

# Premier's **be active.**

## Challenge



## 20 Week 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 20 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 \_\_\_\_\_



Government of  
South Australia



**SOUTH**  
AUSTRALIA



## 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 to 10 minutes to equal 60 minutes day. You don't have to set aside a 60 minute block if you don't want to.

## 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.

### Week 1

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Monday	<input type="checkbox"/>	60 mins
Tuesday	<input type="checkbox"/>	60 mins
Wednesday	<input type="checkbox"/>	60 mins
Thursday	<input type="checkbox"/>	60 mins
Friday	<input type="checkbox"/>	60 mins
Saturday	<input type="checkbox"/>	60 mins
Sunday	<input type="checkbox"/>	60 mins

### Week 2

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Monday	<input type="checkbox"/>	60 mins
Tuesday	<input type="checkbox"/>	60 mins
Wednesday	<input type="checkbox"/>	60 mins
Thursday	<input type="checkbox"/>	60 mins
Friday	<input type="checkbox"/>	60 mins
Saturday	<input type="checkbox"/>	60 mins
Sunday	<input type="checkbox"/>	60 mins

### Week 3

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Monday	<input type="checkbox"/>	60 mins
Tuesday	<input type="checkbox"/>	60 mins
Wednesday	<input type="checkbox"/>	60 mins
Thursday	<input type="checkbox"/>	60 mins
Friday	<input type="checkbox"/>	60 mins
Saturday	<input type="checkbox"/>	60 mins
Sunday	<input type="checkbox"/>	60 mins

### Week 4

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Monday	<input type="checkbox"/>	60 mins
Tuesday	<input type="checkbox"/>	60 mins
Wednesday	<input type="checkbox"/>	60 mins
Thursday	<input type="checkbox"/>	60 mins
Friday	<input type="checkbox"/>	60 mins
Saturday	<input type="checkbox"/>	60 mins
Sunday	<input type="checkbox"/>	60 mins

### Week 5

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Monday	<input type="checkbox"/>	60 mins
Tuesday	<input type="checkbox"/>	60 mins
Wednesday	<input type="checkbox"/>	60 mins
Thursday	<input type="checkbox"/>	60 mins
Friday	<input type="checkbox"/>	60 mins
Saturday	<input type="checkbox"/>	60 mins
Sunday	<input type="checkbox"/>	60 mins

### Week 6

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Monday	<input type="checkbox"/>	60 mins
Tuesday	<input type="checkbox"/>	60 mins
Wednesday	<input type="checkbox"/>	60 mins
Thursday	<input type="checkbox"/>	60 mins
Friday	<input type="checkbox"/>	60 mins
Saturday	<input type="checkbox"/>	60 mins
Sunday	<input type="checkbox"/>	60 mins



Active home chores	Hopscotch	Walking	Exercise equipment
Hacky sack	Ballet	Circus skills	Orienteering
Race walking	Horse riding	Washing car	Tap dancing
Active games	Running/jogging	Climbing stairs	T-ball
Four-square	Baseball	Soccer (field/indoor)	Tennis
Aerobics	Basketball	Climbing trees	Tenpin bowling
Health hustle	BMX/Bicycling	Softball	Football (Australian)
Hide and seek	Jazz dancing	Cricket	Totem tennis
Rollerblading	Skateboarding	Martial arts	Playground
Hip hop dancing	Callisthenics	Dancing (general)	Frisbee (active)
Roller-skating	Juggling	Motocross	Trampoline
Athletics	Canoeing	Dodge ball	Gymnastics
Hockey (field)	Volleyball	Mountain biking	Pogo stick
Rowing	Chasey	Netball	Gardening
Badminton	Jump rope	Tai chi	Golf

## Week 7

Monday	<input type="checkbox"/> 60 mins
Tuesday	<input type="checkbox"/> 60 mins
Wednesday	<input type="checkbox"/> 60 mins
Thursday	<input type="checkbox"/> 60 mins
Friday	<input type="checkbox"/> 60 mins
Saturday	<input type="checkbox"/> 60 mins
Sunday	<input type="checkbox"/> 60 mins

