

# Active 30 Durham

We believe that physical activity has a huge part to play in the health and wellbeing of our children. We are committed to supporting all our children to achieve 30 minutes of moderate to vigorous intensity activity per day in school, as recommended by the Chief Medical Officer.

We **pledge** to be an Active School!

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School name

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Headteacher signature

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Date

[www.activedurham.org.uk/school](http://www.activedurham.org.uk/school)