

NSW Premier's Sporting Challenge

2019 Annual Report

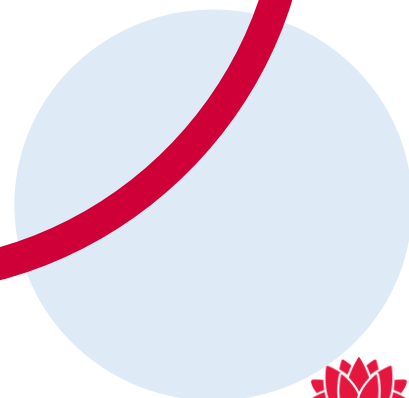
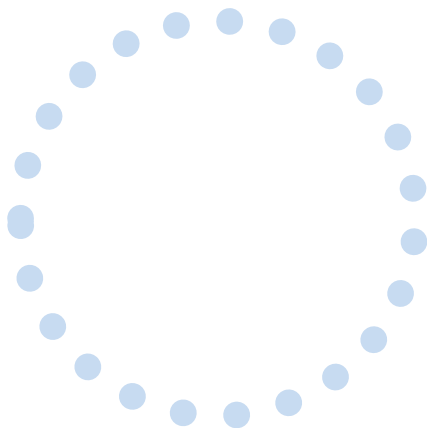
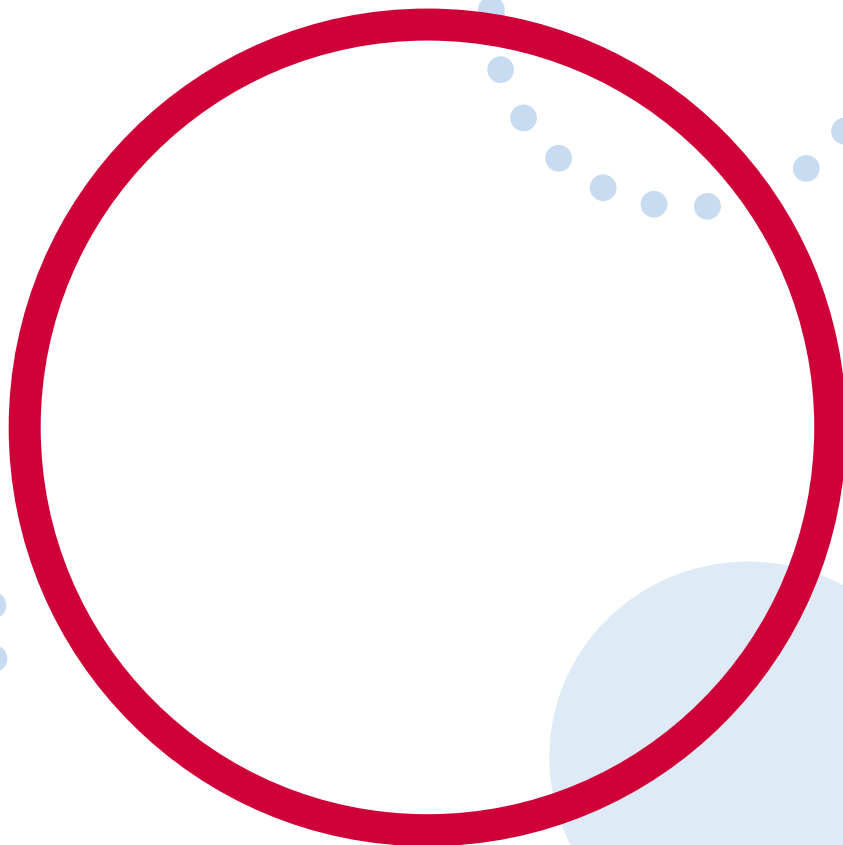
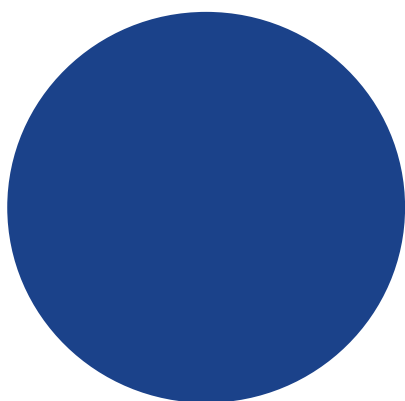


