



Inter-class Competitions

How To Guide

Summary

Track Active Travel participation between classes or factions and harness the power of competition.

Interclass Competition activity points can be earned once each Term and should have a minimum of 4 dates where participation is measured.

Tips for getting started

Have a think about the components of your Competition:

- How will you measure participation?
- Over what period and dates will you measure participation?
- Will there be a prize?
- Communicating results.

Measuring participation

This could look like:

- Students self-complete a tally chart in their classroom.
- Students receive a pop stick on arrival from their teacher if using active travel. The class collects them throughout the competition.
- Teacher conducts a survey and emails results or submits an online form (QR code may be included in a classroom poster).
- High School students scanning a QR code and filling in a Google Form to register their active trip to school.

Planning your competition timing

Examples include:

- Every second Wednesday.
- Any 4 dates over the Term.
- Part of your usual Regular Active Travel Day.

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What will the prize be?

It may look like one or more of these options:

- Active travel trophy.
- 10 mins extra free time at recess or lunch.
- Scooter use at recess or lunch.
- A special reward relevant to your school, for example, exclusive use of an area one lunch time.
- Small reward shop prize for every student in the class, such as a pair of Your Move Crazy Socks for everyone, or a set of spokey dokes etc.
- Raffle tickets for an exclusive winning class only prize draw, combined with:
 - Medium reward shop prizes, e.g. helmets, umbrellas, bike pumps.
- OR
 - A large reward shop prize, e.g. bicycle (purchased using Bike Shop Voucher).
- Faction points.
- Other existing benefits in your PBS (Positive Behaviour Support system).

Communicating results

Consider:

- Which communication channels you will use and when.
- Will you announce interim results throughout the competition to spur motivation?
- Using a leaderboard on prominent display.
- Will a class trophy rotate through the weekly leader?
- Will there be different categories in the competition? e.g. lower and upper school?

Tips for success

Include the following in your planning:

- Define your goals - what are you trying to achieve? (e.g. 5% increase in active travel)
- How are you going to measure your goals?
- How are you going to share and celebrate the outcome?
- How will you communicate your competition to staff, students and parents?
- How else can you promote and drum up enthusiasm?
- If classroom teachers are involved in collecting data - how are you going to get your staff onboard? Do they have an incentive?

Maximising your story points

- How did you communicate the competition? e.g. newsletter, social media, school messaging system, assembly, posters, announcements.
- Student content - add a quote about the activity from your students.
- Photos - tell your story through your photos, including screenshots of promotion.
- Detail - imagine you are creating a step-by-step resource for others to replicate.
- Travel behaviour change - add any observations or data.
- Lessons Learnt - what had the most impact? what would you change if you did it again?

Links

- [Golden Boot Challenge and Motor Free Monday Kick Off at LGPS!](#)
- <https://www.yourmove.org.au/stories/big-foot-best-feet-forward!>
- <https://yourmove.org.au/stories/inter-class-competition-winners>