

Sport Aerobics for Schools



How to get your school involved in one of the fastest growing sports in Australian schools.

INFORMATION FOR

School leaders
School teachers
Other members of the school community

INTRODUCTION

Sport aerobics is a fun fitness routine combining elements of aerobics, dance and fitness. It is an inclusive sport suitable for boys and girls of all ages and all fitness levels.

While traditional aerobics has been around for decades, in recent times we have seen rapid growth in sport aerobics thanks to the sport becoming more accessible and more well-known among the community – especially in school communities.

FISAF AUSTRALIA

FISAF stands for the *Federation of International Sport Aerobics & Fitness*. It is an international sport aerobics association with over 30 member countries around the world.

FISAF Australia is the body responsible for the development, promotion, and regulation of the sport aerobics competition in Australia. FISAF Australia also runs the competition season across each state in Australia.



SPORT AEROBICS PROGRAMS IN SCHOOLS

Sport aerobics is a unique sport that adds value to a school's sport and extra-curricular program. It requires little-to-no equipment, and thrives on students coming together with their peers to participate in an activity that is both active and exciting!

FISAF Australia designed the School Stream exclusively for school students to enable them to participate in the sport in a simplified way, and to provide them with an opportunity to join in the FISAF competitions amongst their peers.

There are a range of ways to incorporate sport aerobics into your school. Some schools utilise the FISAF Australia resources for their Physical Education curriculum and assessment. Others like to extend on this to offer a competition program for their students.

The resources available through FISAF Australia can be tailored to create a program that best caters to the goals of the school. We also have a dedicated FISAF Schools Representative on staff who has years of experience in working with schools on their sport aerobics programs.

Our mission is to enable as many young people as possible to have access to our fantastic sport!



"We are a regional school, and have found FISAF staff to always be supportive, enthusiastic and encouraging – both over the phone and at competitions.

Students have developed sportsmanship while training and attending FISAF events, this is evident with all teams at events – competitions are fun and give students the opportunity to represent their school.

No specialised equipment is required and, with the guidance of FISAF coaches and judges, a school Sport Aerobics program is a realistic opportunity as the school programs are so easy to follow.

Our school has not looked back, with teams competing from Prep to Year 6 – so much fun, teamwork, new skills and physical activity are all positive outcomes."

Margaret-Mary Opstelten
HPE Teacher
Gladstone West Primary School

BENEFITS TO SCHOOLS AND TO STUDENTS

There are so many benefits that sport aerobics programs can bring to the entire school community.

These are just a few:

- It promotes school spirit, personal growth, and can be a point of difference within the school's curriculum or co-curricular activities
- Students enjoy participating in a sport that is inclusive for all ages and abilities
- It supports government initiatives around health, physical activity and well-being education
- It's a rapidly growing sport nationally, especially in schools
- It is an activity that students can easily carry through to adult life
- It provides a pathway for school students to extend their involvement to a local club.

COACHING SUPPORT

FISAF has designed pre-choreographed sport aerobics packages to enable schools to easily deliver a sport aerobics program to students.

The packages can be used by anyone in the school community, whether it be a member of staff, a parent, or other volunteer as no experience in sport aerobics or dance is necessary to successfully use the package.

Packages include age-appropriate routines via step-by-step video and written instruction, as well as music to match the routines.

If a school doesn't have a member of staff or wider community who is able to coach the program, FISAF is able to assist by connecting the school with a local sport aerobics club. FISAF member-clubs have coaches who are experienced in running sport aerobics programs in schools.



LOCAL AND NATIONAL COMPETITION OPPORTUNITIES

There are a number of fun opportunities for students to participate in competitions against other schools. Both within the state, and interstate.

Competitions enable students to showcase their hard work, alongside their peers in a fun and supportive environment. We receive many comments each year from new schools that the competitions are a real highlight for the students.

FISAF Australia hosts these competitions across the states:

- FISAF Super Series
- FISAF State Championships
- FISAF Future Champions Cup
- FISAF National Championships (QLD).

Dates and additional information about competitions is available on the FISAF Australia [website](#).

HOW TO GET YOUR SCHOOL INVOLVED

Over the course of working with schools in all states over the years, we have found that the process of introducing sport aerobics into the school community can be quite straight-forward – even if the students and staff haven't ever been involved in the sport before.

The following steps have been tested in many different school environments, and have proven to be a successful and simple way to get a new sport aerobics program not only started, but setup to thrive.

Establish a Program Coordinator

The program coordinator's role is to set the program up using the steps below, and to field questions from the school community about the program and competitions. This role can be filled by any member of the school community such as a teacher, parent or other volunteer. FISAF provides support to Program Coordinators to make it as easy and streamlined as possible to coordinate the program.

Resources

FISAF has a number of resources to help schools get programs up and running.



This includes the Pre-Choreographed packages. These packages provide a step-by-step routine for students to learn as well as the music to match. We understand that schools who are new to FISAF and to the sport usually have a lot of questions, so FISAF has appointed a dedicated Schools Representative to assist with specific questions.