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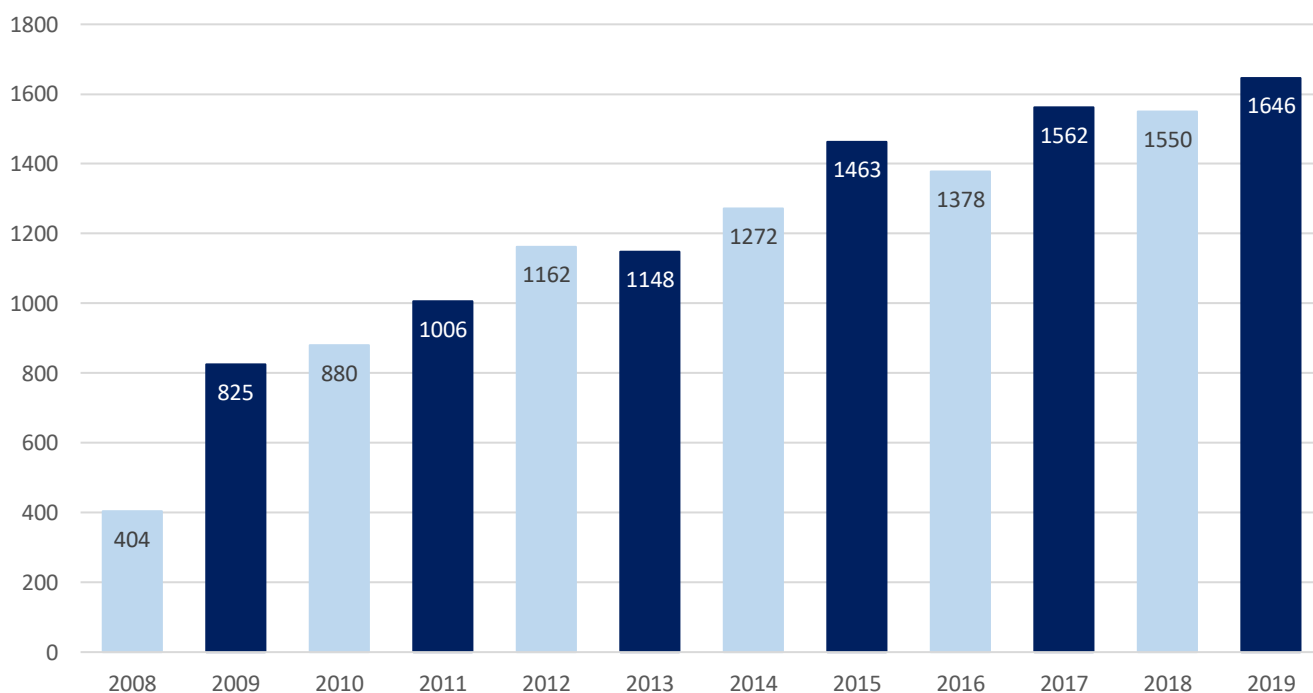
Image 1 – Primary School students at the PSC Launch, 2019



Key Achievements

- The NSW Premier’s Sporting Challenge continued its impressive growth in student numbers. A total of **444,225** students completed the Challenge this year. A sharp increase from 2018’s final numbers of 412,651 and the highest participation numbers so far.
- This year **1,646** NSW Public Schools participated.
- The Staff Challenge attracted **15,122** teachers with (insert number) achieving a Gold Award.
- **32** state sporting organisations partnered the 2019 NSW Premier’s Sporting Challenge.
- **2238** teachers attended teacher professional learning courses.

