



#2 UPDATE 2022

Hello Premier's *be active* Challenge Coordinator

1. INTRODUCTION

Congratulations on supporting your students to be active with the Premier's *be active* Challenge for 2022 – I hope it is going well.

A reminder for those who don't know, the Challenge requires students do 60 minutes of physical activity per day, 5 days per week for 4 weeks. Of course, 10 weeks of the Challenge means your school is in the running for a \$1,000 reward.

Visit www.pbac.sa.edu.au to learn more and check out the [Ambassador profiles](#) and their videos. Contact us to arrange a school visit.

2. IMPORTANT PbaC DATES, REGISTRATION AND RESOURCES INFORMATION...

The Premier's *be active* Challenge website provides the information you need for registering and recording student participation and all the important Challenge dates for 2022. Also, you can use the merchandise order form for posters and class progress charts.

Visit www.pbac.sa.edu.au for the dates and the merchandise order form can be found under Resources.

Just remember **data entry commences 25 July** and the **Challenge finishes Friday 30 September**. We will send an email when data entry is underway.

Please contact us via the website to inform us if there have been any changes to your contact details.

3. HPE

HPE Day:

It's a way off, but you could start planning ways to celebrate National HPE Day on **Wednesday 7 September 2022**. To find out more, visit <http://hpeday.com.au>.

Physical activity lessons:

A reminder that there are some great resources available online at [Our Learning SA](#). They've created lessons to support short-term learning at home that might be of interest for [promoting physical activity](#).

4. RESEARCH, POLICY & GUIDELINES

- ABS School Report 2021:*** Highlights of national and state school data. Check downloads tab to explore more fully. Access [HERE](#)
- 24-hour movement guidelines – children and young people (5 to 17 years) – brochure:*** This brochure outlines how much activity children and young people should do each day, how sitting time and screen time should be limited, and how much sleep they should get. Access [HERE](#).

5. PROFESSIONAL DEVELOPMENT & EVENTS

- ACHPER Primary Conference:*** The 2022 ACHPER Primary Conference will be held on **Monday 26 September**. More information to come at: [ACHPER](#)
- Walk Safely to School Day:*** Almost upon us and now in its 23rd year, National Walk Safely to School Day ([WSTSD](#)) is an annual event when all Primary School children will be encouraged to walk and commute safely to school. I hope you enjoy the day with your students on **Friday 20 May 2022**.

If you require further information, please contact us at:

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