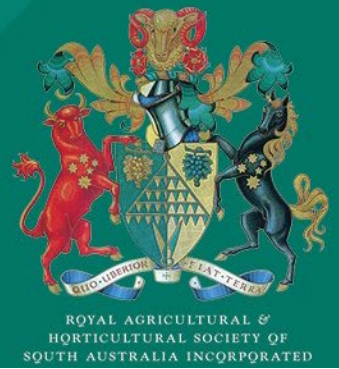


School Sow & Grow Wheat



INVITATION

The Grains and Fodder Committee of the Royal Agricultural & Horticultural Society of South Australia (RAHS) is pleased to invite all South Australian schools to participate in the 2026 Royal Adelaide Show School Sow and Grow Wheat Competition.

This competition promotes the science behind agronomy to students, teachers and parents, with the goal for students to collaborate and develop a project that grows the most vigorous wheat plants in a pot.

AIMS OF THE COMPETITION

The School Sow and Grow Wheat Competition aims to:

- Give students an insight into the science of growing wheat
- Allow students to compete in a curriculum-linked trial that provides insights in the requirements for growing a crop
- Offer students practical, hands-on insight to the future employment opportunities with crop production and agronomy
- Provide students with the opportunity to compete with other schools at the Royal Adelaide Show
- Encourage school participation and progression into grain judging competitions and crop growing

COMPETITION COMPONENTS

The 2026 Royal Adelaide Show Sow and Grow Wheat Competition will run at your school before the 2026 Royal Adelaide Show and culminate at the Show by exhibiting a pot of wheat plants.

The Competition is judged by industry experts and consists of two (2) mandatory components:

- **Presentation of Exhibit:** A pot of a minimum of four (4) growing wheat plants. The plants are judged on uniformity and vigour.
- **Project component:** Students must create an A1 equivalent digital report detailing the wheat growing project done for the Show. The winning reports in each year level category will be printed and be on display for the duration of the Show

TO ENTER

The 2026 competition is open to interested primary and secondary school students in years **5 - 10 ONLY**.

Entries must be submitted online via theshow.com.au/competitions/grains-fodder, prior to the closing date, **Friday May 1st**. Cost of entry is **\$11**.

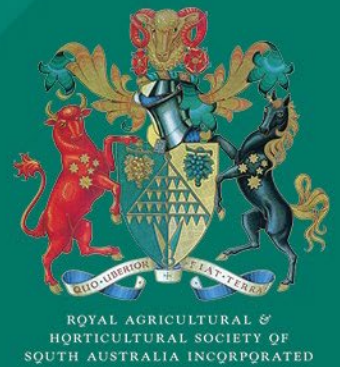
Schools can nominate up to 3 entries per class with a maximum of **6 entries per school**. Each team can consist of up to **3 students**.

An eligible entry includes the project report and the pot of wheat with at least **one representative** of the team present at the judging.

Should you have any questions regarding entries, please contact the coordinator of the Grain & Fodder Competition, Sean Bache: sbache@adelaideshowground.com.au.



School Sow & Grow Wheat



COMPETITION INFORMATION

Competition Timeline

Competition growing week commences	Tuesday 28 April 2026
Online Entries close:	Friday 1 May 2026 - 5pm
Competition growing week concludes:	Friday 4 September 2026
Submission of digital poster component:	Friday 21 August 2026
Delivery of Exhibits to the Golden Grains Pavillion:	Friday 4 September, 9:30am – 4pm, or Monday 7 September, 9:00am – 9:30am
Judging and Presentation:	Monday 7 September, 10am – 3.30pm (See detailed times on pg5)

Awards

The Sow and Grow Wheat Competition awards first, second, & third for **Judging of Plant Growth and Vigour, & Project Poster Report** to the following categories:

- Year 5/6
- Year 7/8
- Year 9/10

With the best combined score from the two components being awarded:

CHAMPION SCHOOL SOW & GROW WHEAT

Champion sash and cash prize.

