

# Premier's 10 week Sporting Challenge

## Guides: 10wC tracker app

Using the PSC 10wC Tracker web app



# 10 week Challenge

### NSW Premier's Sporting Challenge

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

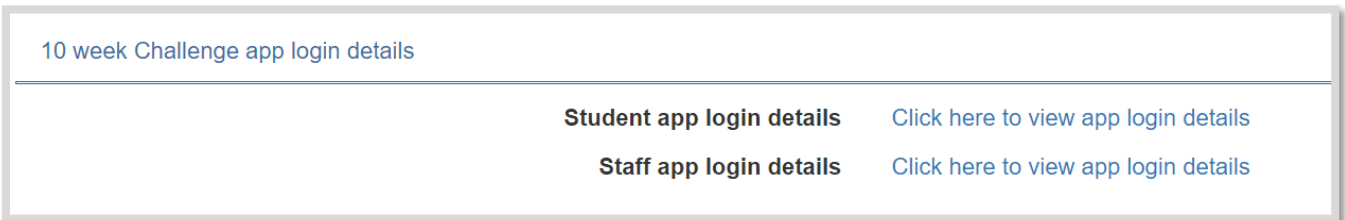
# Using the PSC Tracker web app

## Information for the School PSC Facilitator

The PSC 10wC Tracker web app is available for use online by students (years 3-6 and 7-12) and staff registered for the 10 week Challenge. The app can be found using a simple google search (<https://www.10wctracker.com.au/>). The web app acts as an electronic logbook for staff and secondary students participating in the Premier's Sporting Challenge (PSC) and synchronises data to participant's class PSC Tracker e-wall chart.

Logging into the web app online requires a **team code** and individual **PIN code** which is provided by the school PSC Facilitator and/or classroom teacher.

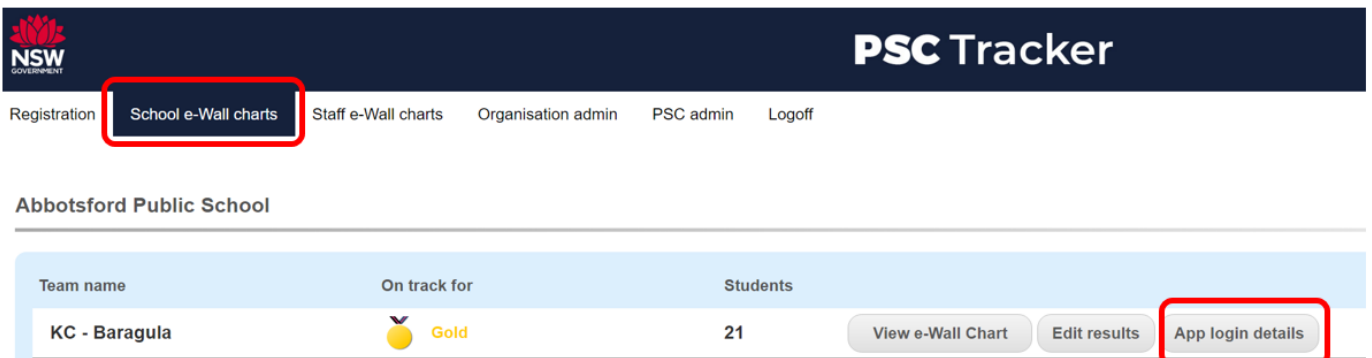
Team codes and PINs are obtained through the 'Organisation admin tab' on the PSC Tracker website ([www.psctracker.com.au](http://www.psctracker.com.au)) and find the **10 week Challenge app login details section** and select the appropriate hyperlink:



10 week Challenge app login details

Student app login details	<a href="#">Click here to view app login details</a>
Staff app login details	<a href="#">Click here to view app login details</a>

The app logins can also be found on the school and staff e-Wall charts:



NSW GOVERNMENT

# PSC Tracker

Registration **School e-Wall charts** Staff e-Wall charts Organisation admin PSC admin Logoff

Abbotsford Public School

Team name	On track for	Students		
KC - Baragula	Gold	21	<a href="#">View e-Wall Chart</a>	<a href="#">App login details</a>

Select the **Download CSV** button to print an excel sheet with a full list of each student's team codes and PIN codes for that class will open. All classes are listed and will have a CSV file download option beside them.