2008-2019 School Participation

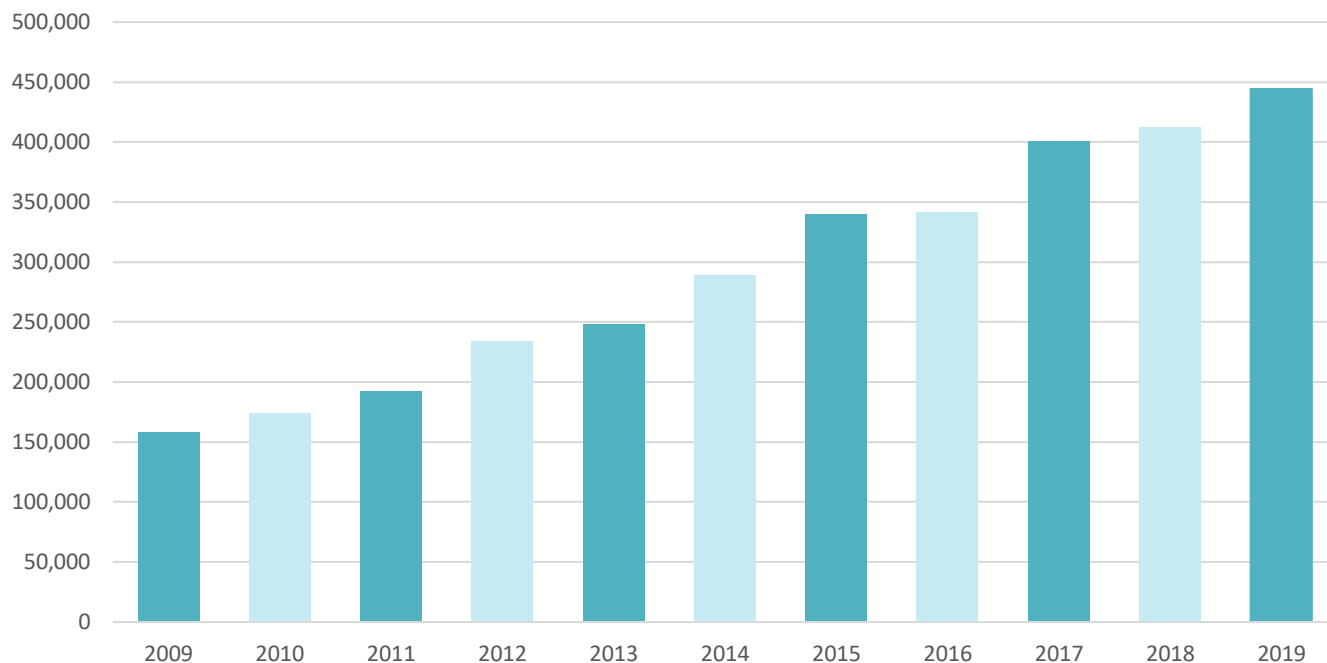


Graph 1 – School participation growth from 2008 to 2019

The PSC aims to have all schools in NSW participating in the 10 week Challenge.

Key Achievements

2008-2019 Total Student Participation



Graph 2 – Student participation growth from 2008 to 2019.

2019 had the highest ever student participation numbers since the Challenge’s conception in 2009.

10 Week Challenge Awards - Primary

The 10 Week Challenge for primary schools engages students in sport and physical activity. The Challenge is officially conducted in schools during Terms 2 and 3.

A class accumulates time spent over a 10 week period in a broad range of sports and recreational pursuits during lunchtime, in school sport programs, class time, before and after school or in weekend physical activity.

K-2 students are encouraged to understand the value of physical activity and establishing a healthy lifestyle from a young age.

3-6 students are challenged to accumulate time being physically active, aiming to achieve Bronze, Silver, Gold or Diamond awards at the conclusion of the Challenge period. 3-6 students record their daily activity in individual log books to tally the time spent being active.

Weekly results are entered into the PSC Tracker using the school e-Wall Chart on an interactive whiteboard.

Entering data on a weekly basis allows students to review their class performance and strive to improve.



Image 2 – Students at the PSC Launch, 2019

Premier's Sporting Challenge Facilitators made significant contributions to the implementation, promotion and administration of the Challenge in their schools.

Year 6 Student Leaders

- 339 schools requested student leader badges this year.
- 2,621 leader badges were distributed to year 6 students

Primary Student Awards

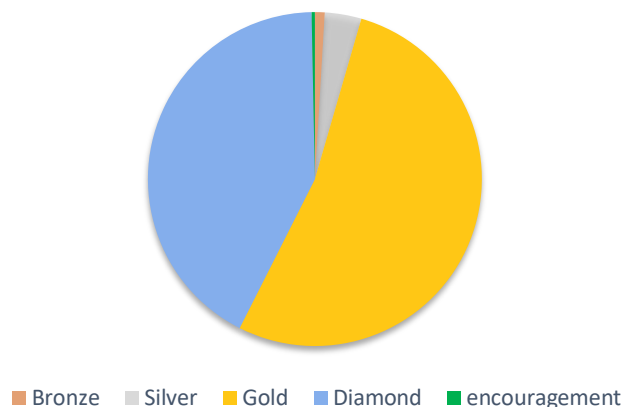
In 2019, 343,224 primary students completed the Challenge.

All participating K-2 students received a Gold Award. Students in years 3-6 received either a Diamond, Gold, Silver, Bronze or Encouragement Award based on their individual outcome or class average award level achieved.

