

AEROSkools program

Registration

Name of organisation:

Contact person:

Address:

P/Code:

Email:

Phone:

Mobile:

Are you interested in receiving more information on how your group can participate in a showcase event in week seven of the program?

Yes No

I wish to purchase the CD/DVD set for \$66 (incl. GST); or

I wish to purchase the CD/DVD and printed teacher resources for \$110 (incl. GST)

Payment details

Please tick one of the following options:

Attached is a cheque made payable to 'Gymnastics Australia'; or

I authorise Gymnastics Australia to invoice our organisation.

Purchase order number:

Name:

Signature:

Date:

GA ABN 99 405 587 212

**Fax this form to Gymnastics Australia:
(03) 9271 0599, all order enquiries to (03) 9271 0500**

All other enquiries should be directed to:

Gymnastics Australia

Telephone: 03 9271 0500

Email: ausgym@gymnastics.org.au

Participating in AEROSkools

- 1 Complete the registration form attached and fax it to Gymnastics Australia.
- 2 Identify an appropriate person to deliver the program from within your community.
- 3 Gymnastics Australia will send you the resource kit.
- 4 Conduct the AEROSkools program in the school or after-school care centre for seven consecutive weeks.
- 5 Students have the opportunity to participate in a local showcase event in week seven of the program (optional).
- 6 Consider taking the next step and participating in a regional or state event. For more information visit www.gymnastics.org.au



AEROSkools Program



SUPPORTED BY



Australian Government
Australian Sports Commission

**Active After-school
Communities**

Helping kids and communities get active

Take part in the **AEROSkools** program with the Active After-school Communities program and Gymnastics Australia!

The **AEROSkools** program is held over seven weeks and is an excellent way for your school or after-school care centre to be involved in a quality fitness program.

What is the **AEROSkools** program?

AEROSkools is an exciting aerobics participation program conducted in a school or after-school care centre. The program aims to introduce basic aerobic movement to encourage participation and improve coordination and fitness.

AEROSkools is a seven-week program that guides community coaches through the development of a 60-second pre-choreographed routine for their participating students or team.

In the final week of the program a showcase event could be held at a school assembly, or with a cluster of local schools and/or after-school care centres also participating in the program.

Smaller teams, of three–six participants, can go on to develop a more advanced routine, which involves moving team members around into various formations and patterns to increase intensity, complexity and artistic value. These teams would have the opportunity to enter regional and state events.

The AEROSkools program aims to provide entry-level participation opportunities for students and their teachers wishing to get involved in sport aerobics. The program is aimed at school-aged students aged from five to 12 years, and both boys and girls are encouraged to participate.

AEROSkools is an exciting aerobics participation program

The **AEROSkools** program

The Active After-school Communities program and Gymnastics Australia would like to invite your school or after-school care centre to be involved in a seven-week AEROSkools program.

As a participant you will be provided with an AEROSkools program kit, which includes:

- » a DVD of the performance routine plus additional aerobic movements and stretches
- » a CD containing:
 - » the performance song
 - » a set of choreography notes for the performance routine
 - » a unit plan and six one-hour detailed lessons. Each lesson will provide:
 - » warm-up games and activities
 - » stretching routine
 - » circuits enhancing skill and strength development
 - » development of performance routine
 - » cool-down activities
- » a participation certificate template you can print for each of your students.

All of this is provided for the small cost of \$66 (incl. GST) or \$110 (inc GST) which includes a printed copy of the teacher resources.

Who can deliver the program?

Anyone can deliver the program: parents, teachers and other community coaches. Identify someone suitable, either within your school or your local community.

Each participating school or after-school care centre will be provided with extensive resources to guide the teacher/coach/instructor through each of the lessons. The materials have been written specifically for this program to ensure no prior experience with sport aerobics is required.



Anyone can deliver the program!

