

30 OCTOBER - 28 NOVEMBER

# WHAT'S YOUR 30?

30 MINUTES. 30 DAYS.

REGISTER NOW



## RSB WAKE AND SHAKE (5 MINS)

In form times Sunday to Thursday each tutor group will try a 5min wake and shake.

Any class teacher can then repeat this in any lesson at any time they deemed suitable throughout the day.

## THE DUBAI TOUR CHALLENGE A PERSONAL AND A TEAM FITNESS JOURNEY

Pupils are encouraged to record their total time spent exercising in one week. They can design their own record sheet or use a tracker app of their own or on the 30/30 site even a pencil and paper. The results are then added to the app Myvirtualmission.com which will take them on a virtual tour of Dubai depending on the time spent exercising. Starting at Dubai Airport and finishing at RSB, touring 240kms of Dubai landmarks.(The site is interactive and they could set up their own personal journey if they want)In Thursday form periods we will add up the exercise time for the tutor group for that week. e.g Y9a =5 5hr total. (to the nearest hour) 10 hours exercise = 1km of their journeyThe form group totals will be used to calculate the total exercise time the school has completed in one week. e.g RSB Secondary 1200 hours per weekRSB Primary Section and LSG Secondary and Primary will be doing the same activity. This links all 4 school sections together in a virtual competition!!



## PE LESSONS OS/DL LESSONS

All lessons are geared towards completing 30min plus of activity at home or in school. Pupils will record their time and feelings about exercise. They can use PE time to add to the weekly exercise total. Pupils can do as much exercise as they want, when they want at home. Get active!!

## STAFF PARTICIPATION

### STAFF "BAKE OFF"

The teachers will video the preparation of a healthy snack/meal. These suggestions will then be posted to the website for families to try out.

### THE TOUR OF DUBAI CHALLENGE

Teachers can take on the Dubai tour challenge themselves and/or complete/start the existing Thames Trainers challenge.Get active!!

