



## 60 Minute Kids Club Challenge – Educational Resource

The 60 Minute Kids' Club (60MKC) is a collaborative movement designed to re-instill physical activity, physical literacy and healthy habits in children aged 5-14. They create solutions and communities designed to help kids meet federal guidelines for 60 minutes of daily physical activity and entrench holistic behaviours supporting activity by connecting partners, activating participants and amplifying stories.

The 60 MKC run "Challenges" in schools across Canada 3 times per school calendar year. The 60MKC is always looking for relevant resources for kids, parents and teachers. As a registered Canadian charity, the 60MKC has adopted a genuinely collaborative platform to share best practices. If your organization has tools & resources that could supplement the 60MKC experience, please contact us for more information on how to become a partner.

### **How you could become a part of the 60 MKC:**

The BC Sports Hall of Fame and Nova Scotia Sport Hall of Fame have collaboratively partnered with the 60 MKC in their distinctive territories by recognizing extraordinary achievement in sport by using their collections and stories to inspire British Columbians and Nova Scotians to pursue their dreams. At various points in the year BCSHoF and NSSHF perform outreach presentations to motivate the students participating in the 60MKC challenges.

Check out their website for my information or to contact their Western, Central or Eastern Contact managers on how you can get involved.

<http://60minkidsclub.org/>