

Celebrating  
10 years  
of the  
**NSW PREMIER'S  
SPORTING CHALLENGE**  
2008 - 2017



## BENEFITS OF DAILY PHYSICAL ACTIVITY

- ★ Fun with friends
- ★ Feel good
- ★ Improved mood
- ★ Improved fitness
- ★ Ready to learn
- ★ Improved attention & memory
- ★ Make better decisions
- ★ Sleep well

**Did you know...** Research shows if you **write down your goals**, you are much more likely to **stay on track and achieve them**. What's your physical activity goal?

# NSW PREMIER'S SCHOOL SPORT CHALLENGE

## 2017



STUDENT NAME \_\_\_\_\_

SCHOOL \_\_\_\_\_

CLASS NAME & TEACHER \_\_\_\_\_

**LOG BOOK**  
[online.det.nsw.edu.au/psc](http://online.det.nsw.edu.au/psc)



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