

Dear Parents/Carers

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 ten-week period **Term 3, Week 1 – 10** our **Year 7 and Year 8 Cohort** 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. With students beginning Term 3 with online learning, students are encouraged to record the physical activity they are completing at home. The aim is to work towards an average at least 60 minutes of activity a day for ten weeks.

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. Students will track their physical activity by one of the following:

- **Students with online access:** Students will access the e-tracker, to aide in recording and monitoring their physical activity levels. **A Google Classroom is created for the ten-week challenge. Information on how to access the tracker will be uploaded. Your child will find the classroom code on their PDHPE Google Classroom.**
- **Students receiving hardcopy packs:** Students will be issued with a logbook to record their daily physical activity. When restrictions are eased and students can return to school, they can transfer their data to the online tracker.

Students completing the Challenge may 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 Miss Smith who will be pleased to talk further with you. You can contact the school on (02) 4627 1800 or ambarvale-h.school@det.nsw.edu.au.

Yours sincerely,

Caitlin Smith

Ambarvale High School Premier's Sporting Challenge Coordinator