

2018-11-15 School Health & Wellbeing Programs

## Programs & Classes

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#### EARLY YEARS (Ages 2 – 4 years)

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**Goals: Learn a love of movement, exploring what and how their bodies move and think, creativity, active play, teaming, sharing, gross motor skills, fine motor skills, musicality and rhythm, body awareness, rhythmic and expressive movement, spatial awareness, stillness and quiet time.**

*Physical Literacy: The early years of a child's life are especially important for establishing the foundation needed to develop confidence, persistence, motivation, physical competence and the knowledge and understanding needed to value and engage in lifelong physical activity. The large range of programs offered here will help kick start your toddlers physical literacy journey and aid development of the following critical milestones: running, aiming and throwing, catching, kicking, swimming, skating, jumping, tip-toe walking, single-leg balancing, pinching and threading.*

#### **Kindy Ballet Early Twirl (Ages 2 - 4 years)**

A classical ballet based creative movement class designed to introduce tiny tots to ballet using dance, imagination, creative movement and improve confidence. The program is designed to build coordination, balance, musicality and gross motor skills. A range of music from classical, nursery and childrens music. Children will have fun whilst developing a love of dance and movement. No uniforms required, children are asked to wear comfortable clothes they can move in, fairy costumes allowed.

#### **Yoga Baby Bears (Ages 2 - 4 years)**

Yoga bears is about making shapes, developing spatial awareness, igniting imagination, playing in stories, friend trust, songs and games and exploring confidence and positive mind set. Children will begin to develop strength, balance, coordination, awareness of their breath, bodies, thoughts and emotions. Through movement and stillness Yoga Bears will also help them learn about respect for each others space and friend trust.



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### **Family Acro Monkeys (Ages 2 - 4 years)**

This is a physical class where parent / carer and tiny tots can tumble, laugh, grow and play together. Exploring how their body can move, together you will tumble, chase, roll, jump, twirl, balance, go upside down and role play stories. Tiny tots will develop their motor skills, social skills, confidence, communication, creativity and imagination.

### **Kinder Karate Kid (Ages 2 - 4 years)**

Come play with us and learn about your body, mind and basic martial arts. Classes will involve some basic martial art and gymnastics skills, coordination development and healthy play. Our Little Karate Kids will learn about safe Little Karate Kid movements and skills while improving the ability to focus and their self-confidence through positive mind set through. Classes will finish with some quiet time where they can learn about emotions, thoughts and feelings. Little Karate Kids will be taught about being calm and confident, what are personal boundaries, stranger danger, how to avoid dangerous situations and being kind to their other kids.

### **Jazzerina Bop (Ages 2 - 4 years)**

Move, groove, shuffle and shake with our interactive teachers. This class is all about fun, improvisation, confidence building and provides great dance foundations. Jazzerina Bop teaches the basic fundamentals of Jazz dancing, exposes them to a wide variety of music and encourages imaginative and expressive movement as a creative outlet for your child.

### **Toddler Move Fit (Ages 2 - 4 years)**

Start your toddler moving and building fundamental movement skills with our Toddler Move Fit. Pre-school kids will learn about their bodies, motor skills, hand eye coordination and space through a series of fun games, kinder-sports and activities. Skills practiced will include early running, balance, agility, physical fitness, basic coordination games, confidence building, hand control development and hand eye co-ordination. Teaming, sharing and active play will also of focus in the sessions in a fun and relaxed atmosphere.

## **PRIMARY SCHOOL (Ages 5yrs - 6yrs)**

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**Goals: Continue to learn a love of movement, exploring what and how their bodies move, creativity, active play, teaming, social interaction and cooperation, gross motor skills, fine motor skills, musicality and rhythm, body awareness, rhythmic and expressive movement, spatial awareness, stillness and quiet time.**

*Physical Literacy: The early years of a child's life are especially important for establishing the foundation needed to develop confidence, persistence, motivation, physical competence and the knowledge and understanding needed to value and engage in lifelong physical activity. The large range of programs offered here will help kick start your pre-schoolers physical literacy journey and aid development of the following critical milestones: running and sprinting, strength, balance, throwing and catching, kicking, skipping, backward walking, climbing, falling and tumbling, hopping and jumping, skipping, cycling and swimming.*

