

# Hillarys Primary School



## **SCHOOL GYMNASTICS PROGRAM** **D1, D2, D3, B6, B5, B4, B3, B2, B1, A6**

Dear Parents

Following the success of this program in previous years we have once again booked for this very valuable program in Term 2. Two coaches from the 'School Gymnastic' program will be working with students from PP to Year 2 for an eight week series of lessons commencing on Tuesday 2<sup>nd</sup> May.

The program will be incorporated into your child's Phys Ed lessons at school.

Each class will have one 30 minute lesson per week. The program will be run by two accredited, highly experienced coaches and be supervised by our Phys Ed teacher Mrs Armstrong and/or class teachers (PP students only).

The program will allow students to progress from week to week at their individual pace in gaining specific gymnastic skills, whilst developing overall fitness, core strength, flexibility and enhanced spatial awareness. Some of the skills covered in these lessons include the learning the correct procedures of performing handstands, cartwheels, forward and backward rolls, as well as learning to use modified Olympic apparatus for performing a series of skills specific to each apparatus.

School Gymnastics provides all equipment for the lessons and ensures that it meets international safety and quality standards.

Each student who participates in the program will be individually evaluated and will receive a certificate at the conclusion of the program showing their level of achievement.

The cost of this eight week program is \$40.00 per student.

This is a great opportunity for our junior students to gain the valuable gymnastics skills learnt from highly experienced coaches. The lessons will provide a basis for further gymnastics lessons to be included in our school Phys Ed programs.

*Jenny Baynham*  
*Associate Principal*

**Please return the slip below by Friday 28<sup>th</sup> April.**



### **SCHOOL GYMNASTICS PROGRAM** **Term 2**

I give permission for my child \_\_\_\_\_ in \_\_\_\_\_ to attend the **SCHOOL GYMNASTICS** program.

I have enclosed payment of \$40.00    Yes/No (please circle)

Payment has been made online.        Yes/No (please circle)

\_\_\_\_\_  
Parent / Caregiver

#### **\* Direct Deposit details:**

*Hillarys Primary School*  
*ANZ Whitfords*  
*BSB 016494*  
*Account: 3408 43493*

#### **Reference:**

*Student's full name and class*