

Week 5

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

Week 6

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

Week 7

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

Week 8

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

Week 9

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

Week 10

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

Once you have completed your 10 weeks of physical activity, hand this form to your teacher to get your medal.

Premier's
be active.
Challenge

www.pbac.sa.edu.au

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! And if you can do 10 weeks, even better!

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: _____

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Government of
South Australia

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

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