

Premier's **be active.**

Challenge



Active kids make better learners!

Physical activity can help with focus, improve behaviour and promote a positive attitude. Any type of physical activity is good, and 60 minutes a day is best.

The Challenge

Take the Premier's be active Challenge and reap the rewards

The Challenge is to do at least 60 minutes of physical activity on at least 5 days of the week for at least 4 weeks. After 4 weeks of daily recorded physical activity you will be rewarded with a medal. Visit our website to learn more.

Earn \$1000 for your school

In addition to receiving a medallion for your participation, you could also gain extra \$\$\$ for new equipment for classes. If a high percentage of your school's total enrolments complete 10 weeks of the Challenge, you will be in the running to win.

www.pbac.sa.edu.au



Government of
South Australia