



Gymnastics
Western Australia

A black and white photograph of two young girls in school uniforms. The girl in the foreground is standing and performing a gymnastic move with her arms extended horizontally. The girl in the background is sitting on a ledge, smiling at the camera. A yellow graphic of overlapping circles is drawn around the girls. The background is a brick wall.

SCHOOLS **PROSPECTUS 2019**



Gymnastics
Western Australia

Start Here, Go Anywhere!

Gymnastics is how kids learn Agility, Balance, Coordination and Strength - vital movement skills which can take them anywhere.

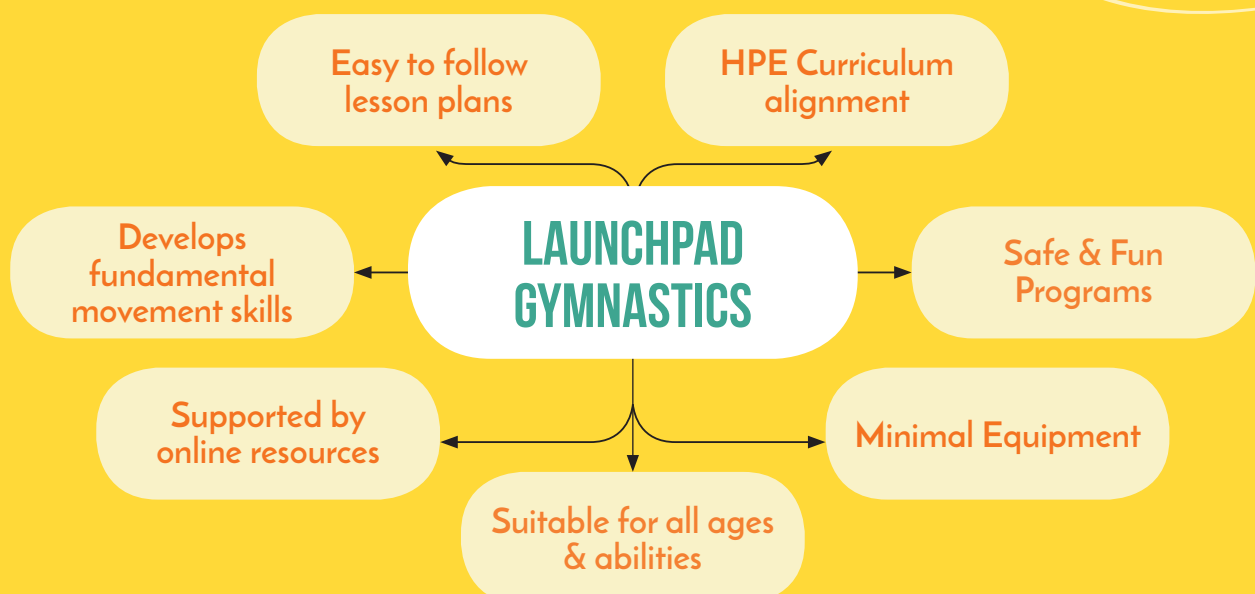
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Gymnastics WA is committed to supporting schools in delivering more fundamental movement to develop physical literacy of students.

Incorporating gymnastics at school provides an opportunity for children and young people to engage in more school-based physical activity every day, both 'huff and puff' aerobic exercises and muscle and bone strengthening activities.

Gymnastics Australia's LaunchPad programs cater for children of all ages and are expertly designed for all stages of physical, social and cognitive development.



GYMNASTICS PROGRAMS



The Gymnastics programs as described in this prospectus are easily adaptable to your school environment and are supported by resources to help make your job easier.

	PROGRAM	AGE YEAR GROUPS	DESCRIPTION
LAUNCHPAD	KinderGym	0 - 5 years Kindy & Pre-Primary	KinderGym is a fundamental movement program based on early childhood development principles.
	GymFun	5 - 8 years Year 1-3	In GymFun the focus is on the fundamental movement patterns that will help kids to progress into more advanced skills or activities.
	GymSkills	8 - 12 years Year 4-7	As children develop their movement skills, GymSkills will introduce activities that may be more specific to certain sports.
	FreeG Kids	3 - 11 years PP - Year 6	FreeG Kids is an exciting combination of gymnastics, parkour, obstacle training and freestyle movement. Through a mix of dynamic games, skills, progressions and challenges, children will develop their coordination, strength and agility.
	FreeG	12+ years Year 7+	FreeG caters for young people looking to participate in adrenaline fuelled freestyle sports.
	Aerobics	5-12 years Year 1-7	AeroFun and AeroSkills is an exciting taste of aerobics. Children will enjoy creating their own formations and routines once they have learned a few simple steps.