Collection

Pots of wheat and posters can be collected either:

- On the first day post Show, **Monday September 14**, from the **Golden Grains Pavilion**, or
- From **Urrbrae Agricultural High School** after **Wednesday September 16**. (schools to arrange)

COMPETITION RULES:

School Selection

Schools may run this competition in more than one class. (e.g. 2 year 5 classes, 2 Year 8 and 2 Year 9 class)

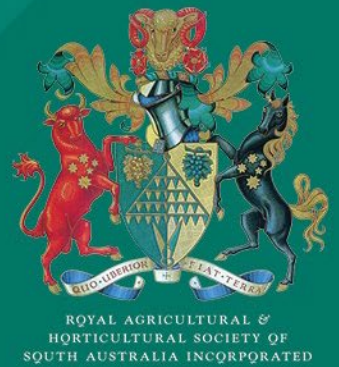
Project Poster Reports

Participating student teams will submit a digital poster for assessment by a panel of judges. The finalist from each year level category will then be printed for display in the Golden Grains Pavilion during Show.

Students are asked to print their own poster for judging day at no larger than **A3**, to aid them in the presentation of the pot of wheat at the in-person judging day on Monday 7 September.



School Sow & Grow Wheat



PROJECT OUTLINE

Seeds

Students can source wheat seeds from local farmers or pet/feed suppliers. Sourced wheat seeds **must not** be treated with any grain protectant.

Pots

Pots must be 14 litres in volume i.e. a 300mm diameter pot. This rule must be adhered to, any larger or smaller pot sizes will be disqualified.

Suitable 300mm standard, 14 litre pots can be obtained from your local garden supplier or hardware store. (Old pots can be used but must be cleaned thoroughly for your project.)

Pots must be clearly labelled with:

- Team Name
- Teacher Name
- School Name

Soil choice is a student decision. It may be soil from a school garden, student's home, a farm paddock or even washed sand. It is recommended to take soil from the upper 30 cm of a site and your choice of soil and reasons be documented in your report.

DO NOT USE POTTING MIX

It is recommended that pots **be placed on** a plastic pot saucer.

Growing Conditions

It is recommended that you sow seeds a short distance apart and sow 2 or 3 seeds per planting hole to improve your chance of germination. If more than one seedling does germinate and emerge in a planting hole you can then pinch out any excess seedlings if you wish.

You must grow a minimum of 4 plants per pot

Planting (sowing) can occur anytime on or after the first day of term 2 in South Australia i.e. April 28, 2026.

Note: If your crop fails during the growing period, you can replant your pots.

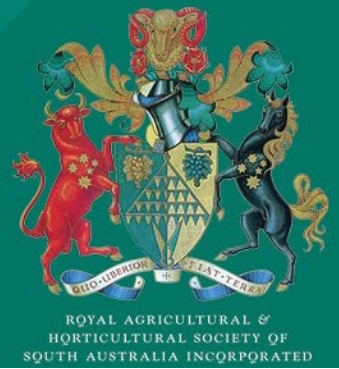
To plant, you will need to supply the following:

- 14 litre pot, (black plastic 300mm)
- Soil
- fertiliser and water
- protective mask, gloves and watering.

Entrants can experiment with the following growing condition variables to achieve the most vigorous growth.

- wheat variety,
- seed sowing technique
- light,
- water,
- fertiliser.

School Sow & Grow Wheat



NOTE: YOU MUST NOT USE ANY OF THE FOLLOWING CHEMICALS IN THIS PROJECT – HERBICIDES, INSECTICIDES, FUNGICIDES, NEMATICIDES OR PLANT HORMONES.

Remember any treatment you decide to trial to get the best plant vigour should be done to the whole pot, (not to individual plants in the pot) and be clearly documented in your report. For example,

1. Variety – all seeds in your pot must be the same variety
2. Water – if you choose a particular watering procedure or water type, all plants must receive the same watering.

Recording

Each team or entrant must keep a record of the treatments they use on the potted plants, growth of their plants and present their photos, observations, measurements and evaluation electronically on an A1 size poster.

