



TARGET 60

60 ACTIVE MINUTES EVERY DAY

FAMILY CHALLENGE





# TARGET 60

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FAMILY CHALLENGE



**All young people aged 5-18 should be achieving 60 active minutes everyday, according to the Chief Medical Officer. Being active can have lots of benefits:**



**Feel Good in our own skin**



**Improve confidence and social skills**



**Maintain a healthy weight**



**Feel fit and healthy**



**Healthy muscles and bone development**



**Improved concentration and learning**



**Improved coordination**



**Better Sleep**

**Target 60 family challenges are aimed at all the family achieving their 60 active minutes throughout the festive period! Activities should increase your heart rate, temperature and breathing rate. All our challenges are designed to be completed in and around Birmingham, so why not have a go at completing as many as you can?**



**Always take an adult with you when completing the challenges!**



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There are 15 challenges to complete! Once you have finished the challenge, tick them off below:

1	2	3	4	5	6	7	8	9
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	10	11	12	13	14	15		
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		

Challenges can be completed in any order throughout December 2025! Why not try other activities during the month to increase your activity levels?





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WALK

Click on me to see a map!



SCHOOL GAMES

Always take and adult with you!

# Brum's Christmas Reindeer Trail

6 November 2024  
- 6 January 2025

Take a walk around Birmingham and find all 9 reindeers!

6<sup>th</sup> November 2025 – 6<sup>th</sup> January 2026

FREE





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2



SKATE

Click on me for  
more information!

Always  
take and  
adult  
with you!

SCHOOL  
GAMES



# Ice Skate BIRMINGHAM

Centenary Square , Birmingham, West  
Midlands B1 2EA

1st November 2025 – 4<sup>th</sup> January 2026

10am – 10pm

£12 for children, £14 for adults





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parkrun



Sutton Park, Boldmere Gate, Monmouth Drive, Sutton Coldfield, B73 6LH

Every Saturday – 9am

Click on me for more information!

FREE

2k for children, 5k for adults

Always take and adult with you!

SCHOOL GAMES





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**Click on me for cycle routes around the city!**



## Birmingham City Council

### Cycle Routes

**Cannon Hill Park, Russell Road, Moseley,  
Birmingham, B13 8RD**

**FREE**

**Various distances for all the family**

**SCHOOL  
GAMES**



**Always  
take and  
adult  
with you!**



# TARGET 60

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5

WALK



Always  
take and  
adult  
with you!

Click on me to find  
out more!



## SANDWELL VALLEY COUNTRY PARK

### Bird Watching Trails

RSPB Sandwell Valley, RSPB Sandwell  
Valley, 20 Tanhouse Avenue

FREE

SCHOOL  
GAMES





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WALK



**BIRMINGHAM  
BOTANICAL  
GARDENS**

**Botanical Gardens Westbourne Rd, Birmingham  
B15 3TR**

**Friday 28 November 2025 – Wednesday 1 January  
2026**

**Entry times from 4:30 pm to 8 pm**

**From £17**

Always  
take an  
adult  
with you!

**SCHOOL  
GAMES**





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# THE JEWELLERY QUARTER

## Christmas Window Trail

47 Warstone Ln, Birmingham  
B18 6JJ

**FREE**



WALK

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adult  
with you!

**SCHOOL  
GAMES**

Click on the image for a map  
around the Jewellery Quarter





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## Birmingham City Council

**Perry Park, Church Road, Perry  
Barr, B42 2LS**

**FREE**



**Click on the  
image more  
information!**

Always  
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with you!

**SCHOOL  
GAMES**





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Click on the image  
for more  
information!



## ASTON HALL

Aston Hall, Trinity Road, Aston, Birmingham,  
B6 6JD

Fri 12th December – Sun 14th December

£6 for children, £12 for adults

Always  
take and  
adult  
with you!

SCHOOL  
GAMES

WALK





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10



**Tennis Courts**

**Pype Hayes Park, Chester  
Road, Erdington, Birmingham,  
Warwickshire, B24 0HG**

**£6 per court**



**Click on the image  
for tennis sessions  
near you!**



**Always  
take and  
adult  
with you!**

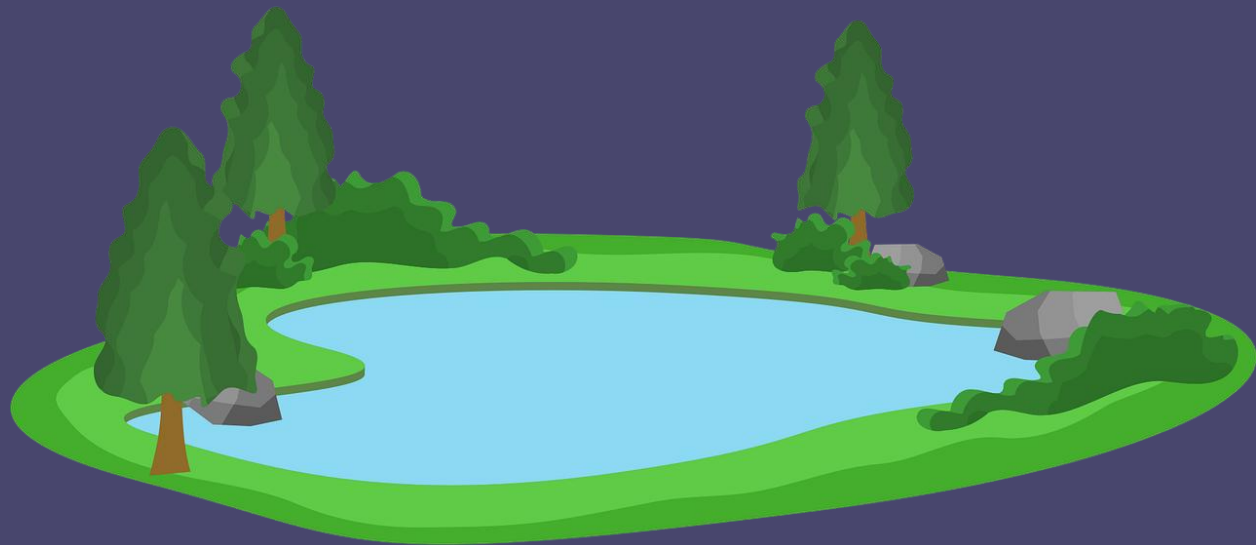
**SCHOOL  
GAMES**





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## Sensory Park Walks

**Witton Lakes Cottage Gipsy Ln,  
Birmingham B23 7XX**

**Click on the image to find  
other sensory walks near you!**

Always  
take and  
adult  
with you!



WALK

**FREE**





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12



WALK



## Birmingham City Council

### Birmingham Wildlife and Conservation Park

Pershore Road, Birmingham, West  
Midlands B5 7RL

Children \$4.40, adults £8.90

Always  
take and  
adult  
with you!

### SCHOOL GAMES

Click on the image to access  
a map of the park!





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13



## Birmingham City Council



### Ladywood Christmas Swimming

Pershore Road, Birmingham,  
West Midlands B5 7RL

Always  
take an  
adult  
with you!

Click on the image to book  
your session!

Children \$4.40

SCHOOL  
GAMES





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with you!

**SCHOOL  
GAMES**

Click on the image to book  
your session!

14



**1 Churchbridge Ind Estate,  
Churchbridge, Oldbury, B69 2AP**

**Children £14**





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15



## Birmingham City Council

### Handsworth Park Arts Trail

Handsworth Park, Holly Road,  
Handsworth, Birmingham B20  
2BY

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adult  
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### SCHOOL GAMES

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a map!

FREE





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