### **Kindy Ballet Twirl (Ages 5 - 6 years)**

A classical ballet based creative movement class designed to introduce 5-6 years to ballet using dance, imagination, creative movement and improve confidence. The program is designed to build coordination, balance, musicality and dance skills. A range of music from classical, nursery and children's music. Children will have fun whilst developing a love of dance and movement. No uniforms required, children are asked to wear comfortable clothes they can move in, fairy costumes allowed.

### **Yoga Bears (Ages 5 - 6 years)**

Yoga bears is about making shapes, developing spatial awareness, igniting imagination, playing in stories, friend trust, songs and games and exploring confidence and positive mind set. Children will begin to develop strength, balance, coordination, awareness of their breath, bodies, thoughts and emotions. Through movement and stillness Yoga Bears will help them learn about respect for each others space, friend trust and how to process their emotions.

### **Kinder Acro Yoga (Ages 5 - 6 years)**

This is a physical class where parent / carer and tiny tots can tumble, laugh, grow and play together. Exploring how their body can move in space. Together you will tumble, chase, roll, jump, twirl, balance, go upside down and role play stories. Yogis will develop their motor skills, social skills, confidence, communication, creativity and imagination.

### **Little Karate Kid (Ages 5 - 6 years)**

Come play with us and learn about your body, mind and basic martial arts. Classes will involve some basic martial art and gymnastics skills, coordination development and healthy play. Our Little Karate Kids will learn about martial arts safe movements and skills while improving the ability to focus and their self-confidence through positive mind set through. Classes will finish with some quiet time where they can learn about emotions, thoughts and feelings. Little Karate Kids will be taught about being calm and confident, what are personal boundaries, stranger danger, how to

avoid dangerous situations and being kind to their other kids.

### **Funky Jazzerina (Ages 5 - 6 years)**

Move, groove, shuffle and shake with our interactive teachers. This class is all about fun, improvisation, confidence building and provides great dance foundations. Jazzerina Bop teaches the basic fundamentals of Jazz dancing, exposes them to a wide variety of music and encourages imaginative and expressive movement.

### **KONGA Kids (Ages 5 - 11 years)**

An interactive cardio program for children where they will learn fun dance moves, self-expression as well as building their confidence. KONGA Kids is an adapted version of KONGA to suit the needs and wants of primary school aged kids. KONGA Kids is a fun workout that fuses simplistic dance and fitness movements combined with popular music that is appealing to kids.

### **Kid Move Fit (Ages 5 - 6 years)**

Start your child building fundamental movement skills with our Kid Move Fit. 5-6 year olds will learn a variety of skills and fitness which will get them transitioning into more skilled sport at a later stage. Through fun games, sports and activities they will learn about their bodies, basic sports skills, hand eye coordination, space and the importance of being active and healthy through a series of fun games, sports and activities. Skills practiced will include running, balance, agility, physical fitness, basic coordination, throwing and catching. Teaming, sharing, confidence building and structured play will also be of focus in the sessions in a fun and relaxed atmosphere.

### **Uni Gym (run in conjunction with UWA) (Ages 4 - 6 years)**

Running for over 30 years, Unigym is a movement program for children who have difficulty learning and performing fundamental movement skills at an age appropriate level. The program is designed for children who have motor learning difficulties, including those with Developmental Coordination Disorder (Motor Dyspraxia), Global Developmental Delay, Cerebral Palsy, Autism, Down's syndrome and many more.

## **PRIMARY SCHOOL (Ages 7yrs - 11yrs)**

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**Goals:** Learn what it is to be healthy, how to keep themselves safe and how to support their peers. It's a great age for exploring deeper how their bodies can move and be fit. We'll help them discover their own identity through active play, expressing their thoughts, using their imagination and social interaction. Through teaming, students will learn about communication, co-operation and friendships. They will explore resilience, persistence, challenges and failures. They will learn fundamental movement skills and develop their social and personal skills through activity, participation and quiet time.

