



Friday 2nd June, 2023

2023 Circus Skills Gymnastics Program for Years 5 & 6

Dear Parents/Carers,

Years 5 and 6 will be participating in a Circus Skills Gymnastics Program. Gymnastics is a mandatory part of the K - 6 PDHPE syllabus and this program enables the students to develop their balance, coordination, flexibility, strength and movement skills through the engaging framework of Circus Skills.

On the back of this sheet is a list of the PDHPE Syllabus outcomes that will be addressed during the program. The program will be conducted by two qualified instructors from the Zany Yare Circus School, a highly reputable local company. Each class will participate in a 45-minute lesson each week.

Teachers will supervise their class during the lessons.

Where: Glenbrook School Hall

When: Commencing Monday 31st July (Week 3 Term 3) for 8 weeks until the 18th of September.

Cost: \$35.00 per student

This activity has the approval of the Principal.

Please return the permission note with payment to the office by Monday 24th July.

Cathy Sadler
Assistant Principal

Karen May
Relieving Principal

**Permission to participate in the
2023 CIRCUS SKILLS GYMNASTICS PROGRAM for Years 5 & 6**

I give permission for my child _____ in class _____ to participate in the circus Skills Gymnastics program each Monday commencing 31st July until Monday 18th September.
I understand that the program will be conducted by qualified instructors from Zany Yare, Circus Skills and students will be supervised by their class teacher during the lessons.
I understand the cost is \$35.00 per student.

Parent Signature: _____ Print Name: _____ Date: _____

Payment Advice

Students Name: _____ Class: _____ Payment for: _____

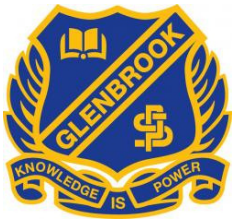
School's Preferred Method of Payment is Online (Using Glenbrook P.S Website)

I have made an Online payment.

Receipt Number is: _____

Date Paid: _____





Circus Skills Gymnastics Program for Years 5 & 6 Circus and the K - 6 PDHPE Syllabus

Circus Skills Gymnastics Program for Years 5 & 6 Circus and the K - 6 PDHPE Syllabus

Circus is a great way to develop and achieve the skills and objectives of the K-6 PDHPE Syllabus.

All circus based activities address the core skills of the syllabus; moving, problem-solving, communicating, interacting and decision making. Its unique combination of gymnastic style skills, manipulative skills, and the creativity of performance/physical theatre skills, allows circus to touch on 3 strands of the syllabus; Games and Sport, Gymnastics and Dance.

While learning circus, working together and safety is a high priority in developing the participants' skills. Participants are encouraged to create routines and performances that work on communication skills between themselves and with their audiences.

Circus creates an environment of belonging, diversity and increases the confidence of its participants by making physical activity and creativity accessible.

Syllabus Aims and Objective		
Circus Activity	Strand	Subject matter
Tumbling	Gymnastics and Dance	Non-Locomotor skills, Locomotor skills, Elements of Movement, Composition, Elements of Dance
Acro-Balance	Gymnastics and Dance	Non-Locomotor skills, Locomotor skills, Elements of Movement, Composition, Elements of Dance
Prop Manipulation (e.g. Juggling and hula hoop, etc.)	Games/sport, Gymnastics and Dance	Manipulative skills, Non-Locomotor skills, Locomotor skills, Elements of Movement, Composition, Elements of Dance
Stilts and Unicycle	Games/sport, Gymnastics and Dance	Manipulative skills, Non-Locomotor skills, Locomotor Skills, Elements of Movement, Composition, Elements of Dance
Aerial Acrobatics	Gymnastics and Dance	Non-Locomotor skills, Locomotor skills, Elements of Movement, Composition, Elements of Dance
Stretching and Strength exercises	Games/sport, Gymnastics and Dance	Non-Locomotor skills, Locomotor skills, Elements of Movement, Composition, Elements of Dance
Games, Clowning and performance	Games/sport, Gymnastics and Dance	Manipulative skills, Non-Locomotor skills, Locomotor skills, Elements of Movement, Composition, Elements of Dance, Games

