

GYMNASTICS
SPORTING SCHOOLS PROGRAM 2023



What is Sporting Schools?

Sporting Schools is a \$280 million Australian Government Initiative designed to help schools increase children's participation in sport and connect them with community sport opportunities.

Did You Know?

Over 40% of children finish Grade 4 without the confidence to engage in sport (UNSW 2008)

Who can access Sporting Schools?

Sporting Schools programs are provided free to children and their families to help students build the confidence and capability to be active for life. Sport Australia has partnered with more than 35 national sporting organisations. There is a program for primary schools and a targeted program for Year 7 and 8 students in secondary schools which aims to:

- ✓ Provide a range of sporting programs, such as **GYMNASTICS**, that will increase children's interest in sport;
- ✓ Improve children's fundamental movement skills to encourage lifelong participation in physical activity;
- ✓ Increase the awareness of the value of sport in schools;
- ✓ Engage children in high quality sporting programs;
- ✓ Connect children with sport in their local communities; and
- ✓ Develop the capability and capacity of sport to drive nationwide participation growth.

Funding is available for primary schools to deliver Sporting Schools programs before, during or after school hours using a national sporting organisation. Australian primary schools can apply for funding once per school term during the application open dates.

Application Open Dates 2021	
Term 1 2023 Monday 7 November – Friday 18 November 2023	Term 3 2023 Monday 2 May – Friday 2 June 2023
Term 2 2022 Monday 27 February – Friday 10 March 2023	Term 4 2023 Monday 14 August – Friday 25 August 2023

How much is the grant of funding?

Funding amounts include a base amount determined by your whole school enrolment, plus an amount for your expected overall participation numbers. Applications received by the close date are assessed against criteria and ranked in order of merit. Applications are prioritised based on the following:

- ✓ Schools who have received the least number of grants over the past four terms; and
- ✓ Schools who propose to engage a higher proportion of their school population will also be ranked higher.

How do I apply?

To apply for a Sporting Schools grant of funding for your school:

1. Register your school on the Sporting Schools website at www.sportaus.gov.au/schools;
2. Check that you meet the eligibility criteria;
3. Review the program parameters, terms and conditions; and
4. When funding is open, select 'manage grants' to start your application.



Schools are notified by email about their application and if successful, your funding will be transferred to the bank details provided through your Sporting Schools account. Once you have been approved for funding, you will then be able to use the Sporting Schools booking system to book a program online with one of over 30 key national sporting organisations to help deliver a quality Sporting Schools experience. Our federal regulator, Gymnastics Australia is one of the 30 Sporting Schools national sporting organisations. Gymnastics Australia will assign a local gymnastics club to deliver your program. Gymnastics Australia will only assign local gymnastics clubs that are registered to provide Sporting Schools programs.

What is gymnastics?

GYMNASTICS is the foundation for all sports and physical activity. This Olympic sport contributes to general fitness, endurance, coordination, agility, strength, balance and speed. Gymnastics teaches dominant movement patterns such as landings, rotation, statics, locomotion, spring and swing.

Did You Know?

Gymnastics enhances physical self – concept in all Victorian primary age year groups at a faster rate than school's standard PE curriculum (Rudd, 2016)

Does Bayside Gymnastics Club deliver Sporting Schools programs?

Bayside Gymnastics Club is a not for profit, community gymnastics club that delivers programs during and after school hours to children, young people and their families from the Frankston, Casey and Mornington regions. The club delivers various outreach programs such as Sporting Schools. We are registered as a Sporting Schools provider with Gymnastics Australia. The club has delivered programs at Langwarrin Park Primary School, Langwarrin Primary School, St John's Catholic Primary School (Frankston), Ballam Park Primary School (Frankston), St Anne's Catholic Primary School (Seaford), Seaford North Primary School, Courtenay Gardens Primary School (Cranbourne), Keysborough Primary School, Dingley Primary School, Patterson Lakes Primary School and Rowellyn Park Primary School (Carrum Downs).

What is the structure of the program?

Gymnastics is a progressive sport that consists of performing increasingly difficult skills on a variety of apparatus. Best practice studies have shown that children's learning is safely maximised when those skills are taught as a series of separate movements. Bayside Gymnastics Club tailors your program based on the age of your participants. Key skills are selected such as cartwheels, handstands, rolling, jumping and landing, static body positions, locomotives and balancing. The movements required to consolidate those skills are delivered across your program.

What can the participants expect to learn each session?

In a fifty minute class, our lesson plans are structured as follows:

- ✓ Cardio based warm up and group stretching (including rules of participation) – approximately 10 to 15 minutes;
- ✓ Circuit consisting of ten to twelve stations (including demonstration and instructions) – approximately 30 minutes; and
- ✓ Cool down and debrief – approximately 5 to 10 minutes.

What will Bayside Gymnastics Club provide?

- ✓ **Gymnastics specific apparatus and equipment** – our staff will primarily utilise any equipment available at your school and require clear access to your store room. Staff arrive thirty minutes prior to the session to set up all activities;
- ✓ **Music and Bluetooth speaker** – the club requests that your program have an emergency music speaker available;
- ✓ **Professional staff** - our coaches are qualified by Gymnastics Victoria and accredited by Gymnastics Australia. Our coaches can provide professional development opportunities to physical education staff. Physical education staff is welcome to record the sessions as part of their learning. A copy of lesson plans can be provided upon request; and
- ✓ **Gift bag** – all participants receive a complimentary gift bag at the conclusion of the program. This gift bag contains information regarding recreational programs delivered by Bayside Gymnastics Club.

What is our school expected to provide?

- ✓ **Suitable space** – Your session can be delivered indoors or outdoors (weather permitting); and
- ✓ **Supervisors** – Our qualified coaches will guide your staff as to how to assist your participants to maximise their learning. Teacher Aides are required for participants with special and behavioural needs.

How much does a Sporting Schools program delivered by Bayside Gymnastics Club cost?

The cost of the program is \$2.00 to \$5.00 per participant per session, depending on the amount of your grant of funding. Please notify the club during your booking as to your preference to expend the grant solely on coaching or a combination of coaching and the purchase of equipment. Bayside Gymnastics Club provides expert advice regarding equipment and apparatus that is suitable to support a gymnastics program at your school. Upon receipt of notification from Gymnastics Australia that your booking has been assigned to Bayside Gymnastics Club, we shall send you our *Sporting Schools Equipment Enquiry and Information Request Form* to complete. Our Head Coach will be in contact following completion of this form to discuss your program requirements directly with you.