*Physical Literacy: The middle years of a child's life are when they become more adept at gross-motor activities and start mastering previously learnt skills. This time is generally when a child will develop personal interests in sporting and/or physical activity endeavours based on their ever-developing personalities. The large range of programs offered here will help your child master the following and more: body control, strength and flexibility, striking sports, dribbling sports, ball skills, basic gymnastics, skiing, swimming, skating and surfing.*

### **Ballet (Ages 7 - 9 years and 9 - 11 years)**

Student will learn classical ballet techniques, steps and improvisation giving student a great understanding of their body. Students will develop coordination, confidence, good posture and further their musical awareness through our classical ballet program. The focus of the class is to develop a love of dance and movement. *There are no exams and all children will receive a participation certificate at the end of the term. We will feature an end of term parent open day at the end of each term.*

### **Jazz Dance (Ages 7 - 9 years and 9 - 11 years)**

Student will learn jazz dancing moves such as seen on pop video clips and musical theatre. In this fun and upbeat class, students will develop coordination, confidence, good posture and further their musical awareness. The focus of the class is to develop a love of dance and movement. *There are no exams and all children will receive a participation certificate at the end of the term. We will feature an end of term parent open day at the end of each term.*

### **KONGA Kids (Ages 5 - 11 years)**

An interactive cardio program for children where they will learn fun dance moves, self-expression as well as building their confidence. Konga Kids is an adapted version of KONGA to suit the needs and wants of primary school aged kids. KONGA Kids is a fun workout that fuses simplistic dance and fitness movements combined with popular music that is appealing to kids.

### **Hip Hop for Kids (Ages 7 – 9 years and 9 - 11 years)**

Learn hip hop and free style dancing and stay active. In this street style, fun and upbeat class, students will learn about musicality, creative movement, rhythm, develop coordination and confidence. The focus of the class is to



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develop a love of dance and movement. *There are no exams and all children will receive a participation certificate at the end of the term. We will feature an end of term parent open day at the end of each term.*

### **Kid Fit (Ages 7 - 9 years and 9 - 11 years)**

Kid Fit is all about promoting a healthy lifestyle and getting your kids to be physically active. The program is non competitive and based around fun, fitness, games and multi-sports. Variety is key in the Kid Fit program. Kids will be able to experience a range of activities, try a multitude of fun sports and have more confidence within themselves to either transition into streamed sports or just be active and healthy!

### **Bootcamp Minis (Ages 7 - 9 years)**

Come and do fun work outs, circuits, drills and obstacle courses in our Bootcamp Minis. Start your child in the right direction of a fit and healthy lifestyle in our class as we increase fitness, strength, endurance, muscle development and promote healthy body image and teach them that fitness should be fun and for everyone.

### **Superhero Training Academy (STA) (Ages 5 -7 years)**

STA is strength and conditioning that is all about helping your child develop the strength and control needed for safe play and exploration. This program will help children reach important strength milestones through fun and functional activities such as playground circuits, animal imitation games and friendly competitions.

### **Wonder Woman Cadets (Ages 8 - 11 years)**

A strength and conditioning program targeting whole body development to help build self-confidence through body awareness and control, and/or to aid performance in personal sporting endeavours. These classes are fun, supportive and encourage the development of a healthy and positive body image.

### **Pixie Pilates (Ages 8 - 11 years)**

Pixie Pilates is all about helping your child develop an early awareness and understanding of her body so she can jump, stretch and play like a Pixie all day long. This class uses fundamental Pilates technique to activate and lengthen the muscles in fun and interesting ways. It also encourages proper alignment and smooth coordination to reduce risk of injury and build a strong foundation for mastering developmental skills.

### **Princess & Prince Pilates (Ages 8 - 11 years)**

This class will have your child developing the confidence and conduct of a royal, with exercises designed to refine physical performance and foster a sound mind-body connection. In particular, the aesthetic quality of Pilates encourages smooth, controlled movement and strong, upright "Princess" or "Prince" postures that will benefit your child for years to come.

