#BarnetTwinTowns Parent, Carers & Guardian FAQ

* **What is the benefit of my child participating in this challenge?**

To help motivate them to be physically active and contribute towards the Chief Medical Officers’ guidance of 60 active minutes per day across the week. We all know the benefits of leading an active lifestyle on our physical and mental health, which is more prevalent now more than ever.

* **Why visit Barnet’s 8 Twin Towns?**

The Twin Town theme adds a fun cultural aspect to the challenge. Your child can be part of an interactive journey, together with their class peers and every child across Barnet.

* **What counts as being Physically Active?**

In this case, simply any activity which involves moving. This could include, but is not limited to, walking the dog, riding a bike or scooter, playing tag with a sibling, etc.

* **Do we need to know distance and duration each pupil was physically active for?**

No, BPSS only require the number of pupils from each key stage that have been physically active for 5 or more days that week. For GDPR purposes no personal information will be shared with BPSS regarding your child.

* [**When**](https://watch.lesmillsondemand.com/born-to-move-free) **do we send our data and who to?**

[Enter details of when and where data should be sent. This could be something pupils complete online or simply a show of hands during an interactive lesson online]

* **Will we receive updates on the challenge?**

For regular updates please follow BPSS on social media, their various platforms are listed at the bottom of the page. They would love to see your child in action, please feel free to tag them @BarnetSport and using #BarnetTwinTowns. [Add your school social media platforms too if you have them]

If you have any questions regarding this challenge please contact [Enter School Contact]

We hope you will come on this exciting journey with us ☺