



Be more active | Drink water
Eat healthy food | Beat disease

HOW TO TAKE THE CHALLENGE IN YOUR CLASSROOM

Classes or schools enter the competition as a team and nominate the 'virtual route' they want to travel when they register. There are seven routes available – the Canning Stock Route, Bibbulmun Track, Pipeline, Kimberley, Whale Migration (suitable for years 4-10) and 2 conceptual routes - Around Australia (suitable for years 4-10) and My Community (suitable for years K-3).

The competition will run for 8 weeks in Term 2 or 3, from Monday, week 2 to Friday, week 9. Teachers should aim for their class to participate in a minimum of two hours of physical activity (PA) and deliver at least one healthy lifestyle lesson (HLL) every week.

1. Explain *Take the Challenge* to your class.
2. Decide what route / map you would like to travel.
3. Select an appropriate team name.
4. Register your team, nominating the route.
5. When your lesson pack arrives, place the map in a prominent position on a classroom wall.
6. Set up a team folder to keep the team's records together.
7. Be ready to commence the second Monday of the term specified.
8. Your team should aim for 30 minutes of PA a day to complete the challenge. More is better.
9. Place a numbered sticker on the map for every 15 minutes of PA the class completes as a team.
10. Record all PA on your Activity Record. Score 1 point for each 15 minutes of PA.
11. Deliver at least one HLL from *Take the Challenge* lesson book each week.
12. Place a HLL sticker on a red dot on your map (or on the My Community map, a community facility) for each HLL given.
13. Record the HLL activity and message on your Activity Record or attach a copy of your lesson plan to this record.
14. Score 5 points for each HLL. Include any HLL's given by other teachers or visitors.
15. Add 10 bonus points every time your team receives HLL's from **ALL** 4 key messages.
16. Keep copies of all *Take the Challenge* class work in the team folder.
17. Complete *Take the Challenge* on the second last Friday of term.
18. Add up all your team's points, including bonuses, on the Activity Record.
19. Return the completed record, your class list and the team folder to your regional *Take the Challenge* contact by the last day of the term.