



LaunchPad Sporting Schools FAQs for Primary Schools

1. What is a LaunchPad program?

Gymnastics Australia's [LaunchPad](#) programs cater for children of all ages and are expertly designed for all stages of physical, social and cognitive development.

LaunchPad programs rely on safe and enjoyable activities that challenge participants relative to their abilities and stage of development. Importantly, research tells us those children who have mastery of fundamental movement skills are far more likely to participate in sport and recreation throughout life.

2. What programs can Gymnastics Coaching Providers deliver in my school?

Gymnastics -Fundamental Movement games and activities based on what gymnastics coaches around the world have been delivering for years. Lesson Plans + Activity Cards are available for coaches.

FreeG Kids – Students learn to transfer and apply simple movement skills and sequences individually and in groups through simple obstacle challenges. Lesson Plans available.

Aerobics – an exciting taste of Aerobics. As a coach you don't need to be able to dance to successfully deliver the Aerobics program. Lesson Plans, Activity Cards, DVD and CDs available

3. How many sessions are delivered in the LaunchPad Sporting Schools program?

The LaunchPad Sporting Schools program is a minimum of 4 sessions per participant for 45-60 minutes of physical activity, which can be held before, during or after school. Sessions can be held at the school or gymnastics club or a hybrid of both. If your school would like to book further sessions you are welcome to discuss with your assigned Coaching Provider once you submit your online booking to Gymnastics Australia.

4. How many children can participate in the LaunchPad program?

The ratio of children per intermediate accredited coach is 1:25 (average) with active teacher supervision. There is no maximum number of children that can participate in sessions however the larger the group the more coaches are required.

5. How do I know that the coaching provider I select will provide a quality gymnastics program?

Gymnastics Australia has a large pool of endorsed coaching providers that will provide coaches that meet our accreditation standards and hold a Working with Children Check or state equivalent. This is



the same qualification required to coach without supervision in a local gymnastics club, meaning the coach delivering your LaunchPad Gymnastics Program in Sporting Schools is trained to the same standard as those delivering in the club environment.

6. Can teachers deliver the LaunchPad program?

Yes.

- Choose the teacher delivered package through the online booking portal.
- Attach your current teacher registration along with a Gymnastics accreditation -Teacher Ignite Certificate or Intermediate Coach Accreditation (HPER qualified teachers are exempt).

Gymnastics and FreeG Kids - Teachers can deliver by completing a LaunchPad Ignite workshop including 1 hour online module and a 3 hour face to face practical workshop. You can find details regarding teacher professional development sessions [here](#) or contact your state gymnastics association for workshop information and requirements. **HPER qualified** teachers are **not** required to complete additional PD.

Aerobics – Teachers currently employed at your school can deliver Aerobics, no further accreditation is required.

7. What is the cost of a LaunchPad program?

Coach delivered- The cost of a LaunchPad program is negotiable with your Coaching Provider and will be dependent on the number of participants.

Teacher delivered- The cost of Teacher delivered program is \$200+GST per program. Gymnastics Australia will invoice your school at the end of the term.

Note

- All Sporting Schools programs receive LaunchPad lesson plans and student resources upon confirmation of the compulsory an online program booking.
- LaunchPad Aerobics Resource includes music CD & DVD as well as supporting teaching videos.
- Teachers also receive 12 months FREE access to the GymMix Online Lesson Planner.

8. How are clubs/organisations paid in the Sporting Schools Program?

- Clubs/Organisations invoice schools directly for Sporting Schools programs.
- Schools pay for the Gymnastics program using Sporting Schools grant funding. Schools can use the funding to subsidize the overall program fee, book additional sessions, purchase equipment pay for transport to club.



9. I would like a LaunchPad program at my school how do I register?

Register your school at <https://www.sportingschools.gov.au/> & submit a grant application specifying gymnastics as the sport that you wish to have delivered at your school when applying for funding.

10. I have been successful in receiving grant funding at my school, what happens now?

- Once you receive funding approval, you will receive a login to [online booking portal](#).
- Log into the system
- Choose Gymnastics
- Select a package for Gymnastics, Aerobics or FreeG Kids for either a coach or teacher delivered program.
- If you would like to request a particular club/ coaching provider, please nominate them in the **Additional Information** section of the booking. [Clubs & coaching providers endorsed by Gymnastics Australia](#).

11. Do I need to submit an online program booking each term?

Yes. As mandated by ASC, schools are required to submit an online booking for every term even if it is for the same sport and with the same provider.

12. How do I purchase Gymnastics Equipment for my LaunchPad Gymnastics Program?

LaunchPad programs can be delivered with minimal equipment that is already available in most schools, e.g. elastics, beanbags, hoops, ribbons and balls. Activities have been designed to provide kids with opportunities to practise, develop and enjoy moving through a wide range of activities without the need for sophisticated gymnastics equipment. Some Coaching Providers will bring additional equipment, you will need to ask upon booking. If your school would like to purchase additional equipment see our recommended Equipment Guide. We recommend that schools purchase 1 scatter mat between 2 students for the class.

Aerobics programs don't require equipment.

13. Who can I contact if I have questions or feedback relating to Sporting Schools Gymnastics?

Nikhil Devgan

Sporting Schools and Participation Officer, Gymnastics Australia

T: 03 8698 9728 E: ndevgan@gymnastics.org.au

14. I would like to know more about the Sporting Schools program. What do I do?

Please see the [Sporting Schools website](#) and their [FAQ's section](#) for more information.