**Abbotsford Public School ▶ Student App Login Details**

Class Name	Student Name	Class Code	Pin	
3/4B		540649		<a href="#">Download CSV</a>

Team/Class codes and PIN codes can also be found on the e-wall chart page under the tab **School e-Wall Charts**. Facilitators can distribute the student and/or staff team and PIN codes through a [mail merge](#).

## Downloading the PSC Tracker web app

Although the PSC Tracker app is a web based app, it can be downloaded on mobile devices and installed on desktop computers. It can also be added to 'Favourite pages'.

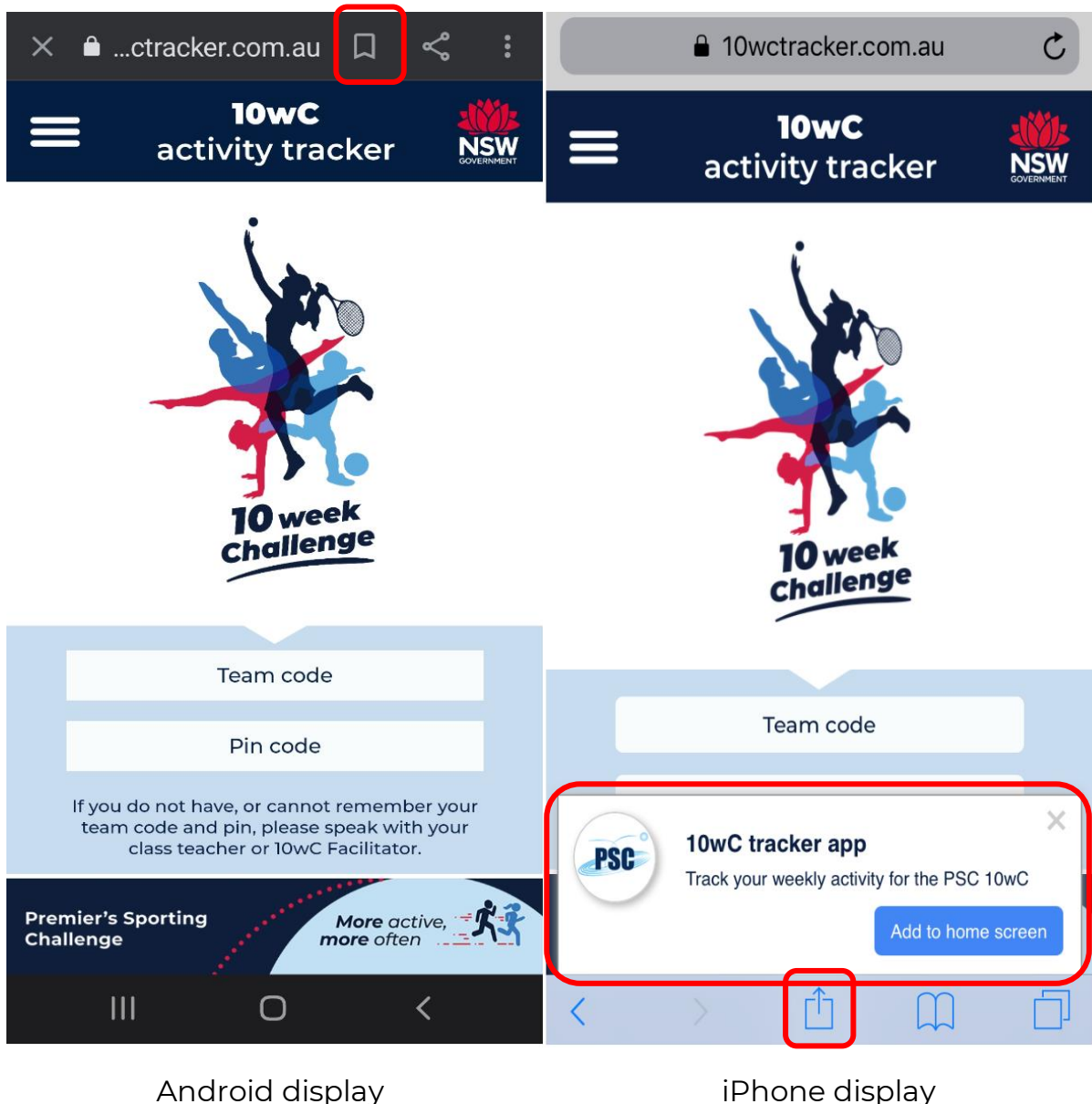
### Mobile device – Android

1. Search for the PSC Tracker web app in a Google Chrome web browser: (<https://www.10wctracker.com.au/>).
2. Find the 'bookmark' icon in the top, right corner and save to 'Favourite pages'.

### Mobile device - iPhone

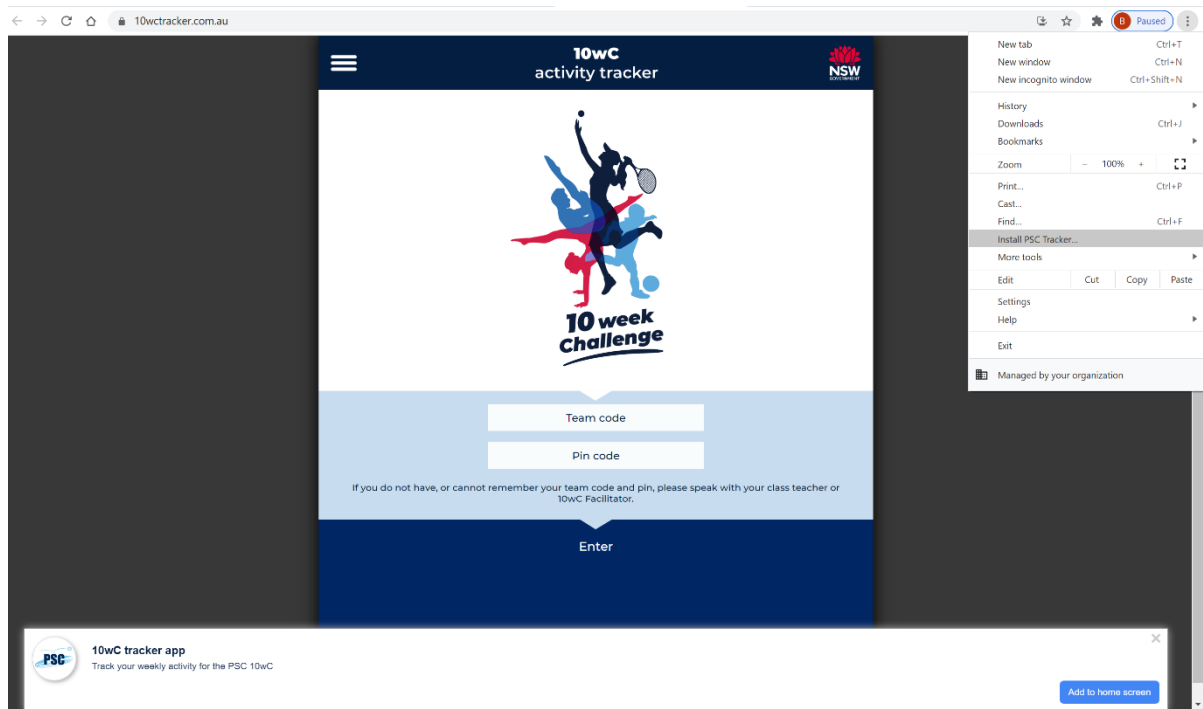
1. Search for the PSC Tracker web app in a Google Chrome web browser: (<https://www.10wctracker.com.au/>).

