon-

| Active | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--------|---------|-----------|----------|--------|
| Before school | | | | | |
| Break time | | | | | |
| Lunch time | | | | | |
| Any other Activity during school time (not PE | | | | | |
| After school | | | | | |
| After school | | | | | |
| Total | | | | | |

Week beginning Mon-

| Active | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--------|---------|-----------|----------|--------|
| Before school | | | | | |
| Break time | | | | | |
| Lunch time | | | | | |
| Any other Activity during school time (not PE | | | | | |
| After school | | | | | |
| After school | | | | | |
| Total | | | | | |

Week beginning Mon-

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| Before school | | | | | |
| Break time | | | | | |
| Lunch time | | | | | |
| Any other Activity during school time (not PE) | | | | | |
| After school | | | | | |
| After school | | | | | |
| Total | | | | | |

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