Growth measurement can be done using criteria such as:

- Germination rate
- Time from sowing to emergence of seedlings
- Time from sowing to reach significant growth stages
- Height of plants
- Tiller numbers
- Leaf numbers

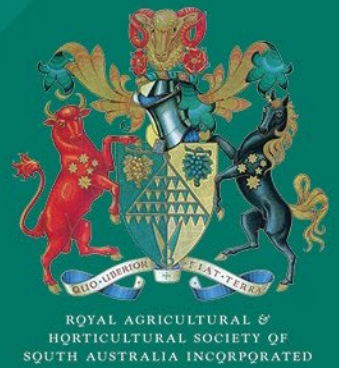
These experimental criteria suggested are simply a guide, students are free to make other measurements.

Reporting

Entrants should include the following in the report (see judging rubric for further details):

- Title
- Description of the trial (how you ran the trial to achieve most vigorous growth)
- Tables of data recorded and appropriate graphs of measurements
- Photos of each major stage of plant growth and the trial
- Evaluation of plant growth and conditions
- Recommendations to improve the crop growth
- Links to the wheat industry
- Team Name, Name(s) of entrant(s), Teachers name and school.

School Sow & Grow Wheat



DELIVERY OF PROJECT

School Project Component

Project Reports from teams will be judged prior to the Royal Adelaide Show opening and first place winners from each category ie Year 5/6, Year 7/8 and Year 9/10, will be displayed at the judging venue and in Golden Grains during the show.

Email address for submission of Project Poster: entries@adelaideshowground.com.au
Please address email to Sean Bache with Subject: School Sow and Grow Competition Poster

Guidelines:

- Digital poster using Canva or one slide in PowerPoint
- Poster dimensions set for A1 (594mm X 841mm) as winning entries will be printed professionally by the RAHS Grains and Fodder Committee for display at the Show
- If using PowerPoint, slide dimensions are set using Design>Slide Size>Custom>enter width & height if A1 is not an available option to select
- Poster can be portrait or landscape orientation
- Must have: Team name, students names, teachers name and school clearly displayed at the top
- Saved as a PDF for submission
- Hard copies of posters will not be accepted
- Must be the students' own work entirely
- Schools can decide if students complete the digital poster individually or in teams
- Schools must ensure they have family/carers consent for any images of students included in the posters to be used for public display

The format of the poster is to be determined by the students, with originality and creativity encouraged. They should use the assessment rubric provided to guide them in deciding the content and layout of their posters.

Pots of Wheat

Teams must deliver and register their pot of wheat to the Golden Grains Pavilion at the Adelaide Showground Friday 4 September, 9:30am – 5:00pm, or the morning of judging Monday 7 September between 9:00am – 9:30am.

Your project will be judged between 10:00am – 3.30pm on Monday September 7, in the Golden Grains Pavilion.

All teams should be present for the welcome and introduction at 10 am. Judging will be conducted in three groups with presentation following at 3pm.

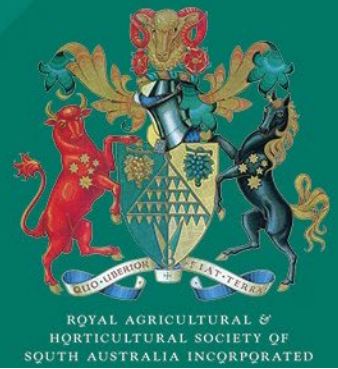
- Years 5-6, 10.15 - 11.15am
- Years 7-8, 11.45am – 1.00pm
- Years 9-10, 1.30 – 2.30 pm

GENERAL JUDGING CRITERIA

- Condition and vigour of all plants in the trial
- Project description, evaluation and presentation of results



School Sow & Grow Wheat



DETAILED JUDGING CRITERIA

Judging Criteria - Plant Growth and Vigour

The condition and vigour of all plants in the pot trial will be evaluated. One plant will be removed from the pot and examined for root vigour.

