

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





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

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

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

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

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

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

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

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 14

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 15

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 16

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 17

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 18

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 19

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 20

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

