



## Years 3-6 Gymnastrix Program

Dear parents and carers,

A gymnastics program has been organised as part of the learning in PDHPE for students in Years 3-6.

<b>Activity Name:</b>	Years 3-6 Gymnastrix Program 2023
<b>Date/Time:</b>	Monday 24 July 2023 9:10am - Wednesday 13 September 2023 3:15pm (Classes will be allocated a weekly session (40 mins) on Mondays or Wednesdays, for the duration of the program (Weeks 2-9))
<b>Description:</b>	An 8 week gymnastics program has been organised for all students in Years 3-6.
<b>Cost:</b>	\$25.00
<b>Venue:</b>	Quakers Hill Public School
<b>Educational Outcomes:</b>	The students from Years 3-6 will learn how to perform basic to refined movement patterns to show actions of the whole body. They will perform a range of locomotor and non-locomotor skills while understanding "elements of movement". The program exposes students to a range of fundamental movement skills and gymnastics movements in a safe and fun environment. 'Gymnastrix' looks to improve student engagement and academic performance through fun, physically challenging and mentally stimulating programs.
<b>Additional Information:</b>	Students will be supervised by classroom teachers. The session will be led by professional gymnastics instructors.
<b>Due Date:</b>	Thursday 27 July 2023

**Cost:** \$25 (Families – 1<sup>st</sup> child \$25, 2<sup>nd</sup> child \$25, 3<sup>rd</sup> child free.)

Permission notes and payments for this event will be accepted online through the School Bytes parent portal. Alternatively, please check your email account for an email with the link to access the permission note and make a payment. **Please note, with the new finance system late payments will not be accepted.**

If you have any questions, please contact the school office.

Mr Bert Lo Campo  
**Principal**