

AEROBICS

LAUNCHING PLACE POLICY

Rationale:

The Aerobics program promotes participation in physical activity through the development of rhythm, co-ordination, technique, fitness, confidence and showmanship. The program helps to heighten self esteem and promotes team work.

Aims:

To provide a physical program that allows students to work in a team to achieve a common goal.
To develop confidence in students and provide them with multiple performance opportunities.

Implementation:

Preparation and Team Selection

- An Aerobics co-ordinator will liaise with the School Aerobics organisation, ensuring that information about competitions and expectations are current and families are kept informed.
- An audition process will be held and up to 8 teams will compete at the Preliminary Competition in May, State Finals in June and the Spring Challenge in October.
- A panel of teachers will assist the co-ordinator in making team selections. As many students as possible will fill the eight teams. Once team selection has been determined changes cannot be made.
- Competition dates and venues will be communicated to families at the earliest possible time.
- The Spring Challenge Competition may be opened up for Grade 2 and additional Grade 3 students. The teams and routines for Spring will be as similar as possible to those performed at the beginning of the year.
- All members will be required to make a payment – amount will be determined at the start of each year. Costs will be kept as little as possible to cover school expenses and to encourage maximum participation. Families are responsible for purchasing their child's white shoes and socks.
- All students must commit to attending recess and lunch time practices (approximately twice a week) and competitive members will be required to attend a fortnightly practice before school.
- Students will be fitted for stockings/costumes and in some instances, new costumes will be made.

Competition Day

- As this is a competitive team sport, students are expected to attend the competition.
- Families are responsible for transport to and from the venue.
- Should a team/teams progress to the National Level competition, all children are expected to attend and must be accompanied by a parent/adult family member. This normally includes an interstate trip and all costs must be met by the child's family. School Council will oversee an 'Aerobics Movie Night' fundraiser and will manage any subsidies, which may be offered, to the families of children competing at this level.
- A school mobile number will be given to families to be used on competition day if a problem arises.
- Families, students and staff are expected to be good sportspeople, adhere to school values and support and congratulate every team, including teams from other schools.
- Students whilst attending the School Aerobics competition are representing their school and responsible school behaviour will be expected at all times.

Evaluation:

This policy will be reviewed as part of the school's three-year review cycle.

This policy was last ratified by School Council in....

February 2014