

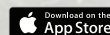
INFORMATION FOR PARENTS

PREMIER'S ACTIVE APRIL 2018



Customise your Active April experience with the all-new My Local

Get the Active April app for iOS & Android.



ACTIVE CHILDREN. ACTIVE FAMILIES.

Premier's Active April encourages Victorian families to get healthy and active by participating in 30 minutes of physical activity a day for the month of April and beyond. Jump on board and support our school.

Register and help our school win:

- ▶ A range of **Sportsmart vouchers** for schools with the highest registration numbers to buy new school equipment and resources
- ▶ **One of 15 VIS visits** with high profile athletes
- ▶ **ACTIVE Map** school bike ed course
- ▶ **\$2000 Sportsmart voucher** for most active school

You will also receive:

- ▶ 10 free **YMCA** passes or access to a **local government recreation facility**
- ▶ 15% off at **Sportsmart** in store and online
- ▶ One hour tennis court hire at **Melbourne Park** or **Albert Park Reserve**

- ▶ A 2 for 1 ticket offer to **SEA LIFE Melbourne Aquarium**
- ▶ A 2 for 1 ticket offer to **Otway Fly Treetop Adventures**
- ▶ A 2 for 1 ticket offer to **Legoland Discovery Centre Melbourne**
- ▶ 15% discount for **Rock Up Netball** programs
- ▶ 20% discount for **Netball Victoria** school holiday clinics
- ▶ 5 free group dance lessons at a **DanceSport Victoria** centre
- ▶ A 2 for 1 green fee offer at **Golf Victoria** courses
- ▶ 10% off **Term 2 MyGolf Junior** program
- ▶ Entry into the draw to win tickets to the **2019 Australian Open Tennis Finals***

Register today – activeapril.vic.gov.au



Terms and conditions for all prizes and offers apply. Visit activeapril.vic.gov.au for details.
*Winner receives two tickets to each of the 2019 men's and women's finals.

Enjoy quality family time for free just by getting involved. Create a family team and see what different activities you can achieve together.

Register your family and you could win:

- An iPad mini
- One of three family passes to Legoland
- Annual family memberships to SEA LIFE Melbourne Aquarium
- Family passes to Melbourne Zoo, Werribee Zoo and Healesville Sanctuary
- \$500 Sportsmart voucher
- Family weekends at Anglesea YMCA Recreation Camp

Physical activity during childhood can help with:

- Developing a healthier heart and lungs
- Building stronger bones and muscles
- Improving motor skills
- Improving self-esteem
- Reducing stress and anxiety
- Improving school performance
- Improving concentration

What you can do as a parent:

- Be active with your children
- Turn off the TV and computer, and limit screen time
- Plan fun activities with your children – let them choose
- Find out what our school is doing to see what you can do at home
- Check out local offers and events in our area

Suggested activities you can do as a family:

- Walk to school
- Walk the dog
- Go for a family bike ride
- Explore where you live and walk a different route
- Do the family chores together – shopping, washing the car
- Set up a backyard obstacle course
- Get some chalk and make a downhill or hop-scotch court on your driveway
- Play a game of backyard cricket

- Play kick-to-kick with the footy or soccer ball
- Play wall tennis
- Play backyard volleyball with a balloon. Try to keep the balloon up!
- Throw a frisbee
- Jump rope
- Hula hoop
- Play hide and seek
- Head to the local playground
- Fly a kite
- Perform an activity during every ad break on TV
- Make your own treasure hunt
- Get a pedometer for everyone in the family and compare your steps
- Set goals and rewards
- Create your own motivational posters to put up around the house

Get your Active April Family Planner

Download and print your family planner with 30 fun family activities to kick start your Active April. Set a family challenge, track your progress and see how many activities you can do!



MAJOR PARTNERS



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Authorised by the Victorian Government, 1 Treasury Place, Melbourne.

