

NSW PSC 2022 10 WEEK CHALLENGE

Years 3-6 logbook



Student Name

Team Name

Teacher Name

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

Physical activity alphabet

A_r_b_cs	B	C	D	E
F	G	H_psc_tch	I	J
K	L	M	N	Ozt_g
P	Q	R	Sk__ng	T
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!			