

FISAF AUSTRALIA

SCHOOL STREAM

*Sport
or
Aerobics*



*Get your students
involved in one of the
fastest-growing sports
in Australian schools!*

WHAT IS SPORT AEROBICS?

Sport aerobics is a fun fitness activity that combines elements of aerobics, dance and fitness. It is an inclusive sport suitable for boys and girls of all ages and abilities.

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, especially among school communities.

FISAF Australia is the national body responsible for the development, regulation and promotion of FISAF sport aerobics in Australia.



WHY CHOOSE SPORT AEROBICS?

Sport aerobics is a unique sport that adds value to a school's sport and co-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!

Get fit
Be strong
Have Fun!

- ✓ Inclusive for all ages and abilities
- ✓ Builds coordination & confidence
- ✓ Promotes teamwork & school spirit
- ✓ Improves fitness, strength & flexibility
- ✓ Affordable & easy to teach
- ✓ Provides students with life skills they can carry through to adult life.



SIMPLE, FUN & EASY

PRE-CHOREOGRAPHED ROUTINES

We offer pre-choreographed routines for each school year level with step-by-step videos of the routines, and music to match. The routines cater for students of all abilities, and can be taught by anyone in the school community, regardless of whether they have experience in dance or aerobics.

New routines are produced each year for continued appeal, which are delivered by instant download from our website, making these resources affordable and accessible.



PROGRAM & TRAINING SUPPORT

Students usually train once or twice a week before or after school, or during lunch breaks. Training can be held in a variety of spaces at school such as the hall, a classroom, or an undercover area. If a school staff member isn't available to coach students, FISAF can connect the school with an experienced sport aerobics coach in their area. We can also assist schools in establishing a new school program, and ongoing support is available as required. Our aim is to help schools build a thriving sport aerobics program that the whole school community can benefit from.

FUN COMPETITION OPPORTUNITIES

FISAF Australia hosts a number of annual events that provide students with a fun opportunity to participate in competitions against other schools.

Local, state and national competitions enable students to showcase their hard work, alongside their peers, in a fun and supportive environment.

The competition experience allows students to build confidence, sportsmanship and school pride.



What schools say about FISAF...

We are a regional school, and have found FISAF staff to always be supportive, enthusiastic and encouraging. A school sport aerobics program is a realistic opportunity as FISAF's resources are so easy to follow. Students have developed great sportsmanship, and the competitions are a fun opportunity for the students to represent their school. Our school has not looked back and have students in all year levels involved. Fun, teamwork, new skills and physical activity are all positive outcomes.

Margaret-Mary Opstelten
HPE Teacher, Gladstone West Primary School



Sport Aerobics is one of the few sports that incorporates students across all year levels, that also promotes friendships, team camaraderie, strength, flexibility, a healthy and active lifestyle - and most importantly being part of a wonderful community.

Shannon Seers
Head Aerobics Coach, Mentone Grammar



The addition of Sport Aerobics at our College has fostered a fantastic culture and created a connected community. Sport Aerobics in our school has allowed students to thrive and build important skills such as confidence and sportsmanship. It has helped to develop school pride which will lead them into their later years of schooling.

Brooke Cassar
Head Coach, Redlands College

Scan here to
watch our
short YouTube
video!



As a primary school teacher with no aerobics experience, the FISAF School Stream programs are easy to use, well organised, and a wonderful way to create a school-wide athletic community which focuses on fun, fitness and participation.

Sabrina Tully
Program Coordinator, Bayview State School



GET IN TOUCH TODAY!



admin@fisafaustalia.com.au



www.fisafaustalia.com.au

FISAF
AUSTRALIA
SPORT AEROBICS