



GLENHAVEN PUBLIC SCHOOL

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30 January, 2024

Dear Parents/Caregivers,

K-6 GYMNASTICS PROGRAM

This term students in all year groups will be offered the opportunity to participate in a 5 week Gymnastics Program as an extension to our PDHPE Program. The school offers this program and it is run by qualified instructors from 'Be Skilled Be Fit'. Be Skilled Be Fit bring along all equipment including mats, balance beams and other interesting apparatus. Classroom teachers will accompany the students and be involved in the running of these sessions.

Be Skilled Be Fit's sequential learning Gymnastic Program emphasises the 6 dominant movement patterns fundamental to all areas of gymnastics:

1. Landing
2. Static Positions
3. Swing
4. Rotations
5. Spring
6. Height and/or Flight

The Gymnastics Program also contributes to the well-being of the student by developing correct body alignment, general body control and spatial awareness.

Structure of the Lessons:

Warm-up, explanation, and instruction period followed by the body of the lesson and then lesson review.

Outcome of the programs:

To increase student confidence, understanding of rules, skills and to increase ability to successfully participate in gymnastics.

When:	Term 1 - (4 March – 5 April 2024)
Location:	On the school premises
Cost:	\$35.00 per student non-refundable

Please note that whilst this incursion supports our curriculum-based learning, your child's attendance is optional. Their inclusion however depends upon the payment of the incursion costs being met by **Friday 9 February, 2024**.

In order for your child to participate in this learning experience, please complete online consent and make payment via the payment portal, no later than **Friday 9 February, 2024**.

Parents who are unable to meet all or part of the expenses associated with this incursion are advised to contact the school to discuss options available **prior to the due date**.

David Reid
Program Coordinator

Kerry Maxwell
Principal