Information for Parents

The Premier’s Active Families Challenge encourages Victorians to participate in 30 minutes of physical activity for 30 days over six weeks. It’s free, it’s fun and it’s part of the Victorian Government’s commitment to get more people, more active, more often.

You have received this flyer because your school is supporting your child to complete the Challenge.

Establishing the importance of physical activity during childhood can help ensure lifelong participation with resulting health, social, economic and environmental benefits for individuals and communities.

Now in its fifth year, the 2013 Challenge will be held from March 4 to April 14.

Families that register to participate will be supported with healthy eating and physical activity tips and incentives. You will also receive:

- 20 free YMCA passes
- 15% off at Rebel Sport
- One hour free court hire at Melbourne Park or Albert Park Reserve
- One free child pass to the Melbourne Aquarium
- One free child pass to the National Sports Museum and MCG Tours
- And a chance to win great prizes, including Apple iPads and sporting goods vouchers.

The 2012 Challenge was an overwhelming success, with more than 80,000 Victorians participating. This year is set to be even bigger and better.

You can help support your child by joining in the Challenge and being active as a family after school and on weekends.

Physical activity during childhood can help with:
- Developing a healthier heart and lungs
- Building stronger bones and muscles
- Improving motor skills
- Improving self-esteem
- Reducing stress and anxiety
- Improving school performance
- Improving concentration

The National Physical Activity Guidelines recommend that children aged between five and 12:
- Need at least 60 minutes (and up to several hours) of moderate to vigorous physical activity every day.
- Should not spend more than two hours a day using electronic media for entertainment (e.g. computer games, TV, Internet), particularly during daylight hours.

What can you do to help?
- Be active with your children
- Turn off the TV and computer or limit the time allowed and substitute with a fun activity
- Plan some activities with your children – let them choose
- Find out what the school is doing – ask if they are keeping track of the activity time

Things to consider when being active:
- Be sun-smart when outdoors
- Keep hydrated
- Wear comfortable shoes and clothing
- Know your children's limits

Suggested activities you can do as a family:
- Walk to school
- Walk the dog
- Bike riding
- Explore where you live – walk a different course direction
- Do the family chores together – shopping, washing the car
- Set up a backyard obstacle course
- Get some chalk and make a downball or hop-scotch court on your driveway
- Play a game of backyard cricket
- Backyard lawn bowls with the balls you have
- Kick-to-kick with the footy or soccer ball
- Wall tennis
- Backyard volleyball with a balloon or keep the balloon up
- Frisbee
- Rebound – throwing the ball against the wall
- Jump rope
- Hula hoop competition
- Hide and seek
- Throw and catch – and take step back when successful
- Head to the local playground
- Fly a kite
- Stand, stretch and walk around during every ad break on TV
- Three-legged races
- Sack races
- Roll a dice and the winning number selects the activity