

NSW PREMIER'S 10 WEEK SPORTING CHALLENGE 2020



FACILITATOR GUIDE



Education

NSW PREMIER'S SPORTING CHALLENGE

The NSW Premier's Sporting Challenge encourages students and staff over a 10 week period to participate in a broad range of sports and recreational pursuits to develop their understanding of the importance of sport and physical activity.

During the 10 week Challenge students and staff record their physical activity each day. Any daily physical activity which is moderate to vigorous in intensity can be accrued.

Award levels for the Challenge reflect a daily activity time commitment - either as part of a class/team or each individual student. Activities may include time spent in a broad range of sports during lunchtime, in school sport programs, class time, before or after school and on weekends.

At the conclusion of the Challenge, schools can choose to either submit class/team data so that all students receive the same award level or recognise individual student results.

Australian Physical Activity and Sedentary Behaviour Guidelines

Students aged 5-17 years should "accumulate 60 minutes or more of moderate to vigorous intensity physical activity per day". In the 10 week Challenge, that equates to a GOLD award.

Award	Daily Activity Time
Bronze	30 minutes per day
Silver	45 minutes per day
Gold	60 minutes per day
Diamond	80 minutes per day

CONTACT DETAILS

NSW Premier's Sporting Challenge

14-22 Loftus Street

TURRELLA NSW 2205

t. (02) 9508 5522

e. psc@det.nsw.edu.au

w. <https://app.education.nsw.gov.au/sport/psc>



www.facebook.com/NSWschoolsportunit

**"MORE STUDENTS,
MORE STAFF,
MORE ACTIVE,
MORE OFTEN"**

PSC TRACKER

www.psctracker.com.au

PSC website - <https://app.education.nsw.gov.au/sport/psc/10WeekChallenge>

KEY DATES

Registrations Open	Term 1
Registrations close for schools commencing the Challenge early Term 2	Monday 23 March Week 9, Term 1
Starter Kits (logbooks etc) distributed to schools commencing the Challenge early Term 2	Week 11, Term 1
10 week Challenge period officially commences Weekly data can be added to e-Wall Chart/PSC app for ongoing award tracking over 10 week period during Terms 2 and 3	Monday 27 April Week 1, Term 2
Registrations close for schools commencing the Challenge mid Term 2	Monday 4 May Week 2, Term 2
Starter Kits (logbooks etc) distributed to schools commencing the Challenge mid Term 2/start Term 3	Week 4, Term 2
Registrations close for schools wishing to enter in the 2020 PSC 10 week Challenge	Monday 15 June Week 8, Term 2
Award submissions due for schools that completed the Challenge in Term 2	Friday 24 July Week 1, Term 2
Printed certificate distribution for schools that completed the Challenge in Term 2	Week 5, Term 3
Challenge period officially ends	Friday 25 September Week 10, Term 3
Award submissions due for schools that completed the Challenge in Term 3	Monday 19 October Week 2, Term 4
Printed certificate distribution for schools that completed the Challenge in Term 3	Week 6, Term 4



ROLE OF THE FACILITATOR

PSC Facilitators are responsible for three main aspects of the 10 week Challenge. They may get assistance from their school Principal or office staff with some aspects of their role.

1. School registration

- Confirming registration of school via the PSC Tracker.
- Uploading of student names (using CSV file format or manual entry).
- Uploading of PSC Student Ambassador and staff names (where appropriate).

This will include consultation with staff and school community regarding implementation of the 10 week Challenge. This will include aspects such as:

- Selecting whether log books are to be received for each class/group.
- Selecting when schools wish to run their 10 week Challenge (this will inform Starter Kit distribution).
- Choosing whether the final award level given to students will be based on the class average or recognise individual achievements.
- Selecting whether end of Challenge certificates will be given to participants – this is now can be selected on a class/group basis.

The **PSC Philosophy Statement** and **sample note to parents** can be found on our website to assist schools to inform and discuss these with their school community.

2. Leading the 10 week Challenge

- Instructing staff/Student Ambassadors on how to input class results into the PSC Tracker eWall chart each week.
- Ensuring the PSC grant money is used to support sports & physical activity programs in the school.
- Encouraging staff to give out Encouragement and Achievement certificates to participants throughout the Challenge.
- Motivating staff to support the Challenge whether as a class leader (ensuring students are taking part in regular physical activity as part of the student's classroom learning) or through participation in the Staff Challenge.

3. Finalisation of award levels for the 10 week Challenge

- Assisting staff to finalise their group's award levels in the PSC Tracker eWall chart.
- Assist staff to finalise their personal award levels (where appropriate)
- Finalise awards for students (each class/group) and staff.
- Selecting whether end of Challenge certificates will be printed (by the PSC) and given to participants – this is now can be selected on a class/group basis.

FACILITATING THE CHALLENGE

Years K-2

As K-2 students are not required to track their activity like students in 3-12. At the end of the Challenge they are awarded a Gold award certificate.

