



AERO Skools

www.aeroskools.com.au



Gymnastics
Australia



Australian Government
Australian Sports Commission

What is AEROSkools and who can be involved?

AEROSkools is a new and exciting Sport Aerobics participation program conducted in schools. It aims to introduce basic Sport Aerobics movement patterns to encourage participation and to improve fitness. Ultimately schools are encouraged to develop a Sport Aerobics routine that can be entered into a state or national competition. AEROSkools therefore consists of both a participation program and a supporting event structure.

The program is aimed at school aged children and youths from 7 – 18 years of age (Year 2 - Year 12), with both sexes actively encouraged to participate.

In 2002 Gymnastics Australia introduced the program to schools in South Australia, Victoria, Western Australia and Tasmania. In 2003 phase two of the program was launched to schools in New South Wales and Queensland. In 2004 phase 3 took place and was introduced to schools in the Australian Capital Territory and the Northern Territory.

What is the philosophy behind the AEROSkools Program?



- Fun
- Fitness
- Friendship
- Fundamentals

The AEROSkools Participation Program

The AEROSkools program aims to provide a grass roots entry level participation program for school students and their teachers wishing to get involved in Sport Aerobics.



Research indicated to Gymnastics Australia that Sport Aerobics was perceived as too technical and difficult to implement in a school environment without specific Sport Aerobics knowledge. With this in mind the AEROSkools program was developed.

The program requires no previous knowledge or experience on behalf of either the teacher or student(s) and provides a sequential program of skill development over three separate levels (ie Level 1, Level 2 and Level 3).

Level 1 – involves the student learning a “compulsory routine that focuses on basic Sport Aerobics movement patterns and presentation skills. No choreography is required on behalf of either the teacher or the student(s). Teams improve their scores by performing creative positions and formation within the 7 metre square. The routine may be performed as a trio (3 team members) or a group (4-6 team members).

Level 2 and Level 3 – as per level 1 however, the routine learnt increases in complexity of choreography, whilst continuing to develop basic Sport Aerobics movement patterns and presentation skills. The routine allows students to compose their own 32 counts of choreography and incorporate this into the routine. The routine may be performed as a trio (3 team members) or a group (4-6 team members).

Are there Resources available to help teach the Program?

In an effort to assist schools in implementing the program, Gymnastics Australia has developed the AEROSkools Kit, which includes:

1. A DVD (illustrating each of the Levels routines)
2. A CD (containing all tracks of music)
3. A set of choreography notes (a count by count explanation of the movements (arm and leg patterns) incorporated into each Level routine).

Additional routines (new Level 1, Level 2 and Level 3) will be developed on a regular basis and launched at the start of each new school year. This is to ensure that students and teachers choosing to participate in the program on an ongoing basis are provided with some choice and variety, when it comes to selecting routines to develop.

What is the AEROSkools Event Program?

Whilst participating in the AEROSkools program, it is imperative that students are provided with opportunities to perform their routines in a range of environments (both competitive and non-competitive).

Schools will be encouraged to allow students to perform their routines at internal school based events whilst also being encouraged to participate in a range of friendly competitive events run by Gymnastics Australia, at both a regional, state and national level.



A very important component of the AEROSkools program is the scheduling of a series of State AEROSkools Championships, culminating in a National AEROSkools Championships run in conjunction with the annual Sport Aerobics Australian Championships, conducted by Gymnastics Australia.

Each State AEROSkools Championships will be conducted in July or August each year, with the National AEROSkools Championships taking place in Sydney in October.

All schools involved in the AEROSkools program would be encouraged to participate in their State AEROSkools Championships, with successful teams (top teams in each section) being granted the honour of representing their State in the National AEROSkools Championships.



How will the AEROSkools Program operate?

Gymnastics Australia is responsible for the production and distribution of the AEROSkools program and the co-ordination of the Regional, State and National AEROSkools Championships.

Overseeing the program will be a National Co-ordinator supported by a team of AEROSkools Consultants. The National Co-ordinator will be the first point of contact for schools interested in participating in the program.

**For all AEROSkools inquiries phone
0413 137 660**

What are a school's options for involvement in the AEROSkools program?

It is well understood that schools will have different resources (both human and physical), in order to get involved in the AEROSkools program. With this in mind Gymnastics Australia is making participation in the AEROSkools program as easy as possible for schools and their staff, by providing help and assistance.

The appointment of a National Co-ordinator to ascertain the needs of schools and AEROSkools Consultants to service the requirements of schools is paramount to the AEROSkools program. The availability of qualified AEROSkools Consultants to lead the program in schools is a resource available to schools that wish to get involved in the program, but lack the immediate resources required.

The National Co-ordinator is fully skilled to advise the school on the best way to get involved in the program and provide invaluable advice and assistance in getting the program operational in the school.

Schools may choose to participate in the AEROSkools program in any of the following ways:

Schools contact the National Co-ordinator and express an interest to take part in the AEROSkools program

School conducts the program - Schools purchase the AEROSkools Kit and conduct the program within the school using teachers that have an interest and basic understanding of the program **or**

School conducts the program and the teacher attends a Teacher In-Service - Schools purchase the AEROSkools Kit and have representatives attend a free in-service on how to implement the program within the school **or**

School conducts the program with the support of a qualified AEROSkools Consultant - Schools purchase the AEROSkools Kit and contract the services of a qualified AEROSkools Consultant to lead the program over a pre-defined period

Schools take part in the AEROSkools Championships and aim to represent the State in the National AEROSkools Championships.

What costs are involved in the AEROSkools Program?

Gymnastics Australia in conjunction with the Australian Sports Commission is keen to keep participation costs to an absolute minimum. Schools choosing to take part in the AEROSkools program would be responsible for the following:

1. Purchasing the AEROSkools Kit.
2. If a school chooses to contract the services of an AEROSkools Consultant to lead the program it will be charged for the cost of instruction (dependant on class size).
3. If the school chooses to enter the Regional or State Championships, they will be required to pay an entry fee regardless of the size of the team. There is a charge per student for entry into the National Championships with all competitors receiving an event T-shirt.

Steps to becoming involved in the AEROSkools program

- Step 1:** Schools will make direct contact with the National Co-ordinator by phone 041 313 7660 or email kwilliams@gymnastics.org.au to register their interest.
- Step 2:** The school purchases the AEROSkools Kit by completing the Kit Order Form located on the Resources page at www.aeroskools.com.au
- Step 3:** The National Co-ordinator evaluates the needs of each school and advises them on implementing the program in their school.
- Step 4:** The AEROSkools program is conducted within the school.
- Step 5:** The school enters teams in the Regional or State Championships.
- Step 6:** Teams that rank in the top three places earn the right to represent their state in the National AEROSkools Championships.