NSW PREMIER'S
SPORTING
CHALLENGE

STUDENT TOOLKIT

10 WEEK
CHALLENGE
2019

NSW GOVERNMENT | Education

What is it?

- The Challenge is designed for you to work together in a team with the shared goal of increasing physical activity levels.

- It is an opportunity for active students to be role models for their peers, where students can encourage each other to increase their activity levels as a collective.

Key Dates

Insert School Name	
Challenge start date	*Insert date*
Challenge end date	*Insert date*

PSC End of Challenge Awards

At the end of the Challenge, each student will receive a printed certificate based on their overall achievement. Possible award achievements are:

Encouragement, Bronze, Silver, Gold or Diamond

K-2 Information

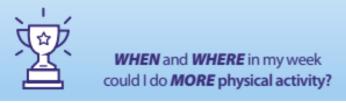**WHEN** and **WHERE** in my week could I do **MORE** physical activity?

During the 10 week Challenge, we want to be as active and healthy as possible.

Every day we record our physical activity in these log books.

At the end of each week, we upload our information into the PSC Tracker.

Colour in a picture for every school day that you are active.

WEEK 1: Being active puts a smile on your face.

WEEK 2: Healthy body... healthy mind.

WEEK 3: Being active during the day helps you sleep better at night.

WEEK 4: Be sun safe when you're active outdoors.

WEEK 5: Have fun being active with friends.

WEEK 6: Being active helps you listen better in class.

WEEK 7: Try some ball sports with your friends.

WEEK 8: Eating healthy foods gives you energy to be active.

WEEK 9: Being active helps you think better in class.

WEEK 10: Your final week of the challenge. Well done!

K-2 Information

WHEN and **WHERE** in my week could I do **MORE** physical activity?

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At the end of each week we upload our information into the [PSC Tracker](#).

Years 3-6 Information

During the 10 week Challenge, we want to be as active and healthy as possible and strive to achieve diamond status. We can record our results using:

- log books
- class wall chart
- e-Wall chart

Each box on the Log Book is 20 minutes of physical activity. For example, if you walk for an hour you can colour in three boxes.

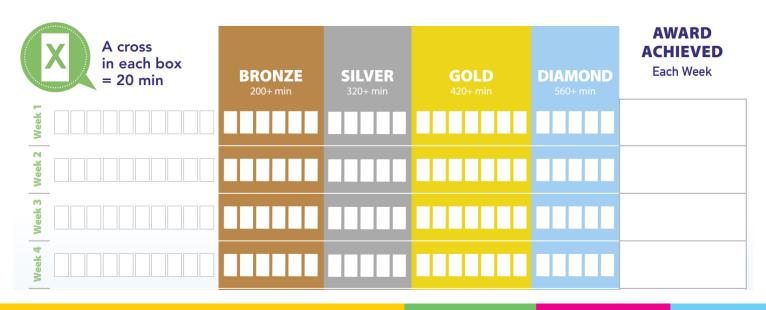| Award	Daily Activity Time
Bronze	30 minutes per day
Silver	45 minutes per day
Gold	60 minutes per day
Diamond	80 minutes per day

Years 7-12 Information

During the 10 week Challenge, we want to be as active and healthy as possible and strive to achieve diamond status.

You can use a log book or the PSC app to record your weekly activity and regularly update results in the e-Wall Chart.

Award	Daily Activity Time
Bronze	30 minutes per day
Silver	45 minutes per day
Gold	60 minutes per day
Diamond	80 minutes per day

Ways to be active

Ways to be active

A	B	C	D	E
Aerobics Aussie Rules (AFL) Aquarobics Athletics Abseiling	Ballet Basketball (3 on 3) Baseball BMX/Bicycling	Canoeing Circuit Training Circus Skills Climbing Cricket	Dance Diving Dragon Boat Racing	Exercise Bike Riding Equestrian

F	G	H	I	J
Fencing Fishing Football Frisbees	Gardening/Lawn Mowing Golf Gymnastics	Hiking Hockey Hopscotch Horseback Sports	Ice Hockey Ice Skating Indoor Bowls Indoor Cricket	Jogging Judo Juggling

K	L	M	N	O
Kayaking Korfball	Lacrosse Lawn Bowls Little Athletics	Martial Arts Motor Cross Mountain Biking	Netball	Orienteering

P	R	R	S	S
Paddle Tennis Pilates Ping Pong Pony Club	Racquetball Rock Climbing Rollerblading Roller Hockey Rope Jumping	Rowing Rugby League Rugby Union Running	Sailing Sailboarding Skateboarding Skiing Skipping Snorkelling	Snowboarding Sofcrosse Softball Squash Surfing Swimming

T	T	U	V	W
Table Tennis Tae Kwon Do Tai Chi Teeball Tenpin Bowling	Tennis Touch Trampolining Triathlon	Unicycling	Volleyball	Walking Washing the car Water Polo Water Skiing Weight Training Wheelchair Sports Wrestling

Yachting
Yoga

GET ACTIVE TIPS!

Go for a walk with your family or walk the dog.
Join a local sport club and try something new.
Find a friend and take it in turn to do activities you enjoy.
Help with the gardening next weekend.
Organise a fun sport day at your school.

Good luck! Let's get active!

WHEN and **WHERE** in my week could I do **MORE** physical activity?