**Healthy Kids Strive Upwards (Ages 9 - 11 years)**

Come and do team fun work outs, circuits, learn about healthy eating, portion sizes, positive body image and increase self confidence. Start your child in the right direction of a fit and healthy lifestyle. In our non-competitive classes as we increase fitness, strength, endurance, muscle development promote healthy body image and teach them that fitness should be fun and for everyone. Learn about healthy eating, nutrition and portion sizes.

**Uni Gym (run in conjunction with UWA) (Ages 6 - 11 years)**

Running for over 30 years, Unigym is a movement program for children who have difficulty learning and performing fundamental movement skills at an age appropriate level. The program is designed for children who have motor learning difficulties, including those with Developmental Coordination Disorder (Motor Dyspraxia), Global Developmental Delay, Cerebral Palsy, Autism, Down's syndrome and many more.

**Breathing Butterflies (Ages 5 - 8 years)**

Nurture your child's mind in this busy world allow them to quieten their monkey mind, breath, access their feelings and simply be still. Our kids mindfulness and meditation class will give them a tool set they can take with them anywhere for life. Through mindful activities and visualisations, children will learn about centring and focus, calming practices, stillness, kindness and their emotions.

**I Am Still (Ages 9 - 11 years) (Meditation and stillness for kids)**

Nurture your child's mind in this busy world allow them to quieten their monkey mind, breathe, access their feelings and simply be still. Our kids mindfulness and meditation class will give them a tool set they can take with them anywhere for life. Through mindful activities and visualisations, children will learn about centring and focus, self control, calming practices, stillness, kindness and processing their emotions.

**Mindful Art (Ages 7 - 11 years)**

Visual arts are a great opportunity for your child to express their creative side whilst they practices mindfulness. This is an art class with a twist! As your child is immersed in their creative activity, they will be practicing unique focus on their art creation. Sacha our art teacher, also a yoga instructor, will teach them to be present, relaxed, and how to use art to set aside all other thought and worries.

## **HIGH SCHOOL (Ages 12 - 17 years)**

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**Goals:** Further to the physical side of the fitness and wellness, students will investigate the benefits of being healthy and what wellness and healthy means. Having a school program offering fitness and wellness programs additional to the sports program will give young girls who may normally drop out of the regular school sport program an opportunity to stay fit and healthy. Aside from the physical activity benefits students will experience life lessons sport can teach them. These include teaming, friendship building skills, working towards a goal, body confidence, positive mind set, emotional literacy, respect, empathy, how to value relationships and comradeship. These programs will lead to a greater chance of lifelong uptake of health and wellness by students. Offerings can also be made to further the strength and conditioning of those actively participating in sport.

*Physical Literacy: Students will learn about physical activity being a strategy they can use as stress management tool, to regulate their emotions and what impact their emotional responses can have on their relationships / friendships. We wish to empower students to go out into the community as young leaders and team players leaving school with personal and social / leadership competency, self confidence and learning good decision making skills.*

### **Mindful Art (Ages 12 - 17 years)**

Visual arts are a great opportunity for your child to express their creative side whilst they practices mindfulness. This is an art class with a twist! As your child is immersed in their creative activity, they will be practicing unique focus on their art creation. Sacha our art teacher, also a yoga instructor, will teach them to be present, relaxed, and how to use art to set aside all other thought and worries.

### **Ballet (Ages 12 - 17 years)**

Student will learn an extension of classical ballet techniques, steps and improvisation giving student a great understanding of their body. Students will develop coordination, confidence, good posture and further their musical awareness through our classical ballet program. The focus of the class is to develop a love of dance and movement. *There are no exams and all children will receive a participation certificate at the end of the term. We will feature an end of term parent open day at the end of each term.*

### **Jazz Dance (Ages 12 - 17 years)**

Student will learn jazz dancing moves such as seen on pop video clips and musical theatre. In this fun and upbeat class, students will develop coordination, confidence, good posture and further their musical awareness. The focus of the class is to develop a love of dance and movement. There are no exams and all children will receive a participation certificate at the end of the term. We will feature an end of term parent open day at the end of each term.