## Week 8

Monday	<input type="checkbox"/> 60 mins
Tuesday	<input type="checkbox"/> 60 mins
Wednesday	<input type="checkbox"/> 60 mins
Thursday	<input type="checkbox"/> 60 mins
Friday	<input type="checkbox"/> 60 mins
Saturday	<input type="checkbox"/> 60 mins
Sunday	<input type="checkbox"/> 60 mins

## Week 9

Monday	<input type="checkbox"/> 60 mins
Tuesday	<input type="checkbox"/> 60 mins
Wednesday	<input type="checkbox"/> 60 mins
Thursday	<input type="checkbox"/> 60 mins
Friday	<input type="checkbox"/> 60 mins
Saturday	<input type="checkbox"/> 60 mins
Sunday	<input type="checkbox"/> 60 mins

## Week 10

Monday	<input type="checkbox"/> 60 mins
Tuesday	<input type="checkbox"/> 60 mins
Wednesday	<input type="checkbox"/> 60 mins
Thursday	<input type="checkbox"/> 60 mins
Friday	<input type="checkbox"/> 60 mins
Saturday	<input type="checkbox"/> 60 mins
Sunday	<input type="checkbox"/> 60 mins

## Week 11

Monday	<input type="checkbox"/> 60 mins
Tuesday	<input type="checkbox"/> 60 mins
Wednesday	<input type="checkbox"/> 60 mins
Thursday	<input type="checkbox"/> 60 mins
Friday	<input type="checkbox"/> 60 mins
Saturday	<input type="checkbox"/> 60 mins
Sunday	<input type="checkbox"/> 60 mins

## Week 12

Monday	<input type="checkbox"/> 60 mins
Tuesday	<input type="checkbox"/> 60 mins
Wednesday	<input type="checkbox"/> 60 mins
Thursday	<input type="checkbox"/> 60 mins
Friday	<input type="checkbox"/> 60 mins
Saturday	<input type="checkbox"/> 60 mins
Sunday	<input type="checkbox"/> 60 mins

## Week 13

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Monday ☐ 60 mins  
Tuesday ☐ 60 mins  
Wednesday ☐ 60 mins  
Thursday ☐ 60 mins  
Friday ☐ 60 mins  
Saturday ☐ 60 mins  
Sunday ☐ 60 mins

## Week 14

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Monday ☐ 60 mins  
Tuesday ☐ 60 mins  
Wednesday ☐ 60 mins  
Thursday ☐ 60 mins  
Friday ☐ 60 mins  
Saturday ☐ 60 mins  
Sunday ☐ 60 mins

## Week 15

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Monday ☐ 60 mins  
Tuesday ☐ 60 mins  
Wednesday ☐ 60 mins  
Thursday ☐ 60 mins  
Friday ☐ 60 mins  
Saturday ☐ 60 mins  
Sunday ☐ 60 mins

## Week 16

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Monday ☐ 60 mins  
Tuesday ☐ 60 mins  
Wednesday ☐ 60 mins  
Thursday ☐ 60 mins  
Friday ☐ 60 mins  
Saturday ☐ 60 mins  
Sunday ☐ 60 mins

## Week 17

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Monday ☐ 60 mins  
Tuesday ☐ 60 mins  
Wednesday ☐ 60 mins  
Thursday ☐ 60 mins  
Friday ☐ 60 mins  
Saturday ☐ 60 mins  
Sunday ☐ 60 mins

## Week 18

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Monday ☐ 60 mins  
Tuesday ☐ 60 mins  
Wednesday ☐ 60 mins  
Thursday ☐ 60 mins  
Friday ☐ 60 mins  
Saturday ☐ 60 mins  
Sunday ☐ 60 mins

## Week 19

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Monday ☐ 60 mins  
Tuesday ☐ 60 mins  
Wednesday ☐ 60 mins  
Thursday ☐ 60 mins  
Friday ☐ 60 mins  
Saturday ☐ 60 mins  
Sunday ☐ 60 mins

## Week 20

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Monday ☐ 60 mins  
Tuesday ☐ 60 mins  
Wednesday ☐ 60 mins  
Thursday ☐ 60 mins  
Friday ☐ 60 mins  
Saturday ☐ 60 mins  
Sunday ☐ 60 mins

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Once you have completed your 20 weeks of physical activity, hand this form to your teacher to get your medal.

