



kids fitness in school

overview

Kids love to move – and to us fitness is not just being active, but also valuing your health and well-being.

Busy Beats in school fitness programs are designed to meet the Health and Physical Education learning area of the Australian Curriculum with every class delivered by a fully qualified, registered and experienced Queensland teacher.

Fun, energetic and positive – our fitness classes engage every student on a personal level.

benefits

- Develop fundamental, complex & precise movement skills
- Improve concentration & self confidence
- Increase coordination, strength & flexibility
- Practise social skills through team work

inclusions

- Qualified, registered & experienced teacher
- Challenging exercises
- Engaging games
- Vibrant, age appropriate music
- Fully mobile service – all equipment provided

styles

- Aerobics
- Skipping
- Yoga
- Cardio training
- Strength & conditioning

class structure

Each Busy Beats fitness class follows a similar structure, which is used by fitness professionals worldwide to encourage student engagement and development. Classes are designed specifically for students' age and year level.

- Warm Up
 - Dynamic stretches & movements to prepare physically & mentally for class
- Practical Component
 - Movement skills development
 - Related activities & games
- Theory Component
 - Discussions relevant to health & fitness
- Cool down
 - Low intensity stretches & breathing to begin recovery process

Busy Beats is a fully mobile experience – we bring everything to you. All we require is an open space, either indoors or outdoors, that is large enough for your students to move freely.

the australian curriculum

Busy Beats in school fitness programs include elements from both strands of the Health and Physical Education learning area of the Australia Curriculum:

- Personal, social and community healthy
- Movement and physical activity

All students from Prep to Year 12 will develop knowledge, skills and understanding relevant to specific fitness styles plus general health and well-being.

unique design

We work collaboratively with teachers and students to create the perfect program for your school's needs. Your program may include:

Weekly classes

Practise equals progress and weekly fitness classes offer students the chance to consistently develop their motor skills. We arrange class days, times and durations to fit perfectly into the "busyness" of school life.

Curriculum-based assessment

There are many fitness styles which can make assessment a hassle. We can take the pressure away by including individual student assessment in your Busy Beats program.

Each student's achievement and development is regularly monitored, assessed and recorded by a qualified, registered and experienced teacher. At the conclusion of the program your school receives one completed Busy Beats Assessment Matrix per student.

Busy Beats Assessment Matrices are specifically designed to incorporate both strands (personal, social and community healthy, movement and physical activity) of the Health and Physical Education learning area for each year from Prep to Year 10.

Specialised workshops

From healthy eating habits, health conditions and preventions, to skill development in a specific fitness style – we can design a specialised workshop for any age group and skill level. We give students the opportunity to delve deeply into the world of fitness with non stop fun!

Multi-age classes

Students learn well in mixed company – and fitness is the perfect medium to help students interact socially with different age groups. To ensure maximum skill development we offer multi-age classes for Prep–2, Year 3–6, Year 7–9 and Year 10–12.

pricing

Prices are dependent on a number of factors including class type, duration, frequency, number of students and the addition of assessment.

Prices start from \$3.00 per student, per class, for a class of approximately 30 students. Prices are GST inclusive.

Other class sizes catered for. Please enquire for pricing.