



Premier's be active. Challenge

The Premier's *be active* Challenge is a program for all South Australian children. The Challenge is to be physically active for 60 minutes a day, for 5 days a week, for 4 weeks. If you can do that, you'll get a medal!

Registration

Student name: _____

Birth date: _____

School level: _____

Gender: _____

Postal address: _____

Parent/guardian verification

I, _____, confirm that the information on
this registration form is true and correct.

Signed: _____

Date: _____

www.pbac.sa.edu.au

If it's active, you can use it

There are many ways to be physically active. It doesn't always have to be with sport. Below is a list of different ways of being physically active in your day.

Active home chores	Hacky sack	Race walking
Active games	Four-square	Aerobics
Health hustle	Hide and seek	Rollerblading
Hip hop dancing	Roller-skating	Athletics
Hockey (field)	Rowing	Badminton
Hopscotch	Ballet	Horse riding
Running/jogging	Baseball	Basketball
BMX/Bicycling	Jazz dancing	Skateboarding
Callisthenics	Juggling	Canoeing
Volleyball	Chasey	Jump rope
Walking	Circus skills	Washing car
Climbing stairs	Soccer (field/indoor)	Climbing trees
Softball	Cricket	Martial arts
Dancing (general)	Motocross	Dodge ball
Mountain biking	Netball	Tai chi
Exercise equipment	Orienteering	Tap dancing
T-ball	Tennis	Tenpin bowling
Football (Australian)	Totem tennis	Playground
Frisbee (active)	Trampoline	Gymnastics
Pogo stick	Gardening	Golf

Premier's
be active.
Challenge

Recording your physical activity

Use the tick boxes to record if you have been active for 60 minutes each day. You only need to complete 5 of the 7 days per week.

Remember, you can be physically active in different ways for 5 or 10 minutes to equal 60 minutes day. You don't have to set aside a 60 minute block if you don't want to.

Week 1 _____

Monday	<input type="checkbox"/> 60min
Tuesday	<input type="checkbox"/> 60min
Wednesday	<input type="checkbox"/> 60min
Thursday	<input type="checkbox"/> 60min
Friday	<input type="checkbox"/> 60min
Saturday	<input type="checkbox"/> 60min
Sunday	<input type="checkbox"/> 60min

Week 2 _____

Monday	<input type="checkbox"/> 60min
Tuesday	<input type="checkbox"/> 60min
Wednesday	<input type="checkbox"/> 60min
Thursday	<input type="checkbox"/> 60min
Friday	<input type="checkbox"/> 60min
Saturday	<input type="checkbox"/> 60min
Sunday	<input type="checkbox"/> 60min

Week 3 _____

Monday	<input type="checkbox"/> 60min
Tuesday	<input type="checkbox"/> 60min
Wednesday	<input type="checkbox"/> 60min
Thursday	<input type="checkbox"/> 60min
Friday	<input type="checkbox"/> 60min
Saturday	<input type="checkbox"/> 60min
Sunday	<input type="checkbox"/> 60min

Week 4 _____

Monday	<input type="checkbox"/> 60min
Tuesday	<input type="checkbox"/> 60min
Wednesday	<input type="checkbox"/> 60min
Thursday	<input type="checkbox"/> 60min
Friday	<input type="checkbox"/> 60min
Saturday	<input type="checkbox"/> 60min
Sunday	<input type="checkbox"/> 60min

Once you have completed your 4 weeks of physical activity, hand this form to your teacher to get your medal.

Premier's
be active.
Challenge