### **Hip Hop (Ages 12 - 17 years)**

Learn hip hop and free style dancing and stay active. In this street style, fun and upbeat class, students will learn about musicality, creative movement, rhythm, develop coordination and confidence. The focus of the class is to develop a love of dance and movement. *There are no exams and all children will receive a participation certificate at the end of the term. We will feature an end of term parent open day.*

### **Boxilates (Ages 12 - 17 years)**

Boxilates will have you take it to the edge! Think the best of both worlds. Boxing combined with a Pilates class that will challenge your strength, coordination, flexibility and get your heart rate up. It is an intervals style workout switching between cardio boxing intervals and slow controlled Pilates core exercises. Students will need to wear comfortable clothes that are easy to move and stretch in (PE shorts/dance pants and t-shirt are ideal). Students are strongly encouraged to bring their own yoga mat (a small number are available for use on a sessional basis).

### **One-on-One Fitness Training (Ages 12 - 17 years)**

Get fit and have fun with your very own fitness trainer with one-on-one training sessions. We'll have you motivated, keep your workout varied and have you get the most out of your school gym. These sessions will suit all fitness levels and provide you with a chance to challenge yourselves physically and mentally as you keep working towards your healthy positive goals. Bring a towel and water bottle and wear sun safe clothes to exercise in.

### **Teen Titans (Ages 12 - 17 years)**

Strength and conditioning is fundamental in the teenage years for reinforcing correct movement patterns, optimising physical function and enforcing healthy physical activity behaviours that can be continued for years to come. This class will help to build self-confidence and empower your teen through strength, ability and health, rather than focusing on physical looks. Classes will focus on developing whole-body strength and tone; however, if desired, programs can be tailored to aid your teen titan in any external sporting or physical activity pursuits.

### **Box & Bike HIIT (Ages 12 - 17 years)**

Box & Bike HIIT is the ultimate cardio party where upper and lower body will both get to feel that burn. A high intensity interval training class designed to give you a killer workout to dynamic tunes and instructors that will lift your energy to a new high. Jam while spinning and boxing. You won't even realise you are working out!

### **Body Ride (Ages 12 - 17 years)**

The ultimate full body challenge... are you willing to take it on? A 45 minute high energy spinning class with upper body and core toning segments to give you a full body work out. You will walk away for the high-energy atmosphere feeling strong and with that endorphin high.

### **Year Team Ride and Core (Ages 12 - 17 years)**

Get fitter, stronger and work together to perform multiple sprints, hills and intervals for your year. Each personal performance will be averaged into their school years teams score which will be displayed on a scoreboard. Will the Year 8's conquer the Year 12's? Half way we will break and hit the core segment which will set you up for your second half racing. You'll feel accountable for your year and this workout will rely on camaraderie, excitement and triumph of teamwork to get you over the finish line!

### **TRX Suspension Training (Ages 12 - 17 years, staff)**

Time to ditch the dumbbells and get ready to hang tough. The TRX delivers a low impact, full body workout. Every exercise challenges your core by using bodyweight and gravity but don't worry, you will work through your arms, back and glutes too. You can vary the intensity of the workout and how hard you work by the positioning of the body, this class caters for all fitness levels.

### **PILATES (Ages 12 - 17 years, staff)**

Balance, breathe, strengthen, lengthen and tone in our Pilates classes designed for total body conditioning from the inside out. Based on a strong foundation of exercise physiology principals with a focus on biomechanics and technique, come ready to find muscles you didn't even know existed! Over time poor posture can impact your mood energy, confidence, fitness goals and life. If you are feeling your body is in need of a little TLC this class is for you. You will feel the burn in our classes but leave feeling taller, moving better, balanced and stronger.

### **DANCE MIX (Ages 12 - 17 years)**

Do you love to dance? It's time to get your groove on, sweat away your stresses and move with a divalicious workout in our Dance MIX class. Let loose combining the latest moves from music clips, Hip Hop and Zumba. You don't have to have the perfect moves but you do have to have fun! You will learn new dance routines and moves then finish with a core conditioning workout.

