Premier’s *be active* Challenge 2016

**Guidelines**

www.pbac.sa.edu.au
Challenge overview

» The Premier’s be active Challenge is open to all in South Australian government and non-government schools or home education settings.

» The Challenge is to do at least 60 minutes of physical activity on at least five days of the week for at least four weeks.

» The Premier’s be active Challenge is to be completed in one school year and commences each year on the first day on Term 1 and concludes on the last day of Term 3.

» Schools may choose the weeks in which they do the Challenge each year.

» The Challenge is based on the national physical activity recommendations for children and young people.

» The Challenge encourages children to be moderately-to-vigorously physically active. A list of appropriate intensity activities is available on the website (www.pbac.sa.edu.au).

Students with disabilities - negotiated Challenge

The completion criteria can be negotiated for students with a disability. All participants will be required to complete at least four weeks of the Challenge. However, coordinators, in conjunction with the student and their family/carers, may choose to vary:

» the number of days per week

» the number of minutes per day

» the types of activities undertaken.

The negotiated Challenge can be set by using the ‘Set up’/ ‘Participants’ function on the website.

Registering

There are three steps to registering:

» Coordinators register – group leaders must first register themselves.

» The coordinator then registers a group.

» Participants registered – coordinators can register students as part of their group. Alternatively, students can register themselves as part of the group using the group ID number.

Recording physical activity

A record must be kept of the physical activity undertaken by the participant. It may be done by:

» Online recording – students can choose a picture-based screen to record weekly activity or a word-based screen to record daily activity or pedometer steps.

» Paper-based recording – students can record activity on paper log sheets. Samples are available on the website.

» Pedometer steps – students may use pedometer step counts in place or recording their minutes of daily activity. Boys are required to take 13,000 steps a day and girls are required to take 11,000 steps a day (In line with national recommendations).
Approving physical activity

Coordinators are required to approve the physical activity of all participants in their group. They do this by logging on to the website.

**Paper-based logs can be approved by:**
- selecting ‘Paper-based approvals’ on the approvals button
- selecting the students and nominating the number of weeks each participant has completed in their paper-based logs
- selecting ‘Submit’.

**Online records can be approved by:**
- selecting ‘Approve student entered activities’ on the approvals button
- selecting the appropriate students
- selecting ‘Approve weeks’
- selecting ‘Submit’.

Once completions have been approved coordinators or students can use the awards button to check that the correct award has been allocated.

**Awards**

If students complete four weeks of daily activity they will receive the following medals:

1st Year - bronze  
2nd Year - silver  
3rd Year - gold  
4th Year - champion  
5th Year - legend  
6th Year - hall of fame  
7th Year - be active for life bronze  
8th Year - be active for life silver  
9th Year - be active for life gold

**School awards**

The top 50 high achieving schools will receive $1000 for new equipment for their classes. They will also be presented with a certificate at the Premier’s Reception at the end of the year.

**High achieving schools will be based on:**
- the total number of students that completed 10 weeks of the Challenge
- the percentage of the total school population that completed 10 weeks of the Challenge
- schools from across the categories of small, medium and large primary schools, secondary schools, special school and other schools
- a focus on equity - using index of disadvantage.
Ambassadors

South Australian sporting personalities can visit schools and attend events when they are available. Go to the Ambassador page of the website for the list of ambassadors or to request a visit.

Please note: all ambassadors volunteer their time. Every effort will be made to fulfil requests but visits are not guaranteed.
Ambassadors

Olympian pictures are courtesy of Getty Images

And our ambassador teams:

Contact us
For further information please contact:
Mark Williams
08 8226 2006
marka.williams@sa.gov.au