

# The Governor's Challenge

The 2009 Governor's Challenge Competition is a contest among all k-12 schools in the state to help California students get active, healthy and fit.

## Grand Prizes

Three Brand New Fitness Activity Centers (retail value \$100,000 each) to the grand prize winning elementary school, middle school and high school

## Regional Awards

\$5,000 awards - to one school in each of eleven regions - to purchase physical activity equipment

## Front Runner Recognitions

\$1,000 awards to the elementary, middle, and high schools in each region that had the most active days on January 31, 2009

## How does the Governor's Challenge work?

To complete the Governor's Challenge, students must be active 30-60 minutes a day at least three days a week for four weeks *in addition* to the physical activity they engage in as part of their school's regularly scheduled physical education classes.

## When can we take the Challenge?

The Challenge can be taken anytime between now and **May 31, 2009**. Also, students and teachers are encouraged to take the Governor's Challenge more than once during the year so your school can record as many Active Days as possible.

## How do I register as my school?

Once you have received your principal's approval, you can register as your school's Governor's Challenge Coordinator at [www.CalGovCouncil.org/Coordinator](http://www.CalGovCouncil.org/Coordinator).

## What are some examples of how some schools administered the challenge in the past?

Rancho Las Positas Elementary School in Livermore gave wristbands to students who were members of their after school running club. At Marvin Elementary in Los Angeles, the principal invited their students to arrive 30 minutes before the start of class to participate in dancing and stretches.

For Additional Information Visit: <http://www.calgovcouncil.org/challenge>