



"Our vision is to create a positive, healthy, life enhancing sporting experience"

PEAK TRAMPOLINE SCHOOLS PROGRAM

Peak Trampoline is located at the Lords Recreation Centre in Subiaco for the academic year 2017.

We offer a variety of program at Lords or at your school. The program at Lords uses Trampoline Gymnastics to encourage all children to lead an active lifestyle in a different environment. The contact details for this program are:

admin@peaktrampoline.com.au

0431409575

Peak Trampoline can come into your school and offer Fundamental Gymnastics coaching through the Sporting Schools program. Sporting Schools gives you the opportunity to apply for funding to bring specialists into your environment, you will also be the recipient of resources produced by Gymnastics Australia to support the development of Gymnastics in schools. The link for Sporting schools is:

<https://www.sportingschools.gov.au>

By becoming part of the Peak Trampoline Schools Program you will give your students the opportunity to learn new skills while developing their physical and emotional well-being.

Trampoline and Fundamental Gymnastics creates a physical foundation which compliments all sports and promotes a fitness-for- life ethos.

Students develop spatial awareness, physical strength and mental alertness while developing a range of Trampoline and Gymnastics skills in a progressive, safe manner.

OUR PROGRAM

- The Peak Trampoline School Program develops STRENGTH, STAMINA, FLEXIBILITY, BALANCE, COORDINATION and CORE STABILITY.
- Each session will begin with a warm up with key objectives which are sport specific to the program being delivered.

TRAMPOLINE PROGRAM

- 2 coaches will focus on developing skills in a safe and progressive manner.
- The detailed scheme of work provides a framework for students to develop at their own pace.

PEAK TRAMPOLINE SCHOOL POLICY JANUARY 2015 reviewed January 2016

Booking: Peak Trampoline, Court 10, Lords, 3 Price St, SUBIACO WA 6008

Phone: 0431409575 Email: admin@peaktrampoline.com.au Website: www.peaktrampoline.com.au



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- Students will follow the Trampoline Gymnastics Australia Levels Program (2013 – 2017) which allows for individual progression.
- Our main focus is to give students maximum bouncing time in order to progress to more challenging skills including rotations and twists.
- Students will develop knowledge and understanding of how the body rotates and twists to complete more advanced skills

CONDITIONING PROGRAM

- The sport of Trampoline develops strength, core stability and stamina which is necessary to improve balance, control and good execution of skills on and off the trampoline.
- Students will be instructed in how to complete exercises in a safe manner with the key focus being correct body position to avoid injury and gain maximum outcomes from the exercise.
- Students will gain knowledge and understanding of muscle groups used to complete the exercises both on and off the trampoline, they will develop knowledge around how core stability and body tension impacts on balance and stability.

ASSESSMENT

- Peak uses the Trampoline Gymnastics Australian Levels Program to assess the progress of gymnasts. The Levels program is progressive, covers all the basic and more complex skills and allows the gymnast to develop at their own pace.

FEES

- The price for a school session is for 1.5 hours.
- The price is \$300 per session for up to 30 students. (\$10 per person)

This price is negotiable and will be dependent on the number of children attending the session.

Fees are payable each term to Peak Trampoline. Contact details:

Tel. 0431409575

<http://www.peaktrampoline.com.au>

Email: admin@peaktrampoline.com.au

BSB: 306 047

ACC: 043 2061

Account Name: Peak Trampoline Inc.

Nicola Wood Bed (Hons) Physical Education

Senior Coach/Manager

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John XXIII College have been attending Peak as part of our Year 8 Gymnastics program for the past 5 years. From the first lesson the level of improvement in all students is always noticeable with some making outstanding progress. Warm up/cool down drills are highly effective and motivating. The effectiveness of this program is due, in part, to the fact that the coaches were experts and only too willing to demonstrate various skills. The access to equipment is something we would not have the opportunity to use at school. Thank you for an excellent program. Our students enjoyed the range of activities and their skill development. Never had any issues. Program was exceptional."

Dave Maxwell

Head of PE John xxiii Catholic College

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