Gymnastics provides children with a good start in life by getting active in ways that support their development, setting them up for a lifetime of activity and good health.



SPORTING SCHOOLS



PRE-PRIMARY - YEAR 12

Gymnastics continues to be one of the most requested sports in the Sporting Schools program.

By developing a child's fundamental movement skills, Gymnastics provides a sound basis for further skill development across all sports. Gymnastics Australia offers schools and coaches quality programs that encourage children to participate in this great sport.

TEACHER DELIVERED PROGRAM

HPE qualified teachers or those who have completed an Ignite! Teachers Workshop have the option of delivering the program themselves. Teachers currently employed at a school can deliver Aerobics, no further accreditation is required.

HPE qualified teachers are not required to complete additional professional development.

A teacher delivered program is \$210 plus GST per program. Gymnastics Australia will invoice your school at the end of the term.

COACH DELIVERED PROGRAM

Gymnastics Australia has a large pool of Endorsed Coaching Providers that can provide coaches that meet accreditation standards and hold a Working with Children Check.

The cost of a coach delivered program is negotiable with your Endorsed Coaching Provider and will be dependent on the number of participants.

HOW TO REGISTER

To register your school for the Sporting Schools program, click [here](#), then follow the online prompts to submit your booking requesting Gymnastics via the Sporting Schools Online Portal.

Alternatively, please contact our Participation team on **08 9229 9399** or email participation@gymnasticswa.asn.au

START HERE, GO ANYWHERE CARNIVAL



PRE-PRIMARY – YEAR 12

The Start Here, Go Anywhere Carnival provides an opportunity to students from all schools to learn fundamental movement skills.

The Carnival will be held at the State Gymnastics Centre under the guidance of accredited coaches to provide a safe environment. The age appropriate activities are especially designed to give your students the opportunity to practice, develop and, most importantly, enjoy moving through a wide-range of activities that will help them to develop physically, socially and cognitively.

WHERE

State Gymnastics Centre,
99 Loftus St,
Leederville WA 6007.

WHEN

Wednesday 26 June, 2019

WHO

Boys and girls of all abilities from PP – Year 12.

COST

\$8 per student. Schools are welcome to enter multiple classes. Subject to capacity.

HOW TO REGISTER

To register please complete the [Online Entry Form](#).

INTERSCHOOL CARNIVAL



WOMEN'S ARTISTIC GYMNASTICS YEAR 1–12

The Interschool Carnival is the primary and secondary school Women's Artistic Gymnastics competition for schools in WA. No prior experience is necessary as the competition allows students of all abilities to participate in a friendly and relaxed atmosphere.

This event provides gymnasts the opportunity to represent their school and refine their skills in an organised competitive environment at the State Gymnastics Centre.

WHERE

State Gymnastics Centre,
99 Loftus St,
Leederville WA 6007.

WHEN

Thursday 27 & Friday 28 June, 2019.
Schedule to be advised.

WHO

Girls from Years 1–12 with current, prior or no gymnastics experience.

COST

\$16 per student. Schools may enter multiple teams. Teams are made up of gymnasts in the same Division and Year Group.

HOW TO REGISTER

For further information, copies of the Interschool Carnival Manual and Entry Forms please click [here](#).

IGNITE! TEACHERS WORKSHOP



PRE-PRIMARY – YEAR 12

The LaunchPad: Ignite! workshop provides teachers with the key tools to be able to deliver gymnastics sessions in schools.

This 4 hour, active workshop covers modules in Neuro-nastics (brain development and movement) and each of the Dominant Movement Patterns (DMPs). Using a framework of basic movement skills, this workshop aims to give teachers the knowledge and resources they need to deliver LaunchPad programs in schools.

COST

The practical component conducted at the State Gymnastics Centre costs \$60 per person. The online component costs \$40 per person (paid online).

WHERE

State Gymnastics Centre,
99 Loftus St,
Leederville WA 6007.

