



**The premier's *Be Active Challenge* is a program for all South Australian children. The challenge is to be active for 60 minutes a day, for 5 days a week for 4 weeks! If we can do that each child will get a medal from the Premier!**

We think most of our children do this easily so we are going to accept the challenge for all the children at kindergarten. For every session our children attend we guarantee we will provide a MINIMUM of 60 minutes being active.

This will happen in chunks of time from 20 minutes each group time (that's an hour over a day!!) We are also going to focus each week teaching the children how to move their bodies in different skills. We will provide lots of games and activities for them to practice and refine their skills.

**Week 1 the skill will be jumping.** (You can jump ..up/down, high/long or over)

I have registered the children as a kindy so unlike school children, parents do not need to track or record the children's level of activity. (All children will finish the challenge and receive medals so don't worry if you miss some days.)

We are asking you to

- 1./ encourage your child to get up and be active when they are not at kindy
- 2./each day when you sign in we have a little piece of paper for you to write your child's name and one physical activity they have tried on the day they were not at kindy. Post these in the "letter box" and at group time we will share them with everyone.

This way we can encourage and perhaps inspire children to try new things.

**We have ordered some great leaflets that should give your family lots of information and ideas on how to *Be Active!***