

Program Outline:

Every Friday at lunchtime for ten weeks students walk or run laps of their school oval (500m lap) or school grounds (1km lap). For every lap the student completes they earn a stamp on their distance card. The overall goal is to receive 21 or 42 stamps (depending on the lap distance) over the course of the ten week program, by which stage the student will have completed a Half Marathon distance of 21km.

This health and fitness initiative is a fantastic way to connect the entire school community, generate school spirit, and to improve the health of the students around Western Australia. In addition, Go the Distance acts as a training platform for the 4km Run/Walk event in the 2011 Chevron City to Surf for Activ on Sunday 28th August 2011.

Go the Distance is run in association with StepUp4Kids, which was successfully conducted at Our Lady of Grace Primary School in 2010.

In order for this program to be run successfully, it requires involvement from all areas of the school community. Parent volunteers will be required to oversee each training session as the program must be run independently of the Physical Education Program in schools. School Captains and Prefects are required to assist the parent volunteers and to provide encouragement and support to all participants.

Schools are free to arrange sponsorship with local businesses and to adapt the program to suit individual school needs. Certificates of Thanks are provided to thank sponsors for their contribution and support.

All templates required to successfully implement Go the Distance are available at www.perthcitytosurf.com.

Helpful Tips:

- Incentives are vital to the success of this program. Examples include having special guests to run laps alongside students, prizes, dress-up laps, inviting grandparents/parents to watch, or having relevant/inspirational guest speakers at assemblies. Based on the success of StepUp4Kids at Our Lady of Grace Primary School we recommend the use of incentives to keep the program's momentum moving forward.
- A beep-test can be undertaken at the start of the program and again at the conclusion of the 10 weeks to help students to set fitness goals and gives them a measurable fitness outcome.
- Celebrate the final day of the program possibly in the form of a small wind-up party.
- The program requires involvement from the entire school. The canteen could facilitate a healthy eating program or teachers could undertake cooking with their classes to encourage a healthy diet.
- Organisers will require a full school list to be able to merge personal information with the templates, such as certificates.

Templates Provided:

The following templates are available at www.perthcitytosurf.com:

- Certificate of Participation- awarded to students who participate but do not complete the 21 laps,
- Certificate of Achievement - awarded to students who completed 21 laps
- Certificate of Appreciation – given to School Captains and Prefects
- Certificate of Thanks – given to sponsors, parent volunteers and guest speakers
- Go the Distance Friday lunchtime procedure
- Go the Distance roster
- Student distance card

Are you a regional school wanting to participate in the Chevron School Challenge but can't travel to Perth for the event on Sunday 28th August? We can arrange Chevron City to Surf for Activ certificates, medals and race bibs to be sent to your school so you can run your own event on school grounds. Call us on 9436 0262 to discuss.

