

KINGSGROVE PUBLIC SCHOOL

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23 June 2020

Dear parents and carers



NSW PREMIER'S SPORTING CHALLENGE

This year our school has registered to participate in the **NSW Premier's Sporting Challenge**.

The purpose of the Challenge is to encourage students to participate in sport and physical activity to lead a healthy lifestyle.

Over a 10 week period, **21 July to 25 September 2020**, all classes **Kindergarten to Year 6** will be monitoring physical activity levels during class time, at recess and lunch as well as during sport lessons. Physical activity outside school hours will also count towards the Challenge award. The aim is to work towards an average at least 60 minutes of activity a day for 10 weeks.

Our school will be working towards an individual student award at the conclusion of the Challenge.

We would like to invite families to support us in encouraging students' healthy use of leisure time and to experience the joy of being active together.

Each student in Years 3-6 will be issued with a logbook to record their daily physical activity. Whilst K-2 students will work towards a Gold class award level.

Students completing the Challenge will receive a personalised certificate (Diamond, Gold, Silver or Bronze), signed by the Premier of New South Wales.

Physical activity is valued for its physical, social and emotional benefits. It also helps young people to develop communication skills, confidence and resilience.

If you would like to discuss any aspect of the Challenge, please contact Mrs Pitcher who will be pleased to talk further with you.

Ms Fermanis
Principal

Mrs Pitcher
PSC Co-ordinator