2. A pop-up will provide you with the option to **'Add to Home screen'**. If a pop-up doesn't appear, tap the **'share'** icon (bottom, centre) and follow the prompts.



## Installing the PSC Tracker web app on desktop computers

1. Search for the PSC Tracker web app in a Google Chrome web browser: (<https://www.10wctracker.com.au/>).
2. Find the google "kebab" menu (3 vertical dots) in the top, right corner beside the URL address bar and select **'Install PSCTracker'** or select **'add to home screen'** in the pop up message across the bottom of the screen.

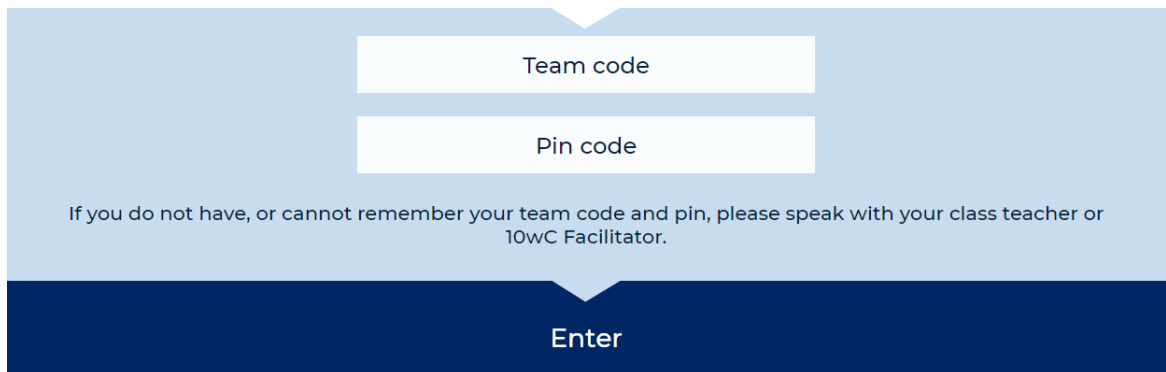


The PSC Tracker Icon will appear as a shortcut to the web app on the desktop and will keep the user logged in:



# Information for the PSC web app user

Open the PSC Tracker app and enter your team code and PIN code.



Team code

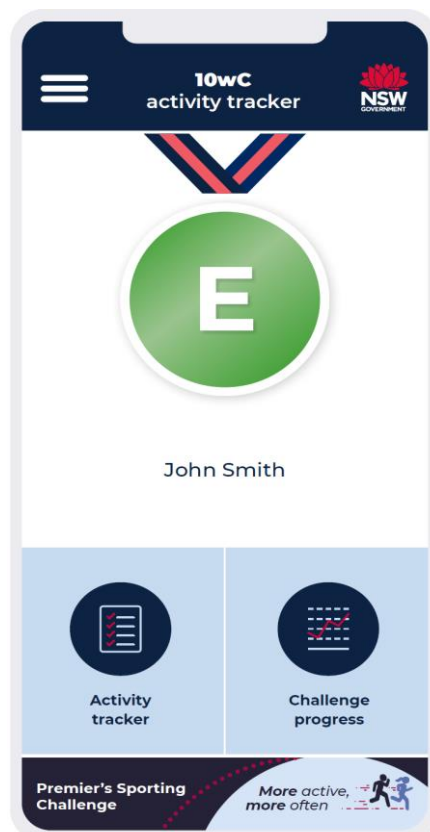
Pin code

If you do not have, or cannot remember your team code and pin, please speak with your class teacher or 10wC Facilitator.

