



# Kentlyn Public School

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Monday 14 October 2019

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 five 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.pcychnsw.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 Thursday 24 October 2019.

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 Monday 21 October 2019

  
Androula Kavallaris  
Principal

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### Gymnastics Program - Term 4

Please return to the office by Monday 21 October 2019

I give permission for my child \_\_\_\_\_ of class \_\_\_\_\_ to participate in 'Gymnastics' in Term 4. 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: \_\_\_\_\_