



#1 UPDATE 2022

Hello Premier's *be active* Challenge Coordinator

1. INTRODUCTION

Welcome to the Premier's *be active* Challenge for 2022! This is a great year for recognising the importance of being active regardless of ability as our fantastic Australian of the Year, Dylan Alcott, will highlight.

With your efforts, the Challenge is tracking well. Last year saw a leap in numbers (up 13%) with 34,440 students completing the Challenge! We also saw an additional 16 schools participate, taking our total engagement to 224 schools. There is a lot to be said for kids being active and the Premier's *be active* Challenge provides a structured, rewarding program for planning and capturing all forms of activity that students undertake.

Thank you for coordinating the Premier's *be active* Challenge this year and thank you for your hard work last year.

To get you back up to speed with the Challenge, this update is intended to remind you about some of the key dates you will be working towards and some opportunities.

The Challenge is the same as in previous years, with students doing 60 minutes of physical activity per day, 5 days per week for 4 weeks.

2. WEBSITE

The Premier's *be active* Challenge [website](#) provides all the information you need. Key dates are highlighted and you will find the forms/resources you will need to register and to run the Challenge. Please check out the new group of ambassadors and book them for a school visit.

3. IMPORTANT CHALLENGE DATES...

Challenge commences:	Start of term 1 – 31 January 2022
Last day of the Challenge:	End of term 3 – 30 September 2022
Support materials:	Posters and class progress charts will be sent to schools around week 5 2022
Data entry dates:	Data entry commences 25 July 2022 and concludes 30 September 2022
Premier's reception:	November (TBA)
Medal dispatches:	PE Week – 14 November 2022

4. REGISTERING – SIGNING IN...

School registration:

If your school did the Premier's *be active* Challenge last year, all of your details (key contacts) will be rolled over to 2022. This will mean that you will just need to log-in to EDSAS/EMS (government schools) or the EDUPortal (non-government schools) during the data entry period. If you know of a school about to start for the **first time**, let them know that they will need to **register** (registration form is on the website).

Registering students:

Previously (before 2017) there was a need to register students – this is no longer the case (unless they are new to the school – eg receptions). *If you are having difficulty in registering your students, we can help. Get in touch!*

5. NEW AMBASSADORS

Visit the [website](#) to learn more about the individual ambassadors and ambassador teams that could visit your school to promote the Challenge and physical activity.

6. RESOURCES

Recording booklets:

You can print recording booklets for your students to keep track of their physical activity and to have endorsed. See the website and visit Resources page.

Class progress charts:

Class progress charts help keep track of the progress of the whole class. Contact us for copies or go online as above.

7. MEDALS

The full collection:

2019 was the first year all 12 medals were available for students to work towards – including the 12th year – ***Be active for life – Hall of Fame***. There are now **19** students who have reached that milestone – quite an exclusive club!

8. 4 WEEK vs 10 WEEK CHALLENGE

Prizes:

There are **50 x \$1,000 awards** available to those 'high achieving schools' that choose to complete 10 weeks of the Premier's *be active* Challenge instead of 4 weeks. For more details, check the website.

9. LINKS, RESOURCES & RESEARCH

Our Learning SA resources:

The department has created a suite of lessons for students learning from home which include lessons on **Physical Activity** that will help students get moving throughout each day. The lessons are designed to supplement the remote learning program delivered by schools and can also be used by students who need to learn separately from the rest of their class. To view the lessons or for more information go to: <https://www.education.sa.gov.au/our-learning-sa>.

Aussie kids heading back to school is great, but will they be as active as they need to be?

Exercise & Sports Science Australia (ESSA) encourage a range of physical activities and link activity to learning. Read it [HERE](#).

If you require further information, please contact me.

Mark Williams

Manager - Premier's Challenges

Curriculum and Learning Division

Department for Education | Education Support Hub | Level 1, 8 Milner Street, Hindmarsh SA 5007

Courier: R11/37A | Phone: 8226 2006 | Fax: 8226 2005 | Email: marka.williams@sa.gov.au | www.pbac.sa.edu.au

Mail to: Department for Education

Attention: Mark Williams

Premier's Challenges

GPO Box 1152

Adelaide SA 5001