

The logo features the text 'Premier's be active Challenge' in a white, rounded font. 'be active' is the largest and most prominent part, with a dashed white line arching underneath it. The background is a stylized landscape with green hills, blue waves, a yellow sun, and white clouds.

# 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 - Home Schools/Families

Child's name: \_\_\_\_\_ Birth date: \_\_\_\_\_

School level: \_\_\_\_\_ Gender: \_\_\_\_\_

Postal address: \_\_\_\_\_  
\_\_\_\_\_

### Parent/guardian verification

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

Email: \_\_\_\_\_

Phone: \_\_\_\_\_ Date: \_\_\_\_\_

Signed: \_\_\_\_\_

### Please send completed forms to:

Department for Education  
Premier's *be active* Challenge  
GPO Box 1152  
Adelaide SA 5001

[www.pbac.sa.edu.au](http://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 | BMX/Bicycling | Gardening      |
| Hip hop dancing    | Chasey        | Gymnastics     |
| Running/jogging    | Juggling      | Aerobics       |
| Callisthenics      | AFL           | Athletics      |
| Walking            | Netball       | Football       |
| Basketball         | Trampoline    | Tenpin bowling |

## 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 seven days per week.

Remember, you can be physically active in different ways for 5 or 10 minutes to equal 60 minutes a 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 |