

NSW PSC 2022

10 WEEK

CHALLENGE

Years 7-12 logbook



10 week Challenge

Student Name _____

Year _____

Team Name _____

**Premier's Sporting
Challenge**

*More active,
more often*



My baseline physical activity data:

Planned physical activity: Across a "typical week", note the physical activity you undertake for each day and the time you spend doing it. This includes PE lessons, sport, before and after school training sessions, weekend games, active transport (such as walking or riding to and from school), weekly chores (e.g. washing the car, walking the dog).

Day:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Planned activities							
Total minutes per day							

How to record your accumulated physical activity:
For every 20 minutes of planned physical activity, enter a cross into a box beginning on the left and moving to the right. Use your "typical week" above as a sample.



A cross in each box = 20 min

Bronze
200+ min

Silver
320+ min

Gold
420+ min

Diamond
560+ min



Based on my planned activities, I am currently tracking for a _____ award.



When and where in my week could I do more physical activity?

How can I encourage and support others to be more physically active?



MY 2022 PSC 10 WEEK SPORTING CHALLENGE:



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/>



A cross in each box = 20 min

	Bronze 200+ min	Silver 320+ min	Gold 420+ min	Diamond 560+ min	Award achieved each week
Week 1					
Week 2					
Week 3					
Week 4					
Week 5					
Week 6					
Week 7					
Week 8					
Week 9					
Week 10					

Awards

Daily average activity time



Bronze
200 mins/week
30 mins/day



Silver
320 mins/week
45 mins/day



Gold
420 mins/week
60 mins/day



Diamond
560 mins/week
80 mins/day

* Australian Guidelines: All young people aged 13-17 years should accumulate 60 minutes of moderate to vigorous physical activity (daily) and limit sedentary behaviour.

Challenge yourself with this quick workout!

1

5 V SITS



5 PUSH UPS



Repeat for
30 seconds

30 SEC REST

2

6 SQUATS



10 JUMPING JACKS



Repeat for
30 seconds

30 SEC REST

3

5 PLANK JACKS



7 LUNGES



Repeat for
30 seconds

30 SEC REST

**Repeat 2 more times for a 9 minute workout.
Want more intensity? Swap rest for cardio!**

For more workouts visit our website link
below or scan the QR code.

[https://app.education.nsw.gov.au/sport/
Asset/File/4583](https://app.education.nsw.gov.au/sport/Asset/File/4583)

