

INFORMATION FOR PARENTS

PREMIER'S ACTIVE APRIL 2019



Get active this April with our brand new workout videos!

You can also use the new Activity Timer, all available on our 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
- ▶ Visits from **high profile athletes**
- ▶ An **ACTIVE Map** school bike education course
- ▶ A **bike education workshop** with a healthy breakfast
- ▶ **\$2000 Sportsmart voucher** for most active school

You will also receive:

- ▶ 10 free passes at your local **YMCA** or access to a local government recreation facility
- ▶ 30% discount at **SEA LIFE** Melbourne Aquarium and **LEGOLAND** Discovery Centre Melbourne
- ▶ One 2 for 1 ticket offer for **Otway Fly Treetop Adventures**
- ▶ 10% discount at **Sovereign Hill**
- ▶ 15% discount at **Sportsmart** in store and online
- ▶ Free experiences at participating **Parks Victoria** parks

- ▶ 15% discount for a **Coasting: Stand Up Paddleboarding** session
- ▶ 15% off **Rock Up Netball** Train and Youth Programs
- ▶ 20% discount for **Netball Victoria** community clinics
- ▶ One 2 for 1 green fee offer at participating **Golf Victoria** courses
- ▶ 10% discount on term 2 **My Golf** Junior Programs
- ▶ One hour free tennis court hire at Melbourne Park or Albert Reserve
- ▶ Five free group dance lessons at a participating **DanceSport Victoria** centre
- ▶ Entry into the draw to win tickets to 2020 **Australian Open** Tennis Finals*
- ▶ One free **Cardio Tennis** trial at participating Tennis Victoria courts
- ▶ One hour free tennis court hire at Melbourne Park or Albert Reserve
- ▶ Entry into the draw to win tickets to 2020 **Australian Open** Tennis Finals*

Register today – activeapril.vic.gov.au

Follow us on:   



Terms and conditions for all prizes and offers apply. Visit activeapril.vic.gov.au for details.

*Winner receives two tickets to either the 2020 men's or 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:

- Fitbits and iPad minis
- Memberships and passes for SEA LIFE Melbourne Aquarium, LEGOLAND Discovery Centre and Otway Fly Treetop Adventures
- Family memberships for Sovereign Hill
- Family tickets for the Suncorp Super Netball
- Sportsmart vouchers
- 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:

- Do some Get Active Workouts at home or in the park with the kids
- 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 downball 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.