



# SCHOOL INFORMATION VIRTUAL CROSS COUNTRY

# SCHOOL INFORMATION



## Participation in the SSV Virtual Cross Country PROGRAM

All secondary and primary school students from Government, Independent and Catholic schools can participate. This program is aimed at getting students moving in a fun, non-competitive walking, jogging or running activity.

This sheet provides more information on how the Virtual Cross Country Program works and what students need to do to participate in the program.

### What's involved?

We want to encourage students to participate in walking, jogging or running activities as part of the Virtual Cross Country Program. Students could walk, jog or run during after school hours or the school may like to organise a fun activity such as a lunchtime walk, jog or run or even a cross country event.

Student results are tracked and converted to points that contribute to the school's overall result.

### If a student already participates in sport, can their activity be included in the program or do they have to complete extra activity?

Participating in sport and exercise is great for student health and wellbeing. For those students already involved in sport or running, they would complete an extra walk, jog or run for it to be included in the program.

### If a student does not play sport or is currently inactive, can they still participate and what activities could that include?

Absolutely! Virtual Cross Country is all about giving every student the opportunity to get moving and have fun. We are keen for those students who are not currently involved in sport or may be less active to join in. They can choose to walk, jog or run and can do the activity at their own pace and fitness level. Virtual Cross Country is not about the best performance, longest distance, or the fastest time. Activities could include a dedicated walk or run home from school or a walk, jog or run with their family or friends. They simply track the distance they cover and record the details on the website. Students are encouraged to complete a minimum of one walk, jog or run during the program.

### What is required of the school?

The program commences in Term 2 and operates throughout Terms 2 and 3 with entries closing 16 September 2022. The school is required to:

- Promote the program and encourage students to get moving and contribute to the school's overall results.
- Additionally, the school can organise specific events, such as a cross country or lunchtime fun run and the results can be included in the school's overall results.
- Ensure students obtain parent/guardian permission
- Monitor progress and encourage students to participate throughout the program. Students will need parent, guardian or teacher support to register their results via the [website](#).

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For all school organised events scheduled specifically for the Virtual Cross Country Program:

- Record the student results on the bulk entry form. This can be found on the [website](#) under the Register your Results section. This is a spreadsheet where the distance covered and duration of activity can be added.
- Upon completion of the program, calculate the totals on the final tab of the bulk entry form
- Submit the bulk entry form spreadsheet to SSV via [ssv.play@education.vic.gov.au](mailto:ssv.play@education.vic.gov.au) confirming your request to publish the results on the SSV website.

All registrations and results must be submitted by 16 September 2022.

## Are results published?

Student registrations via the website provide the option for students to choose to not have their details published, however their results will be added to the school's overall results.

## How do students measure the distance that walk or run?

There are many Apps available that can help students track the distance they walk, jog or run. Google Maps, GPS, Strava etc; could be used on a smartphone, tablet, smart watch or personal computer to track distances. They could even go old school and use a trundle wheel or measure the distance using a bike computer or their parent's car odometer. The idea is to be as accurate as possible using whatever devices students have access to. To accurately record the time it takes to walk, jog or run the distance, it can be as simple as using a clock, stopwatch or timing it on a watch or phone. The most important thing is for students to participate, get active and most of all have fun! For more detail on third-party apps see notes at the bottom of the page.

## Does the Department have an app to measure distances?

The Department does not own or manage licensed software for schools.

## Is there a specific amount of exercise students need to do?

We encourage students to complete as many activities as they are able to do. Students are encouraged to complete at least one walk, jog or run over a four week period. However, ideally students should complete at least one walk, jog or run at a minimum so they can log their activity towards the school's overall result. Students can register each activity they complete on the website.

## What is the duration of the cross country program?

The program commences in Term 2 and operates until the end of Term 3, with entries closing 16 September 2022.

For further information - [see Student Information sheet](#).



# MARKETING ASSETS



School Sport Victoria has created a number of assets that can be utilised by your school to promote the Virtual Cross-Country.

An example of the assets can be seen below. Also you will find the copy to be used in conjunction with the imagery.

Please follow the [link here](#) to download assets.



## Social Media Copy

Virtual Cross Country is back for 2022! This School Sport Victoria program is part of the SSV Play initiative.

SSV Play aims to engage less active students and those not currently participating in interschool sport, through a variety of sport and physical activities.

The Virtual Cross Country program encourages students to go for a walk, jog or run and record their results to earn virtual points for their school.

If you would like to be part of the fun, follow the link for more information. <https://www.ssv.vic.edu.au/sport/VirtualCrossCountry>

## Newsletter Article

It's time to get thousands of feet moving across Victoria with students having the chance to have fun while getting active!

Primary and secondary students from Government, Independent and Catholic schools have the opportunity to participate in the SSV Virtual Cross Country in 2022 as part of SSV Play.

SSV Play aims to engage less active students and those not currently participating in interschool sport, through a variety of sport and physical activities.

The Virtual Cross Country encourages students to go for a walk, jog or run and record their results to earn virtual points for their school.

For information on how to participate, please visit the [website](#).