Criteria	Score
Plant Appearance (colour, and evenness of plant size)	/15
Foliar Growth (tiller and leaf number and size)	/30
Plant Vigour (plant height and estimated biomass)	/30
General health (freedom from insects and microbial damage & overall plant health)	/15
Presentation (Pot labelling and cleanliness and absence of weeds)	/10
Total	/100

Plant Appearance

Appearance will be judged on evenness of green foliar colour and uniformity of plant height and tiller growth. Colour indicates photosynthetic level and plant size is a key indicator of soil nutrition, environmental conditions and choice of variety.

Foliar Growth

Tiller count will be totalled for all plants, leaf and tiller size visually observed. These measurements are indicators of yield potential of plants.

Plant Vigour

plant height and estimated plant biomass will indicate crop management during the growing period.

General Health of plants

The health of the plants is key to potential growth and yield. Damage from insects and microbes will be measured visually to assess effect on plant photosynthesis and what efforts have been taken to manage health without using non allowed chemicals.

Presentation

Plants and pots are inspected to assess level of care taken with the trial. Defects and disqualifications:

- Dirty or damaged pots (possible disease infection)
- Weeds or live insects
- Transplanted plants

School Sow & Grow Wheat



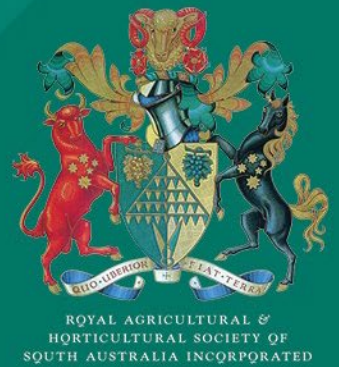
ROYAL AGRICULTURAL &
HORTICULTURAL SOCIETY OF
SOUTH AUSTRALIA INCORPORATED

Judging Criteria - Project Poster Report

The Judging Panel will use the following rubric to assess posters, focusing on skills from the Technologies learning area.

	Evidence	10,9	8,7,6	5,4,3	2,1,0	Total /10
Presentation	Use of original images	Highly effective use of original images	Effective use of original images	Some use of original images	Limited use of original images	
	Layout/Format	Highly engaging and clear layout	Effective and clear layout	Some aspects of layout considered	Limited layout considerations	
	Originality & creativity	Highly original and creative presentation	Good creativity & originality	Some creativity &/or originality	Limited originality &/or creativity	
Content	Description	Concise and informative description of crop program	Effective description of crop program	Some description of crop program	Limited description of crop program	
	Presentation of plant data	Highly effective presentation of accurate, relevant plant data	Effective presentation of mostly accurate & relevant plant data	Some data presentation	Limited data presentation	
	Evaluation of plant growth and conditions	Insightful reflection on plant growth & conditions	Logical reflection on plant growth & conditions	Some reflection on plant growth & conditions	Limited reflection on plant growth & conditions	
	Agronomic recommendations	Insightful, justified recommendations to improve crop outcomes	Logical, relevant recommendations to improve crop outcomes	Some simple recommendations to improve crop outcomes	Limited recommendations to improve crop outcomes	
	Industry links	Highly effective links to grains industry	Effective links to grains industry	Some links to grains industry	Limited links to grains industry	
	Technical language	Accurate and highly effective use of technical language	Effective use of technical language	Some use of technical language	Limited use of technical language	
	Acknowledgement of sources	Thorough and accurate acknowledgement of sources of information and images	Effective acknowledgement of sources of information and images	Some acknowledgement of sources of information and images	Limited acknowledgement of sources of information and images	
TOTAL					100	

School Sow & Grow Wheat



CURRICULUM LINKS

Completion of the RAHS School Sow and Grow Wheat Competition will involve students in activities that develop skills in Technologies curriculum components highlighted in the ACARA V9 Curriculum map following. Teachers may select the specific features most appropriate for their cohort of students for formative and/or summative school assessment purposes.

