



Kentlyn Public School

Georges River Road, Kentlyn, 2560

PO Box 5222 Minto, 2566

Phone: 4628 2455 - Fax: 4628 4365

www.kentlyn-p.schools.nsw.edu.au

Wednesday 25 July 2018

Dear Parents/Carers,

Gymnastics Program

As part of our ongoing commitment to implement quality, engaging and innovative PDHPE lessons we will be having a gymnastics program running for six weeks. Our schools was once again successful in receiving a 'Sports in School Grant' to be able to cover most of the total cost for these gymnastic sessions. The school will subsidise the rest of the cost. The sessions will be delivered by the Police Citizens Youth Club (PCYC) and it is expected that all students K-6 participate in the program.

(<https://www.pcydnsw.org.au/activities/gymnastics/>).

Gymnastics is a sport involving the performance of sequences of movements requiring physical strength, flexibility, balance, endurance, and kinesthetic awareness, such as handsprings, handstands, split leaps and cartwheels.

The PCYC Gymnastics program is designed to improve each student's motor skills, coordination, physical confidence and self-esteem. In order to achieve this goal their instructors balance their classes with fun yet challenging exercises. The sessions will begin on Monday 13 August 2018.

Each class will attend their own individual session 30 minutes in length. Your child's permission note needs to be returned to the office by Wednesday 8 August 2018.


Androula Kavallaris
Principal

Gymnastics Program - Term 3

Please return to the office by Wednesday 8 August 2018

I give permission for my child _____ of class _____ to participate in 'Gymnastics' in **Term 3**. I understand that this program will be held in the school grounds and be run by the Police Citizens Youth Club. I understand that there is no cost involved for my child to attend, as the fee will be covered by the Sports in Schools Grant and the school.

Signed: _____
Parent/Carer

Date: _____