Primary School Awards

A total of 1,235 primary schools received a Diamond, Gold, Silver or Bronze Award for display in the school.

Primary School Awards



Highlights included:

- 532 (41%) primary schools received a Diamond Award, indicating students in these schools exceeded the recommended Australian Physical Activity and Sedentary Behaviour Guidelines target of 60 minutes per day
- 673 (52%) of primary schools achieved a Gold Award, meeting the recommended target for physical activity of 60 minutes per day
- an astonishing 1,596 students from Carlingford West Public School completed the Challenge. Other large student registrations were recorded from Oran Park Public School (1,482), Matthew Pearce Public School (1,441) and Riverbank Public School (1,429).

10 week Challenge Awards - Secondary

The 10 week Challenge for secondary schools encourages students in years 7-12 to increase their participation in moderate to vigorous activity through sport, recreation and leisure activities, encouraging them to lead healthy, active lifestyles. The Challenge is officially conducted in schools during Terms 2 and 3.

Teams or individual students record time spent over a 10 week period in a range of sports and recreational pursuits. The accumulation of activity time occurs during lunchtime, school sport programs, class time, before and after school or in weekend physical activity.

Students are challenged to either contribute time to achieve a team average that determines the level of a Bronze, Silver, Gold or Diamond Awards at the conclusion of the Challenge period or improve on their own individual effort. Students

record their daily activity time in individual log books or via the PSC app, tally the minutes spent being physically active each week, and report the total.

Students' weekly award levels are recorded online in the PSC Tracker. Those who use the PSC app to record their personal physical activity have their data automatically synchronized into the PSC Tracker.

The team's e-Wall Chart calculates a cumulative average and identifies the award level the team is tracking towards. It is also an opportunity to promote team 'challenges'.

The many teachers and principals who took on the role as 2019 Premier's Sporting Challenge Facilitators made significant contributions to the implementation, promotion and administration of the Challenge in their schools.

Secondary Student Awards

101,001 secondary students completed the Challenge in 2019, an increase from 84,428 in 2018.

Secondary School Awards

A total of 353 secondary schools received a Diamond, Gold, Silver, Bronze or Encouragement Award for display in the school.

89 Secondary schools (25%) received either a Diamond or Gold award. These awards indicated that students in these schools exceeded or met the recommended Australian Physical Activity and Sedentary Behaviour Guidelines target of 60 minutes per day.

Castle Hill High School enrolled an amazing total of 1,799 student in the Challenge. Two other secondary schools that registered over 1,000 students include, Sydney Boys High School (1,210) and Kingsrove High School (1,134).

Staff Challenge

The Staff Challenge aims to encourage and support school staff and state office personnel to become more active, more often by recording time spent in a broad range of sport and recreational pursuits over a 10 week period.

Importantly, the Staff Challenge provides an avenue through which school staff, as influential adults, can model active, healthy lifestyle choices to students.

In 2019, 15,122 staff members from 852 school and state office sites completed the Staff Challenge.

Key reasons for taking part in the Staff Challenge included:

- whole school participation and focus on healthy, active lifestyles
- teachers as role models for students
- a free pedometer or set of 3 resistance bands to motivate, measure and gauge increases in physical activity levels
- a sense of “friendly competition” between staff and faculties.

PSC Grants

In 2019, schools in the NSW Premier's Sporting Challenge received a participation grant to assist in implementing local physical activity and healthy lifestyle initiatives.

The funding model used to determine school grants took into account the total number of participating students, the scale of operation of larger schools involved in the program, and provided small schools with an appropriate level of funding support. The majority of schools (87% of those surveyed) use this funding to purchase or replace general sporting equipment.

Grants 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.

Professional Learning and Research Partnerships

The Premier's Sporting Challenge continues to support research that influences increasing physical activity in schools. In many cases this results in professional learning to support teachers in implementing proven strategies that are supported by high quality research.



PHYSICAL ACTIVITY FOR EVERYONE The second year of **Physical Activity for Everyone (PA4E1)** implementation has been completed. The program includes 49 secondary schools in lower socio-economic areas across New South Wales. Schools were supported with support to implement seven factors proven to increase physical activity in school. The results show that the support provided was effective at increasing physical activity.



