

## Philosophy of the Challenge

The NSW Premier's Sporting Challenge (PSC) was developed and implemented in 2008 to support the NSW State Plan for reducing overweight and obesity in childhood. Since 2008, the PSC has evolved to include a suite of programs aimed at addressing the Premier's Priorities for Tackling Childhood Obesity and meeting the recommendations of the Auditor General's Report on Physical Activity in NSW Government Primary Schools.

The flagship program of the PSC is a 10 week physical activity challenge for students in public schools. The overarching objective of the Challenge is to get more students more active, more often. With the goal of encouraging all students to participate in at least 60 minutes of physical activity every day.

The Challenge is designed for students to work together in a team with the shared goal of increasing physical activity levels. The team aspect of the Challenge is an important element in encouraging all students to increase their physical activity levels. It is an opportunity for active students to be role models for their peers, where students can encourage each other to increase their activity levels as a collective. Teachers play an important role in fostering this positive team environment to encourage all students to move more.

The Challenge has undergone several changes since its creation. Schools decide how the program is run in their school and how students are recognised for their participation. Typically students are given certificates of achievement calculated based on their team/class average. Schools have the option of acknowledging individual effort, this is encouraged only if it promotes excellent achievement and should be avoided if it will alienate or discourage poor performing students.

All students in K-2 participate in a non-competitive 10 week Challenge and work towards a Gold class award level. The role of the teacher in K-2 is to encourage enthusiastic participation and engagement in physical activity, with the goal of fostering positive attitudes towards sport and physical activity.

Schools are encouraged to engage with their communities on how the Challenge should be conducted ensuring the ethos of "more students more active, more often" is at the heart of all decision making. It is important to communicate the award process the school plans to use throughout the school community. Particularly if the school decides to recognise individual performance, or if they will be opting out of receiving printed certificates.

The [PSC website](#) has a range of resources available to help with communication about the Challenge, including a sample letter to parents. If you require any assistance in conducting the 10 week Challenge please contact the PSC team at [psc@det.nsw.edu.au](mailto:psc@det.nsw.edu.au) or call (02) 9266 8317.