The K-2 Logbook is a simplified logbook where students colour in a picture for each day they have been active at school. K-2 Logbooks are not printed by the PSC Team but a PDF is available on our website to download and print for classes that wish to have their students complete this activity.

Classes are encouraged to use their e-Wall Chart in the PSC tracker. This provides a visual record of weekly physical activity and an opportunity to discuss with students the benefits of being active daily and establishing healthy habits.

Years 3-6

Year 3-6 students can use logbooks to record their daily physical activity in blocks of 20 minutes. The logbook daily entries accumulates to a weekly result (Bronze, Silver, Gold, Diamond award). The weekly award level is then entered into the class eWall Chart and tracks towards an average final award level at the end of the 10 weeks.

At the end of the Challenge schools can decide whether their classes will receive a class award level (average of all student awards) or individual award levels based on individual achievements.

Years 7-12

Secondary students can use a log book or the PSC app to record their daily activity over 10 weeks. The logbook daily entries accumulates to a weekly result (Bronze, Silver, Gold, Diamond award). The weekly award level is then entered into the class eWall Chart on the PSC Tracker and tracks towards an average final award level at the end of the 10 weeks.

The PSC app automatically syncs the weekly result to the class eWall chart in the PSC Tracker. At the end of the Challenge schools can decide whether their classes will receive a class award level (average of all student awards) or individual award levels based on individual achievements.

Staff Challenge

The Staff Challenge encourages staff to be accountable for their health and wellbeing as well as give them the opportunity to be role models for their students.

Staff can record their daily activity using a log book or the PSC app over the 10 weeks.

The logbook daily entries accumulates to show a weekly result (Bronze, Silver, Gold, Diamond award). The weekly award level then can be entered into the Staff eWall chart on the PSC Tracker and tracks towards an average final award level at the end of the 10 weeks. The PSC app automatically syncs the weekly result to the Staff eWall chart in the PSC Tracker.



USING THE PSC TRACKER AND eWALL CHART

The PSC Tracker is an online tool for facilitators to upload class/team data and student/staff names at the commencement of the 10 week Challenge, either by CSV file or manual entry.

Once the Challenge has begun, **data entry should be maintained on a week-to-week basis** to effectively monitor physical activity progress. This can be done by a teacher or PSC Student Ambassador (previously PSC Student Leader) who has access to the PSC Tracker by a school login (username and password created by the school facilitator at registration). The class/team is able to view their eWall Chart on an interactive whiteboard and can use it to discuss how they might improve their daily activity and their final class/individual award level.

Upon completion of the 10 week Challenge, the PSC Facilitator is responsible for **submitting the final award levels**. These can then be used for schools who wish to receive End of Challenge certificates. Schools can choose to either submit class/team data so that all students receive the same award level or recognise individual student achievements/award levels.

End of Challenge certificates are printed by the PSC team and delivered to schools during Terms 3 and 4. Schools can now choose which classes/teams they wish to receive these certificates.

Certificate printing key dates:

Friday 24 July Award submissions due for schools that completed the Challenge in Term 2. Certificates will be sent to schools in August.

Monday 19 October Award submissions due for schools that completed the Challenge in Term 3. Certificates will be sent to schools in November.

Final award confirmation must be completed by the facilitator in the PSC Tracker.

PSC APP

The PSC Tracker app is designed for use by secondary students and staff Challenge participants.

The PSC app is free to download from the App Store or Google Play. It collates entries and generates the users' weekly activity levels. Data entered into a smart phone or iPad/tablet will automatically synchronise to the PSC Tracker eWall Chart.

Visit the PSC website for instructions on how to use the PSC app.



PARTICIPATION FUNDING GRANT

All participating schools receive a participation funding grant* to assist with the implementation of the Challenge. The grant is based on the number of registered students from the school.

Grant money can be used to fund:

- the purchase of sports equipment
- staff professional learning in sport and physical activity
- conducting whole school sport and physical activity programs.

In 2020 staff participation grants* are now given to schools. This replaces the incentive gift given in previous years. This grant is based on the number of registered staff from the school.

PSC grants are now distributed to school accounts earlier in the year. These grants are processed together shortly after schools have completed their registration and can be seen in school accounts as a Budget Adjustment. The first grant payment will be made in April, with the final payment made to schools in July. A note will be sent to Facilitators advising them of the payment to their school account.

For more information see our website > 10 week Challenge > Grants and funding.

* Participation grant amounts will change year to year, depending on the number of participants and grant money available.

PSC AMBASSADORS

A group of elite Australian athletes support the NSW Premier's Sporting Challenge as PSC Ambassadors promoting healthy lifestyle habits as well as the many life skills that sport teaches. In 2019 we had 16 Ambassadors promoting our program.

This program is being evaluated so the provision of school visits will be limited in 2020. To keep up to date with changes made to this program visit our PSC website > Ambassadors.





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