



HOW TO DEVELOP A SPORT AEROBICS PROGRAM FOR YOUR SCHOOL

LUCY GODDARD, GUMDALE STATE SCHOOL





WHAT IS SPORT
AEROBICS?



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SPORT AEROBICS

- Sport Aerobics is a fun fitness dance routine using similar choreography to that seen in an aerobics class at a gym.
- The sport caters for all ability levels and is able to be provided in a competitive or non-competitive setting within your school.
- Aerobics is a lifelong sport students can participate in at any age or fitness level.



BENEFITS OF SPORT AEROBICS

- Everyone can do it
- Sportsmanship
- Working in a team
- Self discipline and commitment
- Work ethic
- Promotes learning and remembering sequences
- Coordination
- Spatial awareness
- Body control
- Core stability
- Muscle tone
- Improves musicality and timing
- Strength, flexibility and fitness



COMMUNITY INVOLVEMENT

- School Pride
- Team Spirit
- Positive influence on enrolment
- Develops relationships between all ages groups within the school
- Promotes a healthy active lifestyle and culture within a school
- Endorsed by the parent body



FISAF AUSTRALIA

FISAF is the Federation of International Sport Aerobics & Fitness which is an internationally accredited sport organisation.

- FISAF Australia will assist schools in organising their school teams and competition season.
- Send a representative out to your school for a free workshop
- Providing feedback and assistance with understanding rules & regulations
- Providing assistance with the registration or entry process
- Recommending suppliers for leotards, training gear, competition shoes, sock & stockings.



EASY TO ACCESS PROGRAM

- Pre-choreographed routine for both Primary and Secondary age divisions. These routines are provided with a set piece of music, a routine move breakdown, a video of the routine, and a dedicated section in which these teams compete.
- This program is designed for school teachers or new coaches.
- This section is an entry-level routine, and is suited to teams who are new to the sport. This also assists in the development of technique and execution of choreography and entry-level skills.



SCHOOLS ONLY COMPETITION

- This stream is designed exclusively for schools, to encourage and support students and teachers from around Australia to get students involved in Sport Aerobics.
- FISAF Events provide competition opportunities from a beginning level to an international level through a progressive structure.
- This stream has been implemented to assist schools to enter the FISAF association at the base level through a more simplified approach.



FISAF
AUSTRALIA
SCHOOL STREAM

EXCLUSIVELY FOR SCHOOLS
| SMALL TEAMS | ADVANCED TEAMS | LARGE TEAMS | PRE-CHOREOGRAPHED TEAMS |

COME & EXPERIENCE THE
FISAF AUSTRALIA
SCHOOL STREAM TODAY!

SUPER SERIES EVENTS
FUTURE CHAMPIONS CUP
STATE CHAMPIONSHIPS

NATIONAL CHAMPIONSHIPS
SATURDAY 11TH AUGUST 2018
HUGE PRIZES TO BE WON

- PRIZES FOR OVERALL SCHOOL CHAMPIONS
- TRAINING GEAR PRIZES ON OFFER
- SCHOOL COACH OF THE YEAR AWARD
- GOODIE BAGS FOR ALL COMPETITORS

START TRAINING FOR THE EXCITING
2018 SPORT AEROBICS SEASON NOW!

inspire
EVENTS
AUSTRALIA
www.fisfaustralia.com.au

FISAF
AUSTRALIA

The poster features three photographs of school teams performing aerobics routines on a wooden floor. The top photo shows two teams in pink and white uniforms. The middle photo shows a team in red uniforms. The bottom photo shows a team in black and white uniforms.

WHERE TO START

1. Who can be involved?
 2. How to get started?
 3. Resources needed
 4. How to build it in your school?
 5. What is required of Aerobics Coordinator?
 6. Who can run or coach teams?
 7. When can it begin?
1. All Students from Prep to Year 12 +
 2. Contact FISAF Australia for an information package
 3. Pre Choreographed package, speaker system and hall space for training
 4. Put out an expression of interest and hold an audition
 5. Organise teams, entry forms, budget, leotards and training times
 6. Teachers with limited dance experience
 7. Competition Season starts May. Training normally starts Jan-Feb

SCHOOLS CURRENTLY COMPETING IN QLD

- Gumdale State School
- Undurba State School
- Murrumba State Secondary College
- Alexandra Hills State High School
- Tingalpa State School
- Miami State School
- Star of the Sea Catholic Primary School
- Ormiston College
- Lourdes Hill College
- San Sisto College
- St Mary McKillop Primary School
- St Lukes Catholic Parish School
- St Marys College Ipswich

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