



# Upper Yarra Primary Schools Sports Association

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## YARRA DIVISION INTERSCHOOL HOME PHYS ED CHALLENGE

Dear Parents,

Our Sports Association is organizing a Phys Ed Program for home while we are bound by the restrictions of the Corona Virus. The difference with this program is that it includes many schools from across the Yarra Valley and beyond. At this stage we have 28 Primary Schools involved.

The main aim of the program is to provide students and their families with a set of activities each week (usually about 6) that are easy to do and are easily measured trying to minimize the variables that can be added to so many activities by the participants own interpretation of the activity.

The activities are suitable for toddlers to adults and can be done at any time of the day and you can do 1, 2 or any number of activities whenever it suits through the day. They might offer good little breaks during the day's routine. Activities will be issued every Friday night ready for the next week and you can do the activities on any 5 of the 7 days until the following Friday.

The results that are posted on each Friday will be collated to see how you're going against other grade levels from other schools and how your school is going against other schools. **So the interschool challenge is on.** Each Monday the previous week's results will be posted and you'll be able to see how your school is going.

So the more members of your school community that are involved the more success your school will have. Your teacher may also be able to have conversations with their class about how you are all going via the school's remote learning format.

With no team sport of any form happening for a while this will be one way we can still be part of a team and have a lot of fun along the way. It is completely non threatening and combines some fitness activities mixed with skill based activities. You can measure your own improvement by using your record card and keeping your scores.

### Around Australia Fun Run

Activity 1 each week will be a fun run which we'll do for 5 minutes a day. You can measure how far you can run, walk or stroll each day and we're going to add it to every participants score for that week. As part of our results each week we're going to show how far we've travelled together on a journey around Australia. Activity 1 will be constant throughout the term and we might add a few bonus questions about the towns we travel through.



### Awards

At the end of the program there will be awards presented to winning schools and grade levels from across the schools. School awards will be based on averages so your total score will be divided by your school's enrolment. There will also be individual awards presented to students.

Each participant will receive a certificate to show their achievements throughout the term.

Remember though, as much as we are adding a competitive element to our program the main aim is to have fun and just have a go. All family members can do it and their scores will be part of the school's total.

The link to go to every week to get everything you need is below.

Click here [Phys Ed at Home Inter-school Challenge](#)

Good luck,  
Andrew Devisser  
(Yarra Division Sports Officer for SSV)