Resistance Training for Teens (Rt4T) is an ongoing research partnership with the University of Newcastle. It attempts to understand the motivators and strategies that influence student participation and engagement in school-based resistance training programs. In 2019, five Resistance Training for Teens workshops were delivered, with 83 teachers attending. To date 470 teachers have been trained in this course. Future research will investigate strategies that increase the implementation of this program following completion of the course.



The very popular **Thinking While Moving** professional learning courses continue to be very popular with a total of 171 participants attending one of the 10 English or Maths versions of the course in 2019. Aspects of these courses are currently being developed for online learning, these will be available in 2020.



B2L

Burn to Learn is a four-year study aiming to develop, implement, evaluate and disseminate a school-based program focused on promoting cognitively demanding physical activity among senior school students. In 2019, 10 schools involving 380 students participated in the first phase of a randomised controlled trial. The preliminary results have indicated improvements in students' cardiorespiratory fitness, muscular fitness and psychological wellbeing. This study will be disseminated through professional learning, which will be available to schools in 2020/21.



The **iPLAY** program is now active in 150 DoE primary schools, and in involves 37,382 students and 2,031 teachers. Teachers are provided professional learning on classroom based practices to increase physical activity levels through high quality physical education, physically active homework and the use of energiser breaks. School leaders aim to change school based practice by increasing community links, engaging with parents and increasing active time in the playground.

Sport Leadership

Awards and Recognition

2019 Premier's Sporting Challenge Student Medal

In term 4 a PSC Student medal was sent to every school in NSW. Central, SSP and Community schools each receive two medals.

The medal is intended to acknowledge one student (or two) in each school* for their outstanding:

- commitment to fair play
- effort and improved performance in a sporting context (change of criteria)
- contribution to the school's weekly sport and physical activity programs.

The student most deserving of the PSC Medal always tries their very best, encourages other students and always seeks to wholeheartedly participate in school sport and/or physical activity programs.

It is not meant to replace existing school sport awards but, rather, recognises the student who enthusiastically joins in games and sporting events, always tries their best, offers encouragement to others or takes on responsibility for physical activity programs in the school.

Excellent Service to School Sport Award

School communities are provided with an opportunity to nominate a member of staff to acknowledge their outstanding contribution to student outcomes in sport for the Excellent Service to School Sport Award. Nominations of teachers who have demonstrated dedicated and valued service to local school sport, and not deemed at this outstanding level may be awarded a Certificate of Recognition.

21 nominations were received in 2019. 9 recipients of the Excellent Service to School Sport Award were congratulated by the Executive Director, Learning and Teaching. A further 4 teachers received a Certificate of Recognition.

