

The logo features the text 'Premier's be active Challenge' in a stylized font. 'Premier's' is in a smaller, sans-serif font above 'be active', which is in a large, bold, rounded font. 'Challenge' is in a smaller, sans-serif font below 'be active'. A dashed line arches under 'be active'. The background is a stylized landscape with green hills, blue waves, a sun, and 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

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: _____

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

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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 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

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

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