

THE VOLKSWAGEN FOOTY FIT CHALLENGE FRAMEWORK

The Volkswagen Footy Fit Challenge is a gamified curriculum package that aligns with the Volkswagen Footy Fit in-schools program. It provides students with an opportunity to learn about multiple areas of health and fitness.

The framework is as follows:

Students will design their own [Avatar](https://prod-media.coolaustralia.org/wp-content/uploads/2020/09/16112531/Volkswagen-Footy-Fit-Create-an-Avatar.pdf) that they will ‘train’ (by earning tokens) with the aim of being drafted for their class’s Volkswagen Footy Fit Team.

The [Stadium Scoreboard](https://prod-media.coolaustralia.org/wp-content/uploads/2020/09/16112443/Footy-Fit-Stadium-Scoreboard.pdf) allows students to keep track of their Avatar’s training progress. It has four sections:

* Healthy Habits
* Healthy Mindset
* Body Knowledge
* Physical Skills

These four sections encourage students to explore the holistic nature of health and wellbeing.

Tokens are earned by completing activities and challenges throughout the Volkswagen Footy Fit Challenge lessons. They can opt to complete additional activities to boost their tokens using the [Volkswagen Footy Fit Game Plan.](https://prod-media.coolaustralia.org/wp-content/uploads/2020/09/16125117/Volkswagen-Footy-Fit-Game-Plan.pdf) Sticking their earned tokens on the Stadium Scoreboard, students can easily keep an eye on, and plan, their progress.

The token types that can be earned are:

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| --- | --- | --- |
| **Token Type** | **Usage** | **Maximum allowed per student** |
| Healthy Habits tokens | To go only in the Healthy Habits section on the Stadium Scoreboard | 10 |
| Healthy Mindset tokens | To go only in the Healthy Mindset section on the Stadium Scoreboard | 10 |
| Body Knowledge tokens | To go only in the Body Knowledge section on the Stadium Scoreboard | 10 |



|  |  |  |
| --- | --- | --- |
| Physical Skills tokens | To go only in the Physical Skills section on the Stadium Scoreboard | 10 |
| Sponsorship tokens | Can be used in any section on the Stadium Scoreboard (like a wildcard). They are earned by winning games or competitions dotted throughout the lessons. | 3 |

A maximum of 10 tokens can be assigned to each of the four sections of the Stadium Scoreboard (including Sponsorship tokens) and a maximum of 40 total tokens can be added to the Stadium Scoreboard.

**Optional:** Tokens can be removed if students are found to be cheating or otherwise undermining the Volkswagen Footy Fit principles.

At the end of the Volkswagen Footy Fit Challenge unit, students can receive Certificates and Awards along with being assigned a Team Role in the class’s Volkswagen Footy Fit Team.

**Note:** You can assign more than one student to each role on the [Volkswagen Footy Fit Team Roles](https://prod-media.coolaustralia.org/wp-content/uploads/2020/10/16142731/Volkswagen-Footy-Fit-Team-Roles.pdf) chart, or you could award the specialist roles to the student with the highest number of qualifying tokens.

Use this system to help you award Certificates and Roles:

|  |  |  |
| --- | --- | --- |
| **Award/team role** | **Minimum tokens required for Years 3 & 4 students** | **Minimum tokens required for Years 5 & 6 students** |
| [Certificate of Participation](https://prod-media.coolaustralia.org/wp-content/uploads/2020/09/16112545/Volkswagen-Footy-Fit-Participation-Certificate.pdf) | 15 overall\* | 20 overall\* |
| [Certificate of Completion](https://prod-media.coolaustralia.org/wp-content/uploads/2020/09/16112520/Volkswagen-Footy-Fit-Completion-Certificate.pdf) | 20 overall\* | 25 with five in each of the four sections of the Stadium Scoreboard\* |
| Volkswagen Footy Fit Class Team Fan Club Member | 15 overall\* | 20 overall\* |
| Class Team Player\*\*\* | 8 Physical Skills tokens\*\* | 10 Physical Skills tokens\*\* |



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| --- | --- | --- |
| Dietician Role\*\*\* | 8 Healthy Habits tokens | 10 Healthy Habits tokens |
| Psychologist Role\*\*\* | 8 Healthy Mindset tokens | 10 Healthy Mindset tokens |
| Physiotherapist Role\*\*\* | 8 Body Knowledge tokens | 10 Body Knowledge tokens |
| Team Captain Role | 28 tokens overall including 8 Physical Skills tokens | 32 tokens overall including 10 Physical Skills tokens  |
| Coach Role | 32 tokens overall including 8 Physical Skills tokens | 35 tokens overall including 10 Physical Skills tokens |
| [Volkswagen Footy Fit Rising Star Award](https://prod-media.coolaustralia.org/wp-content/uploads/2020/09/16112557/Volkwagen-Footy-Fit-Rising-Star-Certificate.pdf) | 40 - the complete set (can include Sponsorship tokens) | 40 - the complete set (can include Sponsorship tokens) |

\* You could instead negotiate individual targets for students who have special needs and allow all students to be awarded Fan Club Membership regardless of tokens earned or allow all students to be awarded a Certificate of Completion. You could also choose to add or remove some activities from your in-class program and change the minimum requirements to suit your students.

\*\* You could instead allow all students who receive a Certificate of Completion, but don’t qualify for the more challenging roles, to be awarded Player status.

\*\*\* Students must also qualify for a Certificate of Completion to be awarded this role.