

Physical activity alphabet

A_r_b_cs	A	B	C	D	E
F	G	H_psc_tch	I	J	
K	L	M	N	O	Ozt_g
P	Q	R	S	T	Sk__ng
U	V	Wa_k_ng	X	Y	
Z					

Activity Instructions
 Brainstorm and write down as many activities for each letter of the alphabet. Share and compare with a friend. See how many activities you can do during your 10 week Challenge!



NSW PSC 2022 10 WEEK CHALLENGE

Years 3-6 logbook



Student Name

Team Name

Teacher Name



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

**Premier's Sporting
Challenge**

*More active,
more often*



Did you know?

You can use the 10wC activity tracker web app instead of this logbook! Tracking your activity using the web app automatically syncs your activity to your class e-wall chart. See your teacher for login details.

<https://10wctracker.com.au/>



What do I do?

- Mark a box for every 20 minutes of activity.
- Write in your weekly award level achieved.
- Ask your teacher or PSC Student Ambassador to record your weekly awards into the class e-Wall chart.

Week 1	 B Bronze 200 minutes	 S Silver 320 minutes	 G Gold 420 minutes	 D Diamond 560 minutes	Week 1 _____ award achieved
Week 2	 B Bronze 200 minutes	 S Silver 320 minutes	 G Gold 420 minutes	 D Diamond 560 minutes	Week 2 _____ award achieved
Week 3	 B Bronze 200 minutes	 S Silver 320 minutes	 G Gold 420 minutes	 D Diamond 560 minutes	Week 3 _____ award achieved
Week 4	 B Bronze 200 minutes	 S Silver 320 minutes	 G Gold 420 minutes	 D Diamond 560 minutes	Week 4 _____ award achieved
Week 5	 B Bronze 200 minutes	 S Silver 320 minutes	 G Gold 420 minutes	 D Diamond 560 minutes	Week 5 _____ award achieved
Week 6	 B Bronze 200 minutes	 S Silver 320 minutes	 G Gold 420 minutes	 D Diamond 560 minutes	Week 6 _____ award achieved
Week 7	 B Bronze 200 minutes	 S Silver 320 minutes	 G Gold 420 minutes	 D Diamond 560 minutes	Week 7 _____ award achieved
Week 8	 B Bronze 200 minutes	 S Silver 320 minutes	 G Gold 420 minutes	 D Diamond 560 minutes	Week 8 _____ award achieved
Week 9	 B Bronze 200 minutes	 S Silver 320 minutes	 G Gold 420 minutes	 D Diamond 560 minutes	Week 9 _____ award achieved
Week 10	 B Bronze 200 minutes	 S Silver 320 minutes	 G Gold 420 minutes	 D Diamond 560 minutes	Week 10 _____ award achieved