



## Terms and conditions for the SASP Brain Break 2019 competition

**Stand the chance of winning R5000.00 worth of exercise equipment for your school by entering the SASP Brain Break competition!**

Children need to run and play often to develop and use their brains. For the 2019 National Physiotherapy Back Week (1-8 September), the South African Society of Physiotherapy (SASP) is challenging schools to schedule brief 'Brain Breaks' to boost brainpower!

"Parents and teachers should work together to ensure that physical activity happens at the same time as learning," says Professor Witness Mudzi, President of the SASP. "Physiotherapists can offer excellent advice on what sorts of activities to incorporate, intense bursts of activity which will grab the children's attention and boost their brainpower".

The SASP is encouraging schools around the country to implement regular Brain Breaks and to encourage them to do so, they will award R5000.00 worth of exercise equipment to one school in each province. Here is how it will work:

- Children need to participate in an age-appropriate, physical and fun activity
- The activity must be safe for the children to perform
- Children must be 18 years of age or under
- The size of the group does not matter
- The ideal Brain Break is three minutes long
- To enter, take a 30 second video of the children performing their Brain Break and submit it to the SASP – details for ways in which to submit these video clips are listed below
- Make sure you submit an entry with your video clip. This is loaded on the SASP website – [Entry Form](#)
- Schools need to have written consent from the children and parents to take video footage and for the SASP to use this footage to promote the SASP Brain Break on various media platforms. Please ensure that you submit the necessary consent forms with your video clip. This is loaded on the SASP website – [Consent Form](#)
- The closing day for the submission of video clips is 17h00 on Monday, 16 September 2019. The winners will be announced on Friday, 20 September 2019 on the SASP social media platforms and on the SASP website
- No songs/music requiring copyright permission should be used
- R5000.00 will be awarded to one school in each province and the school in turn will need to provide proof of having used these funds to purchase exercise equipment
- Follow the SASP on social media for Brain Break ideas.

[SASP on Facebook](#)

[SASP on Twitter](#)

[SASP on Pinterest](#)

[SASP on Instagram](#)

### [SASP on LinkedIn](#)

- Contact a physiotherapist in your area to help co-ordinate your Brain Break. Details of physiotherapists can be found at this link <https://www.saphysio.co.za/find-a-physio/> on our website
- The decision of the judging panel is final and no other correspondence will be entered into

### **Ways in which you can submit your video clips:**

- If you can compress them, you may email them to [marketing@saphysio.co.za](mailto:marketing@saphysio.co.za)
- You may send them via What's App to 083 230 0643.
- We Transfer – [www.wetransfer.com](http://www.wetransfer.com) and share with email address [marketing@saphysio.co.za](mailto:marketing@saphysio.co.za)
- Dropbox – [www.wetransfer.com](http://www.wetransfer.com) and share with email address [marketing@saphysio.co.za](mailto:marketing@saphysio.co.za)