Organise a Coach

A coach can be anyone from the school community including a teacher, parent or other volunteer. As mentioned above, coaches have the pre-choreographed package available to them to assist with teaching the students sport aerobics movements. If a school doesn't have a person who is able to coach, there are a number of local sport aerobics clubs who have experienced and affordable coaches to work with schools. These coaching options enable schools to tailor a program to best suit their needs.



Organise a Trial Session

One effective technique for getting a program started is by holding a free trial lesson at the school so students can have a go at it, and see if they like it before committing to being in a team. Sometimes local sport aerobics clubs are happy to send one of their coaches to the school to lead a training session for free to help the program get started. FISAF Australia can help connect schools with a local club, should you choose this option.

Schedule a Sign-Up Session



Set a date for the students to sign up for the program.

This is an opportunity for students to learn a short routine to perform for placement in a school team.

Each student should be provided with an information pack to take home (see step 8), to return it the following lesson.

Promote the Free Trial and Enrolment Session

Promotion ahead of time is very important. This could include advertising in the newsletter, on the school notice board, or by announcing it at parade/assembly.

If students at the school already do sport aerobics at a club, perhaps they could perform at parade. It may also be helpful to suggest that students and parents check out the FISAF Australia Facebook page and website for further information and photos.

Organise Training

Training can be as simple as a 45-minute session once per week. It can be held in the school gym/hall, dance rooms or large classroom space. No special equipment is required other than a portable or permanent speaker system. Before school has proven to be the most preferred time of the day for training, however, lunchtime sessions and afternoons can work well also.

Prepare a sign-up form

Following the trial session it is recommended that all interested students be given a sign-up form to bring to an enrolment session. As sample sign-up form is attached to this document. The sign-up form should outline what is involved with training and competitions, as well as information about uniforms, costs, and a section for parents to provide permission to participate. Sign up forms should be brought to the enrolment session.



Hold the Sign-Up Session

An enrolment session is an informal session that enables interested students to submit their sign-up form, and gather any additional information about training times and a reminder about their commitment to attend each training session.

Once the sign-up forms are collected, the coach should have a clear idea of numbers of students to place into teams.

Establish Teams

Students should be placed into teams of 5-12 students. This should be per year level, and can be a mixture of boys and girls at varying levels. Students may also be placed in a pair, trio, small team (5 people), or even participate as an individual - if the school decides to create their own choreography. Once the teams have been formed, advise the students, and confirm the first training session time and location. For a full guide on categories refer to the FISAF School Stream Package.

Team Uniform

Students usually wear their normal school sports attire for training at school. For competitions, it is common for students to perform in a uniform especially designed for competitions. In saying this, students are also permitted to perform in their usual school sports attire, if the school wishes.

Aerobics uniforms can be organised by the school, the program coordinator, or the coach, and are ultimately approved by the school. They can be ready-made and ordered online, or designed exclusively by a manufacturer (this is more costly, however it ensures the uniform is unique for the school).

It is recommended that the same uniform design be used year-to-year to increase recognition of the school at competitions, as well as to minimise costs.

Competition uniforms usually consist of:

- Leotard for girls
- Singlet with bicycle pants/shorts for boys
- White socks & white sneakers
- Competition Tights for girls (such as Capezio Ultra-Shimmery Footed Tights)
- Matching hair accessory (e.g. scrunchie)



Training Fees

Training costs and how they are charged to participants depends on the school's choice of coaching option and usual processes. If the school is able to provide a coordinator and a coach, costs can be minimized. Training fees may be fully or partly subsidized by the school, or paid for by the student.

FISAF Membership and Competition costs

Schools participating in the FISAF competition program are required to pay an annual FISAF School Membership Fee (however this is waived for all new schools in their first year of participation). Competition entry fees also apply, which are outlined on the FISAF Australia website (<https://fisafaaustralia.com.au/education/schools/>).

Some schools choose to fundraise their competition entry fees or travel costs to subsidise them where possible, or ask students to provide a levy depending on what suits the school community.

Payment Options

Payment processes for the costs involved in running the program is up to the school. The amount of students involved in the program can have input into the cost of running the program, as can the coaching option chosen.

EXTRA SUPPORT AVAILABLE

FISAF Australia program materials

FISAF Australia has prepared various materials to help support schools with getting new sport aerobics programs started. In addition to the Pre-choreographed Package for schools, we also have developed a number of templates to help get a new program organised. These are available upon request, and include:

- Information letter introducing sport aerobics to parents and carers
- Student permission form to participate in the school sport aerobics program
- Advertisement poster/flyer.

Dedicated FISAF School Program Representatives

Our team is dedicated to involving as many students in sport aerobics as possible, regardless of their location or the size/nature of the school they attend. Our Schools Representatives are experienced in working with schools, and are passionate about assisting them to introduce sport aerobics to their students. They are on-hand to provide support to schools as required.

Additional Questions

We want to make the process as simple as possible, and enjoyable too! If you have extra questions, please contact our Sport Development Manager, Natalie Mills, via email natalie@fisafaaustralia.com.au, or phone us on (07) 3823 6705.

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Sport Aerobics

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