

**E**mpower **M**otivate **E**ngage



# PE lessons | Sport teams

**Join us**

Let's transform the experience of  
**multi-stage running fitness**  
for the next generation!

**Scan here!**



# Why Defeat the Beat?

Physical activity levels for children and young people aged 11-17 are remarkably low. <sup>1</sup>According to the World Health Organization (WHO), globally, 81% of adolescents aged 11-17 do not meet the recommended 60 minutes of moderate-to-vigorous physical activity per day. This statistic highlights the importance to deliver engaging lessons and training sessions that increase and maintain high levels of participation for students. In recent years finding interesting ways to engage and motivate students to participate in cardio-respiratory fitness has been a challenge! Traditional fitness training and lessons just isn't cutting it.

Defeat the Beat changes this, it allows you and your school to create a fitness environment where players are **empowered** through choice and **motivated** to achieve their best. All to the sound of **engaging** upbeat music.

Key to the game's success is the ability for players to choose their own level of difficulty.

This can be through playing our **Challenge Cards** or in **Scoring Mode** running at their own pace using our **Scoring Mode** in single player or paired team play!

With content aligned to Curriculum, it's a no brainer for PE teachers! While being as equally beneficial for coaches, sport teams, clubs and athletes to adopt for their training sessions!

Defeat the Beat will provide you with an environment to engage children and young people in cardio-respiratory fitness. It is designed to include, with a focus on personal fitness goals that can be achieved at all ability levels.

The team at PhysiGames truly hope you and your students, teams and athletes enjoy playing Defeat the Beat!

**Michael Smith**  
Director | PhysiGames

<sup>1</sup>Results from WHO guidelines on physical activity and sedentary behaviour, 2020; sourced from <https://iris.who.int/bitstream/handle/10665/336656/9789240015128-eng.pdf?sequence=1>

## What are game users saying?

*"A **great alternative** to traditional fitness lessons. Really places **multi-stage running fitness** back on the map for our HPE teachers"*





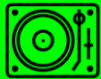









*"A fun and challenging way for students to test themselves. A **dynamic approach** to fitness, helping them set targets while learning about **pacing**"*



*"An **interactive game** style that sure beats treadmill cardio! Makes **group training fun**, effective and great for learning about **pacing**"*



# Explore our four game types

New   U10 recommended	U12 recommended	U14 recommended	U16 recommended
<b>Trial Beat</b> 	<b>Compact Beat</b> 	<b>Inter Beat</b> 	<b>Beat Buster</b> 
 <b>5 Stages</b>	 <b>7 Stages</b>	 <b>10 Stages</b>	 <b>13 Stages</b>
<b>over</b>	<b>over</b>	<b>over</b>	<b>over</b>
 <b>6 minutes</b>	 <b>9 minutes</b>	 <b>14 minutes</b>	 <b>19 minutes</b>

**Trial Beat**

Sign-up today and try for FREE!



## Two modes of play

**Challenge Cards** ★  
multi-mode

choose a challenge card  
or create your own



**Open Scoring Mode** ★

score freely at your own pace  
tally the total at the end





# Get full access today with \*one payment!

**Defeat the Beat**  
**Single user**

**Digital game access**

**\$19.95**  
one payment (AU)

**PE Teacher | Coach | Athlete**

Single user login

**Defeat the Beat**  
**One site | Multi-user**

**Digital game access**

**\$94.95**  
one payment (AU)

**Single school | single sporting club**

1 master admin login for staff

**Defeat the Beat**  
**Multiple sites | Multi-user**

**Digital game access**

**Get a Quote!**  
quoted payment (AU)

**Districts schools | Club associations**

1 master admin login for each site quoted


Empower through Challenge Cards | Motivate in Open Scoring mode | Engage through music

## Additional features in 2025

  
**Defeat the Beat**  
Years 7 – 8 Module

**Curriculum resources**

Aligned curriculum resources for schools - coming soon!

  
**Your fitness journey**

**Fitness journey**

Players embark on a personal fitness journey - coming soon!

  
**CLASS**

**Leaderboards**

Generate excel class vs class leaderboards – coming soon!

Aligned resources to  
Curriculum

Milestones. Personal bests.  
Fitness goals

Input scores. Generate  
graphs. Print to display

Contact us: [admin@physigames.com.au](mailto:admin@physigames.com.au) | [www.defeatthebeat.com](http://www.defeatthebeat.com)