Enter

On the home screen you can:

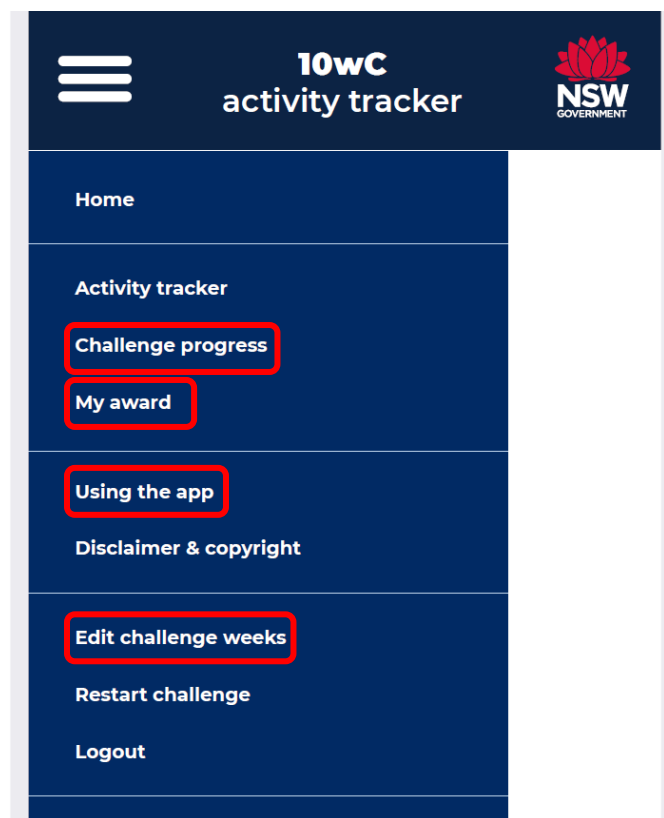
1. See the award level that you are tracking towards.
2. Click on the activity tracker to enter your daily or weekly physical activity.
3. Click on Challenge Progress to see the weekly award levels you have achieved.
4. Click the menu button to find the above options as well as other information about the PSC Tracker web app.



# Functions

You can also opt to temporarily cease your 10 week challenge and re-start it on any week that suits you (within the 10 week Challenge period). Your 10 weeks need not be consecutive weeks. Participants can totally restart their Challenge at any point. This function can be found in the 'hamburger' menu option along with many others including:

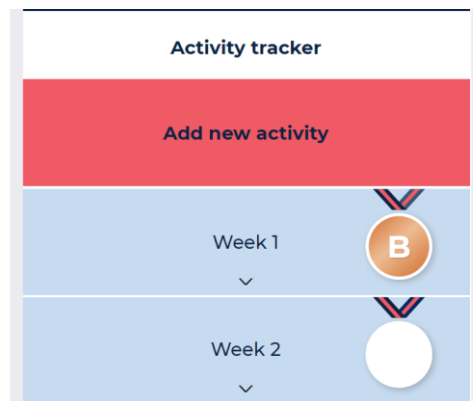
- Challenge progress
- My award
- Using the app
- Edit Challenge weeks.