WHEN

Monday 29 April, 2019

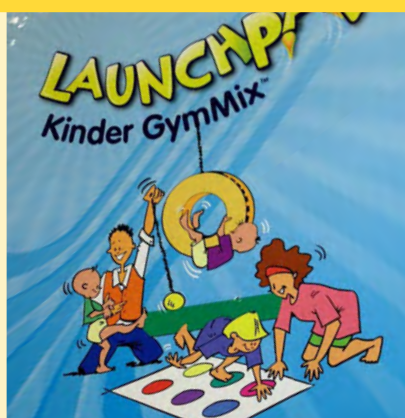
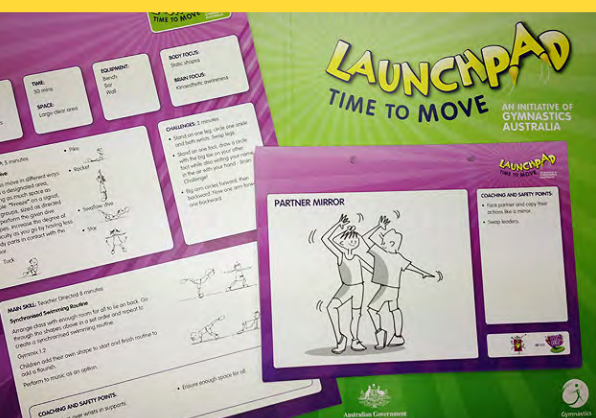
WHO CAN ATTEND

- Sports/HPE Teacher
- Classroom Teacher
- Principal

HOW TO REGISTER

Click [here](#) for more information on the Ignite! workshop and details on how to register.

PROGRAM RESOURCES



GymMix Lesson Planner

Gymnastics Australia is pleased to provide you with access to our updated resource GymMix Lesson Planner. GymMix is your portal for creating & saving lesson plans for all of your Gymnastics lessons.

Gymnastics Australia offers coaches and teachers useful resources to assist with delivery of LaunchPad programs.

All of the Lesson plans and Activity Cards in the LaunchPad programs have been developed by coaches and teachers, for coaches and teachers.

LAUNCHPAD LESSON PLANS

All schools will receive a unit plan, 8 weeks of Lesson Plans and 40 Activity Cards when they register for a program.

FREE GYMMIX ONLINE LESSON PLANNER

Designed to assist club coaches and teachers to deliver quality recreational gymnastics programs, the GymMix Online Lesson Planner allows you to build lessons including warm up, skill development, circuits and cool down activities in four easy steps.

1. Select activities
2. Drag them into the lesson plan
3. Save your lesson plan
4. Print lesson plan and take it with you to class

MORE INFORMATION

For further information on the equipment needed to deliver LaunchPad programs please contact the Participation team on **08 9229 9399** or email **participation@gymnasticswa.asn.au**

Further Lesson Plans, equipment and toolkits to support the delivery of engaging gymnastics lessons at your school are available online at the **Gymnastics Australia GymShop**.

STATE GYMNASTICS CENTRE



HOME OF GYMNASTICS IN WA

The State Gymnastics Centre, located within the Loftus Recreation Centre in Leederville, features a Main Hall (used predominantly for Artistic and Recreational Gymnastics), a Rhythmic Hall (Hall 2A) and an Aerobic Hall (Hall 2B).

These areas are available to hire across full terms or as one off bookings for excursions, carnivals, competitions or training sessions. Please refer to the [2019 Fee Schedule](#) for costs to hire.

MORE INFORMATION

For further information, bookings or enquiries please contact the Facility team on [08 9228 9399](tel:0892289399) or email info@gymnasticswa.asn.au.

FIND A GYMNASTICS CLUB

There are over many clubs across WA to choose from, each offering a variety of different classes and gymnastics styles to suit your needs.

Visit our [club finder](#) to find the club that suit you.

MAJOR PARTNERS



Department of
Local Government, Sport
and Cultural Industries



Gymnastics
Western Australia

STATE GYMNASTICS CENTRE

Loftus Recreation Centre
99 Loftus Street
LEEDERVILLE WA 6007

P (08) 9228 9399
E info@gymnasticswa.asn.au
www.gymnasticswa.asn.au

Gymnastics is to sport, what
the alphabet is to reading.