

The logo features the text 'Premier's be active Challenge' in a white, rounded font. 'be active' is the largest and most prominent part, with a dashed white line arching underneath it. The background is a stylized landscape with green rolling hills, blue waves, a yellow sun, and white clouds.

Premier's be active. 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 4 weeks. If you can do that, you'll get a medal!

Registration

Child's Name: _____ Birth date: _____

School level: _____ Gender: _____

Postal address: _____

Parent/guardian verification

I, _____, confirm that the information on this registration form is true and correct.

Email: _____

Phone: _____ Date: _____

Signed: _____

Please send completed forms to:

Premier's *be active* Challenge
Department for Education and Child Development
Level 12, 31 Flinders Street, Adelaide SA 5000

www.pbac.sa.edu.au

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.

Active home chores	BMX/Bicycling	Gardening
Hip hop dancing	Chasey	Gymnastics
Running/jogging	Juggling	Aerobics
Callisthenics	AFL	Athletics
Walking	Netball	Football
Basketball	Trampoline	Tenpin bowling

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 seven days per week.

Remember, you can be physically active in different ways for 5 or 10 minutes to equal 60 minutes a day. You don't have to set aside a 60 minute block if you don't want to.

Week 1

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

Week 2

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

Week 3

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

Week 4

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