

Year 7 Sport Program 2020

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, Sean Abernethy, 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	7A	7C	7E	7F	7H
Week B	7B	7D	7G	7I	

- Centre Stage Academy** – students will engage in a rotation of different genres of dance that will improve their movement composition and skills. Students will participate in Jazz, Hip Hop, Contemporary and Lyrical classes that will develop a range of new skills and a sense of personal achievement. <http://www.centrestageacademy.com.au/>
- Gymnastics at SLX Gymnastics Club Chatswood** – 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. <http://sxl.net.au/>
- Martial Arts at the VT1 Academy Chatswood** – 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. www.vt1mma.com.au/
- Gym Fitness at Blue Fit Health Club Lane Cove Aquatic Centre** – the BlueFit health club is a leading health and fitness facility. The program has been specifically designed for year 7 students and includes a combination of gym fitness and aqua fitness sessions. Students will have trained fitness professionals coaching them in the sessions. <http://lanecoveaquatic.com.au/>
- Aqua Fitness at 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.

Sport Rotation 2019

Class (Teacher)	Term 1	Term 2	Term 3	Term 4
7A (Graham)	Martial Arts	Dance	Aqua Fitness	Gymnastics
7C (Panckhurst)	Blue Fit	Martial Arts	Dance	Aqua Fitness
7E (Wilson)	Gymnastics	Blue Fit	Martial Arts	Dance
7F (Price)	Aqua Fitness	Gymnastics	Blue Fit	Martial Arts
7H (Abernethy)	Dance	Aqua Fitness	Gymnastics	Blue Fit
7B (Abernethy)	Martial Arts	Blue Fit	Gymnastics	Aqua Fitness
7D (Price)	Gymnastics	Aqua Fitness	Martial Arts	Blue Fit
7G (Graham)	Blue Fit	Martial Arts	Aqua Fitness	Gymnastics
7I (Panckhurst)	Aqua Fitness	Gymnastics	Blue Fit	Martial Arts