



# Delta Rhythmic Gymnastics

Schools Programmes  
2023



## **Free “Have a go” Lunchtime Session**

Book in for one of our free lunchtime introductory sessions! Our coaches will bring a range of rhythmic gymnastics equipment (e.g. ropes, hoops, balls, clubs, ribbons) and facilitate a fun session for interested students.

The session can be worked as a casual “drop in” session where students are free to pop in and out as they like or alternatively can be a more structured session for a group of students who want to participate for the full session.

We would suggest a reasonably small age range (e.g. year 3/4 together, year 1/2 together) so that the skills can be more easily targeted at their stage of development.

**Cost:** Free

**Number of students:** Dependent on space available

**Space required:** Ideally a school hall/gym or large classroom. Also possible outside in fine weather.

**For inquiries and bookings:** Contact Erica at [erica.deltarg@gmail.com](mailto:erica.deltarg@gmail.com)

## **Ongoing Lunchtime Sessions**

We can provide a coach for ongoing lunchtime sessions for students who would like the next level up from the "have a go" session (e.g. every Monday for the whole term).

For ongoing sessions the students would be able to learn a greater range of skills with the apparatus and opportunities would exist for them to be able to participate in little competitions run through the local clubs. These sessions could be suitable for Year 1-4 students as well who don't have the chance to enter the schools competition yet.

For lunchtime sessions the coach can also be available to help supervise the students eating their lunch if this is helpful for the school.

**Cost:** \$75 per session for up to 12 students. If space allows for larger groups, we can cater to these for an additional \$5 per student. (e.g. \$80 per session for 13 students, \$85 per session for 14 students etc)

**Number of students:** Dependent on space available

**Space required:** Ideally a school hall/gym. A large classroom may be possible but would limit the number of students who could participate.

**Number of sessions:** Totally up to you! We can make an ongoing booking for the whole year or for a specific term or a shorter block (e.g. 6 weeks).

**Age range:** We would recommend keeping the age range reasonably small so that the sessions can be easily targeted at the students' level of development. A range of 2-3 year groups is manageable if necessary. (e.g. Year 1-3 together)

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## **Get involved in the Primary Schools RG competition!**

Do you have students who are keen to enter the Sport Canterbury Primary Schools competition?

**Date for 2023:** Tuesday 20<sup>th</sup> June 2023

**Venue:** Olympia Gymnastics, 29 Springs Road, Wigram

**Eligible Students:** Year 5-8

We can help!

**Option 1:** Free advice! If you have a teacher who is already keen to coach some students for the schools competition we are happy to provide guidance and support to help them along the way! They can email questions or a coach can also come in and meet with them to go through how everything works and give them some tips.

**Option 2:** Let us prepare your team! We can provide a coach to come and actually train the students each week building up to the competition (during a lunchtime for example). The coach would be able to teach them the required elements, teach them the routine and help the students to use the correct technique so they can perform to the best of their ability at the competition. This can be a useful option for schools where you may not have a teacher who is confident enough to give it a go or if you have a large number of students wanting to participate.

**Cost:** \$75 per session for up to 12 students. If space allows for larger groups, we can cater to these for an additional \$5 per student. (e.g. \$80 per session for 13 students, \$85 per session for 14 students etc)

**Number of students:** Dependent on space available

**Space required:** Ideally a school hall/gym. A large classroom may be possible but would limit the number of students who could participate.

**Number of sessions:** Since the schools competition is near the end of Term 2, we would recommend starting training at the start of Term 2. This would allow for approximately 8 training sessions before the competition.

**Age range:** For the most efficient training we would recommend just one year level per session as the routine and apparatus requirements are different for each year group. Combined sessions with two year groups (e.g. Year 5/6) would be possible but not ideal.

**For inquiries and bookings:** Contact Erica at [erica.deltarg@gmail.com](mailto:erica.deltarg@gmail.com)



## **Rhythmic Gymnastics in the Curriculum**

Rhythmic Gymnastics is a really fun sport that can be incorporated meaningfully in the New Zealand Curriculum. Of course it is a sport with distinct physical skills that could be taught through a PE unit. But as it is so strongly based on dance, rhythmic gymnastics can also easily fall under The Arts learning area.

We have coaches who are trained New Zealand primary teachers who can work with you to put together and teach a unit focussed on rhythmic gymnastics!

While the specifics would vary depending on the age of the students and the achievement objectives you would like to target, here is a brief overview of how the various aspects of rhythmic gymnastics fit in to the different curriculum areas.

### **PE focussed units:**

- Learning a range of “body” skills typical of RG
- Learning a range of “apparatus” skills typical of RG
- Learning a range of “group” skills typical of RG
- Identify safe practices in RG (e.g. relating to the use of apparatus, safe distancing etc)
- Reflect on their participation and identify the aspects they enjoyed
- Learning to collaborate with their peers to create short routines/sequences

### **Dance focussed units:**

- Use of RG videos to identify elements of dance (body, space, time, energy and relationships)
- Explore how the elements of dance are expressed in RG (body, space, time, energy and relationships)
- Improvising body and apparatus movements in relation to various stimuli (e.g. different musical styles, different apparatus, different colours etc)
- Choreographing short RG routines (individually or in groups)
- Sharing/performing their choreography
- Sharing feedback and responses to others’ choreography
- Identifying the use of the elements of dance in their own choreography and that of their peers

Of course it would also be very easy to create an integrated unit that covered both the physical and creative aspects of RG to cater to both learning areas simultaneously.

**Cost:** \$75 per hour (minimum session length 1 hour). The coach would also be available for communication and planning purposes prior to the unit (at no cost).

**Number of students:** Dependent on space available. Ideally one class at a time however two classes combined would also be possible with classroom teacher support.

**Space required:** Ideally a school hall/gym or similar. Also possible outside in fine weather.

**Number of sessions:** We can cater to any length unit you would like. A one-off session is also possible if you don't want to teach a full unit but would rather the students just had an opportunity for a "taster".

**For inquiries and bookings:** Contact Erica at [erica.deltarg@gmail.com](mailto:erica.deltarg@gmail.com)

## Our Coaches

All our coaches are:

- Qualified through the Gymnastics New Zealand and/or International Gymnastics Federation coach education programmes
- Police vetted
- Double vaccinated for Covid 19

## Anything else? We are here to help!

Don't hesitate to reach out if you would like to provide any rhythmic gymnastics experiences for your students. We are passionate about our sport and would love to see as many students as possible get a little taste of what it is all about!

