

Premier's 10 week Sporting Challenge Resources: Integrating the Challenge

K-6 Class Running Challenge



NSW Premier's Sporting Challenge

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K-6 10 week Class Running Challenge

What does it involve?

- Choose with the class a City or Town in NSW (or Australia) that your students, as a team, can collectively run to e.g. Sydney to Coffs Harbour to see the Big Banana!
- Classes can design and measure a suitable running space or circuit in the school e.g. 1 lap = 150 metres.
- Pick a suitable time each day to take the class out to run around the course.
- Encourage each student to run as many laps as they can in the chosen timeframe. Make it fun by providing paddle pop sticks, pegs, straws, stickers, or stamps to each student as they complete a lap.
- Tally the laps at the end of each physical activity session.
- Keep a class total of the number of laps completed each week.
- Year K-6 classes can continue to record their weekly physical activity time on the e-wall chart in the PSC Tracker.

What are the benefits of the Class Running Challenge?

- Each class can set their own physical activity goals.
- The activity has class timetable flexibility.
- Will help count towards meeting the mandatory sport and physical activity guidelines as set by the Department.
- Encourages teamwork as students work towards a common goal.
- Each class can design a running space to suit their ability and school setting.

Further integrated learning opportunities are discussed in more detail over the page.

Mathematics	<ul style="list-style-type: none"> • Addition & Subtraction (ES1-S3 Number & Algebra) • Describing & comparing length (ES1-S3 Measurement & Geometry) • Represents, gathers & organises data (ES1-S3 Statistics & Probability)
English	<ul style="list-style-type: none"> • Writing a variety of text types e.g. recounts, procedures. (ES1-S3) • Reading thematic text e.g. Marathon Mouse by Amy Dixon (ES1-S1) • Speaking e.g. researching and discussing famous Olympic runners and their achievements (S2-3)
Geography	<ul style="list-style-type: none"> • 'People Live in Places' (ES1) • 'People & Places' (S1) • 'Places are Similar & Different' (S2) • 'Factors that Shape Places' (S3)
Science & Technology	<ul style="list-style-type: none"> • Basic needs of living things e.g. water, air & food (ES1-S1 Natural Environment) • Use software programs to create a variety of different graphs to depict class progress over the 10 weeks (ES1-S3)
PDHPE	<ul style="list-style-type: none"> • Active lifestyle & games and Sports Content strands (ES1-S3)