Curriculum Map

Australian Curriculum Version 9 Achievement Standards

Technologies Year 5-6

By the end of Year 6 students explain how people design products, services and environments to meet the needs of communities, including sustainability. For the prescribed technologies context *food and fibre production and food specialisations*, they explain how the features of technologies impact on design decisions and they create designed solutions. Students select and justify design ideas and solutions against design criteria that include sustainability. They communicate design ideas to an audience using technical terms and graphical representation techniques. Students develop project plans, including production processes, and select technologies and techniques to safely produce designed solutions.

Technologies Year 7-8

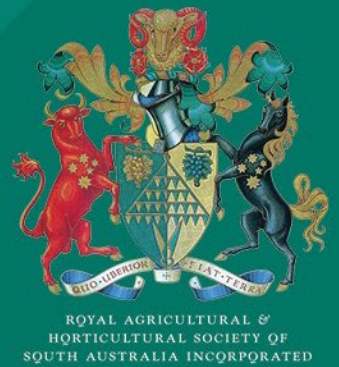
By the end of Year 8 students explain how people design, innovate and produce products, services and environments for preferred futures. For the prescribed technologies context *food and fibre production*, they explain how the features of technologies impact on design decisions, and create designed solutions based on analysis of needs or opportunities. Students create and adapt design ideas, processes and solutions, and justify their decisions against developed design criteria that include sustainability. They communicate design ideas and solutions to audiences using technical terms and graphical representation techniques, including using digital tools. They independently and collaboratively document and manage production processes to safely produce designed solutions.

Technologies Year 9-10

By the end of Year 10 students explain how people consider factors that impact on design decisions and the technologies used to design and produce products, services and environments for sustainable living. They explain the contribution of innovation, enterprise skills and emerging technologies to global preferred futures. For the *food and fibre production* context, students explain the features of technologies and their appropriateness for purpose, and create designed solutions based on an analysis of needs or opportunities. Students create, adapt and refine design ideas, processes and solutions and justify their decisions against developed design criteria that include sustainability. They communicate design ideas, processes and solutions to a range of audiences, including using digital tools. Students independently and collaboratively develop and apply production and project management plans, adjusting processes when necessary. They select and use technologies skilfully and safely to produce designed solutions.



School Sow & Grow Wheat



Australian Curriculum Version 9 Content Descriptors

Strand: Technologies knowledge and understanding

Year 5-6: explain how and why food and fibre are produced in managed environments AC9TDE6K03

Year 7-8: analyse how food and fibre are produced in managed environments and how these can become sustainable AC9TDE8K04

Year 9-10: analyse and make judgements on the ethical, secure and sustainable production and marketing of food and fibre enterprises AC9TDE10K04

Strand: Technologies processes and production skills

Year 5-6: select and use suitable materials, components, tools, equipment and techniques to safely make designed solutions AC9TDE6P03

Year 7-8: select, justify and use suitable materials, components, tools, equipment, skills and processes to safely make designed solutions AC9TDE8P03

Year 9-10: select, justify, test and use suitable technologies, skills and processes, and apply safety procedures to safely make designed solutions AC9TDE10P03

NOTE TO EXHIBITORS

- All rules and regulations pertaining to the 2026 Royal Adelaide Show Grains and Fodder competitions also apply to the School Sow and Grow Wheat Competition. These can be found at the front of the competition schedule. Please make yourself familiar with them.
- All entries **MUST** be made online through the Royal Adelaide Show entries portal. This will ensure all appropriate notices and paperwork can be sent to you, including permit passes to enter the show on judging day.
- Wheat plants must be transported to the Show to ensure they exhibit well.
- Exhibitors (or at least one representative from each team) **need to be present** during the judging to discuss their project with the judges. A judging area will be set up and is closed to the public during judging.

Handy tips to assist you through your wheat growing journey.

- <https://agriculture.vic.gov.au/crops-and-horticulture/grains-pulses-and-cereals/growing-grains-pulses-and-cereals/growing-wheat-in-victoria>
- https://grdc.com.au/data/assets/pdf_file/0031/364594/Cereal-growth-stages.pdf

