



# let's be active

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

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.

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

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

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

Please send completed forms to:  
Premier's *be active* Challenge - Department for Education and Child Development  
Level 5, 31 Flinders Street, Adelaide SA 5000



[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  60min  
Tuesday  60min  
Wednesday  60min  
Thursday  60min  
Friday  60min  
Saturday  60min  
Sunday  60min

### Week 2

Monday  60min  
Tuesday  60min  
Wednesday  60min  
Thursday  60min  
Friday  60min  
Saturday  60min  
Sunday  60min

### Week 3

Monday  60min  
Tuesday  60min  
Wednesday  60min  
Thursday  60min  
Friday  60min  
Saturday  60min  
Sunday  60min

### Week 4

Monday  60min  
Tuesday  60min  
Wednesday  60min  
Thursday  60min  
Friday  60min  
Saturday  60min  
Sunday  60min