### **Run Club (Ages 12 - 17 years, staff)**

Run not to be fast but because it feels good!! All you need is your trainers to head out the door, your friends and our instructor will bring the rest. We'll take you on some great runs from Cottesloe to Mosman Park, hitting some secret trails you may not have know even existed!! Mixing it up on the treadmills with some intervals, run specific functional training and pilates exercises to improve your form.

### **Cardio HIIT Club (Ages 12 - 17 years, staff)**

This is a high intensity interval training class that consists of exactly that... high intensity all out efforts followed by rest. After our warm up, we'll use a variety of different exercises and equipment such as plyometric boxes, skipping ropes, battle ropes, cardio machines or just your bodyweight to get your heart rate pumping and your metabolism

kicking for the day. Over the course you'll see your fitness increase and your body adapt to the load of these intervals.

### **Back to the Beat (Ages 12 - 17 years, staff)**

This is a class for anyone wanting to combine music and fitness. Using drumsticks you'll be fusing dance, pilates, plyometrics, drumming and fitness in a full-body cardio workout. Rock out to tunes while you work up a sweat and sculpt your muscles with simple to follow choreography.

### **Martial Arts Based Fitness and Self Defence (Ages 12 - 17 years, staff)**

Brazilian Jui Jitsu is a more than just a martial art or self defence. In addition, students will build self-confidence, body awareness and balance, physical conditioning, discipline and self-control.

Taught by Jess, who holds a second dan black belt in Taekwondo and is trained in mixed martial arts (MMA), kickboxing and Brazilian Jiu Jitsu (BJJ), she recently won gold at the 2016 Gi State Championships for BJJ and gold again in the lightweight and absolute divisions at the Nogi State Championships in 2017. Jess loves to watch her students improve their skills, confidence and self-esteem through the practice. The lessons learnt on the mat then flow into their everyday which can be life changing.

### **Yoga (Ages 12 - 17 years, staff)**

Yoga is designed to set a positive mind frame to kick start your week in the right direction. Students will develop strength, flexibility of the body, mindfulness and a sense of calm. Classes are mindful, dynamic, enlightening and fun. You will leave our feeling physically and spiritually invigorated. Students will learn a safe and stable foundation for their practice and become their best selves. It is suitable for first timers to advanced yoga students, regardless of age, fitness level or previous yoga experience.

### **Groove Yoga (Ages 12 - 17 years, staff)**

If you love dance and yoga then say hello to your new favourite class! Our Groove Yoga instructors are ex-dancers and have combined dance, yoga and music to get you flowing and give you a revolutionary dance yoga workout. The dynamic class encourages free movement and musicality through the yoga sequences with no "wrong" way to groove to our super cool tunes.

### **Teen Twisters Pilates (Ages 12 - 17 years, staff)**

Teen Twisters Pilates is a unique exercise form that will allow your teen to develop the inner strength, control and muscular length required for optimal alignment, movement and function. With a particular focus on correct activation of the core and postural muscles, your teen twister will establish a body awareness that will allow her to carry herself with grace and strength throughout all of the ups and downs of high-school life.

### **The Barre Method (Ages 12 - 17 years, staff)**

A ballet and pilates inspired full-body workout using body weight, pilates props and light weights to choreographed to music. You'll find a mix of elegant movement, thigh and glute sequences, dance inspired stretches, resistance arm and ab moves with some cardio bursts.

### **Zumba (Ages 12 - 17 years, staff)**

Why work out when you can party?!?! Love to dance, sweat and move? Get ready to turn it up... Zumba is a dance based fitness party where the energy is contagious and the instructor will have you grooving and dancing along to easy to follow choreography. Great to get fit and have fun!

### **KONGA (Ages 12 - 17 years, staff)**

Dance. Shake. Squat. Twist. Punch. KONGA is an easy to follow, high intensity fusion of Boxing, cardio, dance and sculpting set to the hottest beats from all the decades. KONGA is a fierce and workout designed to shape, sculpt and redefine your physique while injecting your body with an endorphin overload.