

Year 7 Sport Program 2024

This year, Year 7 students will be partaking in sports activities once a fortnight on Tuesday afternoons (periods 3, 4 and 5). These activities will require the students to catch a bus from school to different venues throughout the year. You can see these venues in detail below. They have been carefully selected by the Sports Organiser, Tim Harvey, as venues which will engage your child and help in developing their fundamental movement skill and fitness, as well as providing enjoyment. Year 7 students will wear their sport uniform to school on their designated sport day.

Students will have sport on these weeks:

Week A	7 Ochre	7 Aqua	7 Coral	7 Mauve	7 Indigo	7 Red	7 Support
Week B	7 Gold	7 Silver	7 Yellow	7 Lime	7 Pink	7Blue	

1. **Dance/Boxercise @ Invictus Health Club** – students will engage in a rotation of different genres of dance that will improve their movement composition and skills. As well as an exercise program mimicking movements used in boxing to help students develop a range of new skills and improve their fitness in a fun and engaging manner.
2. **Gymnastics @ SLX** – the SLX gymnastics club has established itself as a reputable centre for structured and recreational gymnastics. They have produced gymnasts that have competed all over the world! Students will be coached to develop their skills by expert gymnastics coaches.
3. **Martial Arts @ VT1 Academy**– this program has been developed by martial arts experts in collaboration with teachers. The aim is to improve students' self-esteem and resilience, teach them some simple martial arts and improve their fitness. It is also a great social activity. Students will be coached by world champion instructors whose focus is on youth development.
4. **Aqua Fitness @ Macquarie University** - students will participate in a range of swimming activities from training AusSwim staff at the Indoor Macquarie Aquatic Centre. Students will develop their swimming skills and fitness levels through a variety of enjoyable water activities.
5. **Mixed Sport @ Macquarie University** - students will participate in a range of sports using the indoor Macquarie Sports Gymnasium. Students will develop their movement skills and fitness levels through a variety of enjoyable games and activities.

Sport Rotation 2024

Class (Teacher)	Term 1	Term 2	Term 3	Term 4
7 Ochre (Harvey)	Mixed Sport - MQ	Dance/Boxercise – Invictus	Gymnastics - SXL	Swimming/ Mixed Sport – MQ/LC
7 Coral (Stojanovska)	Gymnastics - SXL	Mixed Sport - MQ	Dance/Boxercise – Invictus	Swimming/ Mixed Sport – MQ/LC
7 Indigo (David)	Mixed Sport - MQ	Gymnastics - SXL	Martial Arts – VT1	Swimming/ Mixed Sport – MQ/LC
7 Mauve (Fung)	Dance/Boxercise – Invictus	Mixed Sport - MQ	Gymnastics – SXL	Swimming/ Mixed Sport – MQ/LC
7 Aqua (Shute)	Martial Arts – VT1	Gymnastics - SXL	Mixed Sport – MQ	Swimming/ Mixed Sport – MQ/LC
7 Red (Chan)	Gymnastics - SXL	Martial Arts – VT1	Mixed Sport – MQ	Swimming/ Mixed Sport – MQ/LC
7 Support (Burke)	Mixed Sport - MQ	Gymnastics - SXL	Martial Arts – VT1	Swimming/ Mixed Sport – MQ/LC
7 Gold (Fung)	Mixed Sport - MQ	Dance/Boxercise – Invictus	Gymnastics - SXL	Swimming/ Mixed Sport – MQ/LC
7 Silver (Harvey)	Mixed Sport - MQ	Martial Arts – VT1	Gymnastics - SXL	Swimming/ Mixed Sport – MQ/LC
7 Yellow (David)	Gymnastics - SXL	Mixed Sport - MQ	Dance/Boxercise – Invictus	Swimming/ Mixed Sport – MQ/LC
7 Lime (Chan)	Gymnastics - SXL	Mixed Sport - MQ	Martial Arts – VT1	Swimming/ Mixed Sport – MQ/LC
7 Pink (Stojanovska)	Dance/Boxercise – Invictus	Gymnastics - SXL	Mixed Sport - MQ	Swimming/ Mixed Sport – MQ/LC
7 Blue (Shute)	Martial Arts – VT1	Gymnastics - SXL	Mixed Sport - MQ	Swimming/ Mixed Sport – MQ/LC