



THE OAKS PUBLIC SCHOOL

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4th July 2018

Gymtastics 2018 and Zumba Kids **Term 3, Week 3 – Week 10**

Dear Parents and Caregivers,

Due to the success of “Zumba Kids” in recent years, students will be once again participating in a Physical Education program that combines “Gymtastics” and “Zumba Kids” during Term 3.

“Gymtastics” is an 8 week gymnastics program that is presented in school by qualified instructors, who team teach with the class teachers, so that all participants receive considerable instruction and are monitored on all activities. Students learn techniques for balance, rolling, beam work, mini tramp and the elements of movement using a range of gymnastic equipment. Safety is paramount with this program. Each class is scheduled to visit the gym for 40 minutes each week. The complexity of the challenges is increased from stage to stage, as well as week to week for the duration of the course.

In the “Zumba Kids” program, we are aiming to increase the time students spend doing physical activity to meet Department of Education recommended guidelines. This is a program for the whole school. The lessons are presented by a qualified instructor. Students will be participating in a 40 minute session each week, which involves warm-ups, dances and music designed for each age level, games that require cooperation and whole body movement and cool-downs. “Zumba Kids” helps to build confidence in movement while having fun at the same time.

Students will need to be dressed in sport uniform and joggers on a **Thursday during Term 3** while the two programs are running.

IT IS ENVISAGED THAT **ALL** STUDENTS PARTICIPATE IN THIS CURRICULUM CENTRED, PHYSICAL DEVELOPMENT PROGRAM.

Payment for this program will be due no later than **Wednesday, 8th August 2018.**

The total cost per child for both programs is \$45 for the whole term.

Financial assistance may be available for some families experiencing hardship. Please contact Mr Hooke for a private discussion on School Assistance plans.

If you have any questions regarding these programs, please contact Mrs Grieve via the school office.

Kind regards,

K. Grieve
Sport Coordinator

S. Hooke
Principal



**The Oaks Public School
Gymnastics and Zumba 2018**



PERMISSION TO PARTICIPATE

Child's Name: _____ Class: _____

I give permission for my son/daughter/ward to participate in the Gymnastics and Zumba Kids Program.

☐ I enclose payment of \$45 for 8 weeks of instruction in the Gymnastics and Zumba Kids Program.

☐ I have made an online payment. My receipt number is.....

Parent/Caregiver Signature

Parent/Caregiver Name

Date