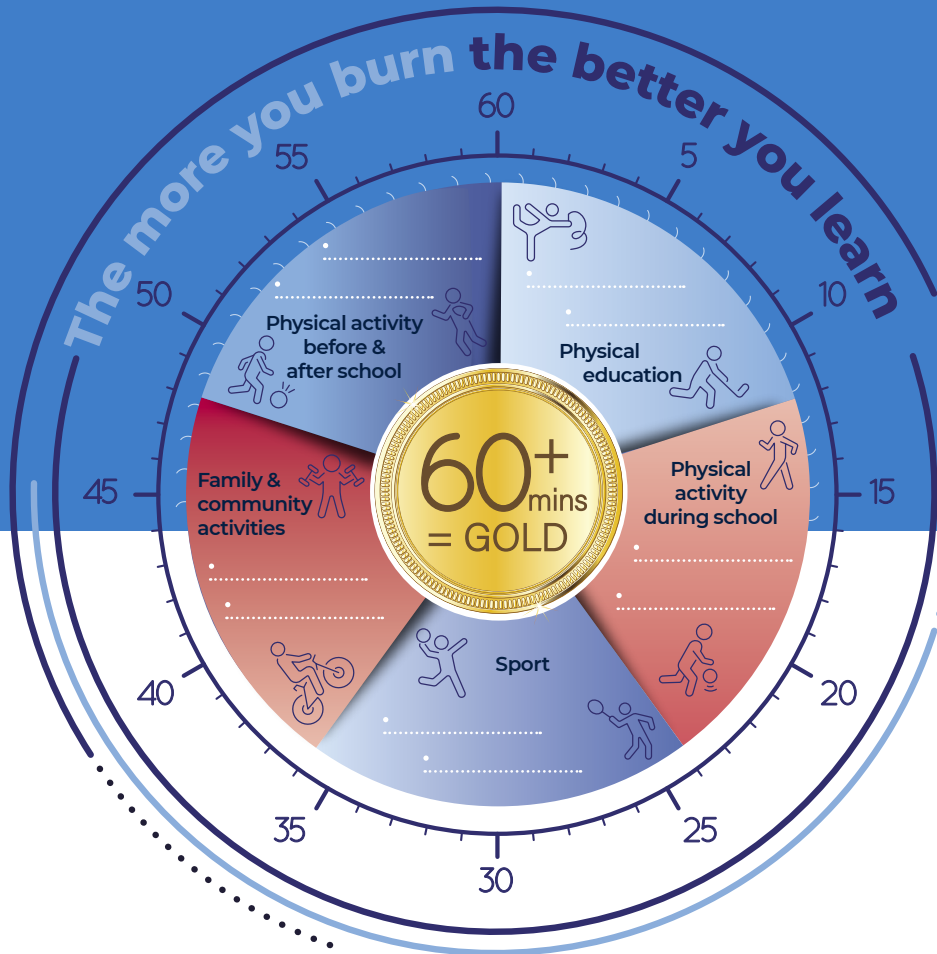


Physical activity stopwatch

Write activities that you take part in throughout the day on the stopwatch sections.



WHEN and WHERE in my week could I do MORE physical activity?

NSW PSC 2021 10 WEEK CHALLENGE

Years 3-6 logbook



Student Name

Team Name

Teacher Name



<https://app.education.nsw.gov.au/sport/psc>

Premier's Sporting Challenge

More active, more often



What do I do?

- To keep track of your physical activity data, use this logbook or the 10wC activity tracker web app – <https://10wctracker.com.au/> See your teacher for your team code and individual pin.
- Mark a box for every 20 minutes of activity.
- Write in your weekly award level achieved.
- Ask your teacher or PSC Student Ambassador to record your weekly awards into the class e-Wall chart and check what award you/your class is on track to receive.



Does your school have PSC Student Ambassadors? They are student leaders who support their school in implementing sport and physical activity opportunities for their student body.



Week	Bronze 200 minutes	Silver 320 minutes	Gold 420 minutes	Diamond 560 minutes	Award Achieved
Week 1	B	S	G	D	_____
Week 2	B	S	G	D	_____
Week 3	B	S	G	D	_____
Week 4	B	S	G	D	_____
Week 5	B	S	G	D	_____
Week 6	B	S	G	D	_____
Week 7	B	S	G	D	_____
Week 8	B	S	G	D	_____
Week 9	B	S	G	D	_____
Week 10	B	S	G	D	_____