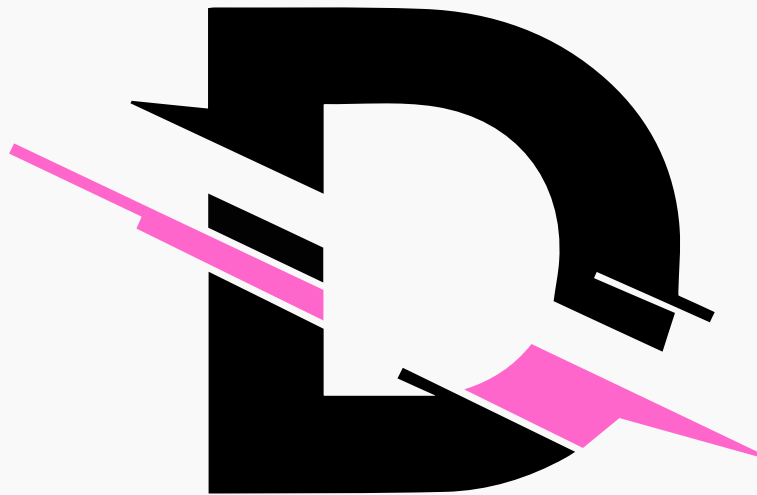


**E**mpower

**M**otivate

**E**ngage



# ***DEFEAT THE BEAT***

PE lessons | Sport teams

Join us

Let's transform the experience of **multi-stage running fitness** into something incredible for your students!

Scan here!





# Why Defeat the Beat?

Physical activity levels for young people in Australia aged 12-17 are remarkably low. <sup>1</sup>Recent reports indicate that only 18% meet the recommended 60 minutes of moderate-to-vigorous daily physical activity. This statistic highlights the importance for Physical Educators to deliver engaging lessons and training sessions that increase and maintain high levels of participation for our young people. In recent years finding interesting ways to engage and motivate young people to participate in cardio-respiratory fitness has been a challenge! Traditional fitness testing just isn't cutting it.

Defeat the Beat changes this, it allows your school or sporting club 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 and visuals!

Key to the game's success is the ability for

players to choose their own level of difficulty. Whether through our **Challenge Cards** or scoring and running at their own pace using our **Scoring Mode**.

With content aligned to the Australian Curriculum Version 9.0 coming in 2024, it's a no brainer for HPE teachers! While being as equally beneficial for sport teams and clubs to adopt for their training sessions!

Defeat the Beat will provide you with the tools to engage young people in cardio-respiratory fitness. It is designed for inclusion 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 enjoy playing Defeat the Beat!

**Michael Smith**

Director | PhysiGames

<sup>1</sup>Results from Australia's 2018 Report Card on Physical Activity for Children and Youth, 2018; sourced from <https://pubmed.ncbi.nlm.nih.gov/>

## What are teachers saying?

### Carly Padgett

HPE Teacher | High School | Tasmania

*"A great alternative to generic fitness lessons. Defeat the Beat really places multi-stage fitness back on the map for HPE teachers"*

### Ringo Wu

Director | International College | China

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

### Josh Leighton

HPE Teacher | Primary School | Tasmania

*"An inclusive activity that caters for all fitness levels. Defeat the Beat can be used for goal setting, teamwork and building or maintaining cardiovascular endurance fitness"*





# Explore our game types

New / young players

**Trial Beat**  
  
  
**5 Stages**  
**over**  
  
**6 minutes**

**U12**  
recommended

**Compact Beat**  
  
  
**7 Stages**  
**over**  
  
**9 minutes**

**U14**  
recommended

**Inter Beat**  
  
  
**10 Stages**  
**over**  
  
**14 minutes**

**U16**  
recommended

**Beat Buster**  
  
  
**13 Stages**  
**over**  
  
**19 minutes**

**Trial Beat**



Sign-up today and try for FREE!

# Two modes of play

**Challenge Cards** ★  
 **group challenges**  
 **single player challenges**  
Gold ★  
Silver ★  
Bronze ★  
Multi-mode ★

**Open Scoring Mode** ★  
 **single player**  
**score at your own pace**  
**a friend can help score!**





# Get a \*subscription today!

## 3 month

**Defeat the Beat**  
paid subscription

**All-access pass**

**\$9.95**  
per month (AU)

Single school or club  
\$29.85 (AU) quarterly payments

## 6 month **Save 10%**

**Defeat the Beat**  
paid subscription

**All-access pass**

**\$8.95**  
per month (AU)

Single school or club  
\$53.70 (AU) bi-annual payments

## 12 month **Save 20%**

**Defeat the Beat**  
paid subscription

**All-access pass**

**\$7.95**  
per month (AU)

**Great value!**  
Single school or club  
\$95.40 (AU) annual payments

## Get a quote! **Save**

**Defeat the Beat**  
districts and associations

**All-access pass**

**Contact us today**

Access for multiple schools or clubs  
quoted payments (AU)

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

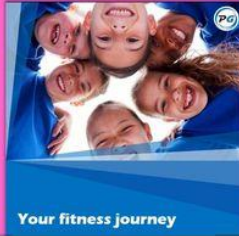
## Additional features in 2024



**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 to the Australian Curriculum Version 9.0

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)