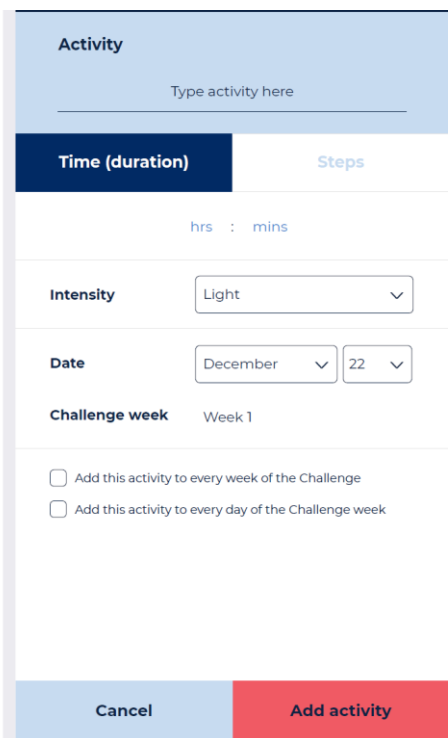
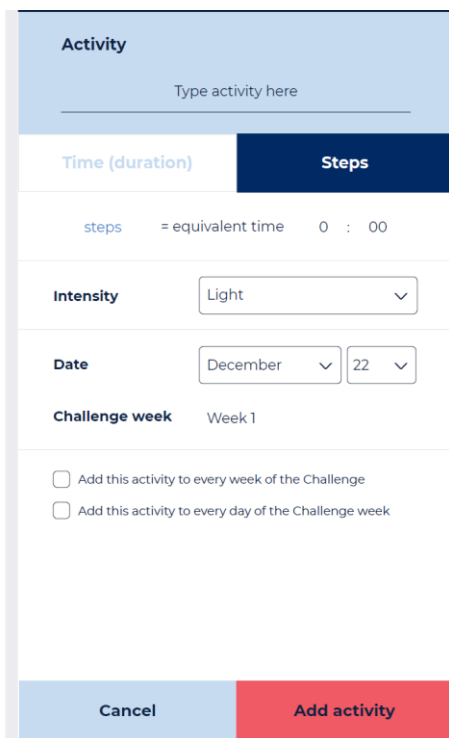
# Entering Activities

The web app allows you to add, edit or delete your entered activities.

Start to type your activity name in the Activity section and select the activity if it displays in the field, or otherwise you can add it.

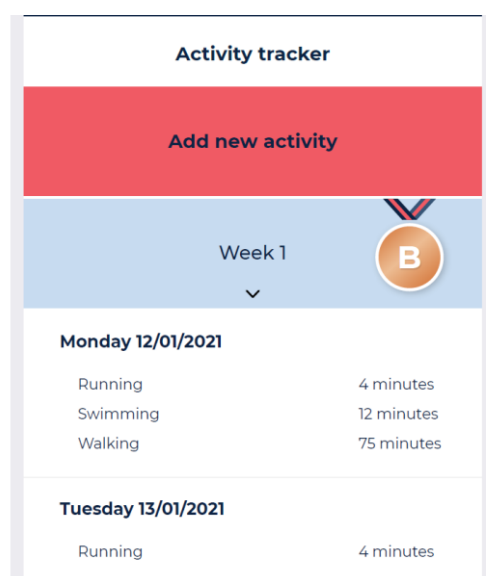


You can then add details of the activity such as time (**duration**) or steps (pedometer), followed by **intensity**, **date** and **frequency** (if required).

A screenshot of the 'Add activity' form. The 'Activity' field is at the top with the placeholder 'Type activity here'. Below it, there are two tabs: 'Time (duration)' (selected) and 'Steps'. The 'Time (duration)' section has a 'hrs : mins' input field. Below that is an 'Intensity' dropdown menu set to 'Light'. The 'Date' section has two dropdown menus for month ('December') and day ('22'). The 'Challenge week' section is set to 'Week 1'. At the bottom, there are two checkboxes: 'Add this activity to every week of the Challenge' and 'Add this activity to every day of the Challenge week'. At the very bottom, there are 'Cancel' and 'Add activity' buttons.A screenshot of the 'Add activity' form, similar to the previous one but with the 'Steps' tab selected. The 'Steps' section has an input field for 'steps' followed by '= equivalent time' and a '0 : 00' input field. All other fields, including 'Intensity', 'Date', 'Challenge week', and the checkboxes, are identical to the previous screenshot. The 'Cancel' and 'Add activity' buttons are also present at the bottom.



Activities can be added to each week or each day of the Challenge.



## Resources

All resources mentioned above can be found on our PSC website Resources page (<https://app.education.nsw.gov.au/sport/psc/Resources>) in the 10 week Challenge section, under the **'Recording the Challenge'** heading.

## Assistance

For general assistance with recording the Challenge or any part of the Challenge, please contact the PSC Team by email: [psc@det.nsw.edu.au](mailto:psc@det.nsw.edu.au) or phone: 9508 5522.