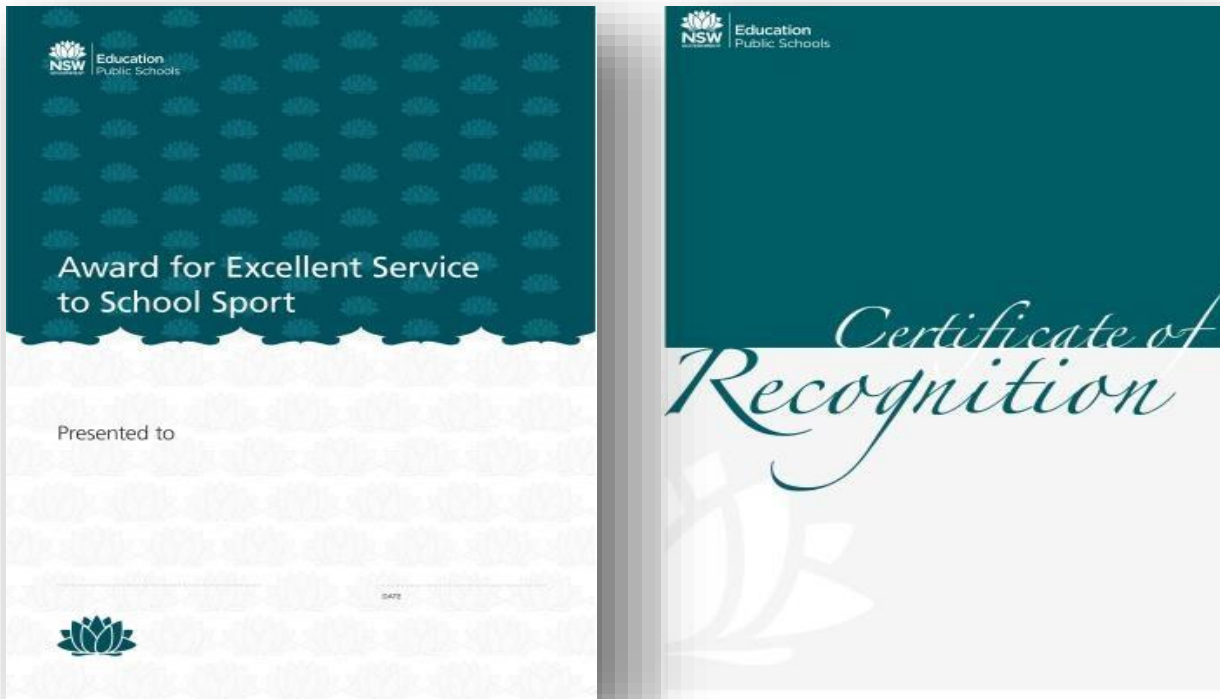


Image - Excellent Service to School Sport Award certificate

Excellent Service to School Sport Award

Table - 2019 Excellent Service to School Sport Award Recipients

Recipient Name	School
David Haggart	Kogarah High School
Jennifer Davis (Clancy)	Wollongong High School of the Performing Arts
Matthew Fownes	Mount Terry Public School
Sue Kelly	Armidale City Public School
Peter Hemshaw	Shoal Bay Public School
Dianne Body	Russell Vale Public School
Darren Nunn	Kanahooka High School
Tim Sanson	Albury High School
Ian Edomstone	Muirfield High School
Tanya Crowell	Wahroonga Public School

Table - 2019 Certificate of Recognition Recipients

Recipient Name	School
Leanne Shiagetz	Emu Heights
Belinda Schofield	Woolgoolga High School
Tina Barrett	Shellharbour Public School
Elly Pickles	Tuggerah Lakes Secondary College Tumbi Umbi Camps

NSW Premier's Sporting Challenge Scholarships

From each of the 10 regional school sport associations' two students are selected to receive the NSW Premier's Sporting Challenge Scholarship. This award is presented at the annual Blues Awards presentation for their

outstanding achievements, commitment to their chosen sport/s and assists them with their sport/s in the year to come.

2019 Recipients

Hunter School Sports Association

Recipient Name	School

North West School Sports Association

Recipient Name	School

North Coast School Sports Association

Recipient Name	School

Riverina School Sports Association

Recipient Name	School

Western School Sports Association

Recipient Name	School

Sydney West School Sports Association

Recipient Name	School

Sydney North School Sports Association

Recipient Name	School

Sydney East School Sports Association

Recipient Name	School

Sydney South West School Sports Association

Recipient Name	School

South Coast School Sports Association

Recipient Name	School

Sponsors

Partnerships with sponsors are highly valued and help to build opportunities and enhance resources for the benefit of students and staff.

Funding from sponsors enabled student learning and recognition opportunities, teacher resource and support material development as well as printing of encouragement and achievement certificates.

Sponsor	Level	Value of Sponsorship
Sydney Markets Fresh for Kids	Major Sponsor - 10 Week Challenge (promotional materials including logbooks and certificates)	
Teachers Mutual Banks	Major Sponsor - Staff Challenge (Pedometers and Resistance Bands)	
Australian Chicken Meat Federation	Major Sponsor - Ambassador program (presentation materials)	

Our sponsors are recognised on our website, in our eNewsletters and on our Facebook page.

Sporting Partners

32 state and national sporting organisations continued to support the NSW Premier’s Sporting Challenge through the Sport Leadership program and at teacher professional learning workshops.

2019 PSC Sporting Partners	
Athletics NSW	NSW Rowing
AUSTSWIM	NSW Rugby Union
Baseball NSW	NSW Squash
Basketball NSW	NSW Touch Football
Cancer Council NSW	Royal Life Saving Australia
Cricket NSW	Softball NSW
Cycling NSW	Sport NSW
DanceSport NSW	Surf Life Saving NSW
Diving NSW	Swimming NSW
Football NSW	Table Tennis NSW
Gymnastics NSW	Tennis NSW
Hockey NSW	Triathlon NSW
Jack Newton Junior Golf	Volleyball NSW
Lacrosse NSW	Water Polo NSW
Netball NSW	Wheelchair Sports NSW



Image – 2019 PSC Sporting Partners Logos

Promotions

Events

2019 NSW Premier's Sporting Challenge Official Launch

Tuesday 2 April, 2019 - Genea Netball Centre, Sydney Olympic Park