

Burwood GHS Sport Choices & Prices, Winter 2022

Students do the same sport in Terms 2 & 3

COST FOR TWO TERMS	Activity	Description	Venue	Meeting Time & Place
\$60/ year	A Taste of Dance	This is a new dance option where students participate in a K-pop class, led by a Year 10 student teacher. Students joining this group will have the option to perform in the Dance Showcase in term 3.	Performance Space	1:10pm
\$120	Badminton	This sport is held at an external venue equipped with proper courts. Students develop their skills and play recreational tournaments of badminton throughout the term. Students walk to and from the venue.	Five Dock Leisure Centre	12:45pm, Outside hall
FREE	Ball Games	This is a free sport offered to students, which is run here at school and the surrounding parks. Students will be divided into groups each week and allocated an area and activities, these will vary throughout the term, allowing for a variety of activities to be played and skills to be developed. Teachers will implement a variety of fitness and ball-sport drills and skills throughout the term.	School and surrounding parks	1:10pm, PDHPE steps
\$120	Boot Camp	This sport is a group fitness class and incorporates a mixture of activities working on agility, strength, power and fitness run at an external venue by an instructor. To add variety to the program you will be introduced to the cardio and weights equipment provided at the facility.	Five Dock Leisure Centre	12:50pm, Outside toilets near the gate to the field
\$120	Circuit	This sport is run at an external venue with an instructor. Circuit includes a range of weight bearing and cardio exercises to increase strength and stamina. Students walk to the venue with their supervising teacher.	Five Dock Leisure Centre	12:45pm, Bottom carpark gate
\$200	Circus Aerials	This class is very artistic whilst combining acrobat strength and flexibility development. Beginner/intermediate aerial hoop classes start with various hanging shapes under the bar, getting up and into the hoop as well as safe ways of getting down to the ground. silks classes focus on two types of climbing – Russian and French climbs as well as the very necessary foot lock.	20 Spencer Street, Five Dock	12:45pm, Bottom car park
\$160	Fitbodz	This sport involves participating in a moderate / high intensity class, such as Xtreme Class, Supercombo and Body Shaping. The classes will be run by qualified professionals at the Fitness centre and will vary depending on student interests.	Fitbodz, Burwood Plaza	12:45pm, Bottom English steps
\$250	Football/ Soccer skill development	A continuation of the football clinics offered in term 1, developing student skills in soccer. This is coached by a football expert from Fair Play Football Coaching.	School Field	1:10pm, School Field.
\$80	Fun Fitness	This is a sport involving different ball sports and fitness activities that involve team building. An external instructor will be facilitating the session. The instructors are open to suggestions throughout the sessions, based on preferences of particular games/sports/activities.	Blair Park	1:00pm, Outside Room 21 & 22

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\$340	Indoor Rock Climbing	Students complete a range of rock-climbing courses available at the centre. This sport is suited for beginners to advance. It is a fun way to maintain physical fitness as well as develop other skills such as coordination and strength.	Petersham Indoor Rock Climbing Centre	12:30pm, Cheltenham Rd Carpark
FREE	Physical Comedy	This will be an opportunity to work with others to develop your skills as a physical performer. Taking these skills, students will work together to create performances. There will be opportunities for presenting at occasions like International Day.	New performance space	1:10pm
\$160	Pilates	Pilates is a low-intensity exercise, with a strong focus on core muscle building and strengthening. It is held at an external venue with a qualified instructor. Teachers meet students and walk students to the external venue.	Fitbodz, Burwood Plaza	12:45pm, Outside Room 18
FREE	Power walking	A low-intensity exercise that allows students to walk around Burwood precincts with a fast-paced speed. It aims to build cardiovascular endurance. Teachers meet students and lead them on a power walk through Burwood, alternating routes each week.	Burwood Precincts	1:10pm, Outside Room 12
FREE	Rec Netball	This is a free sport, where students play friendly games of netball. It is aimed to develop skill in students, particularly those wishing to participate in grade teams. It is held at an external venue.	Cintra Park	12:45pm, Outside Room 19
\$120	RPM/CYCLE	This is a high-intensity class run at an external venue with a qualified instructor. Students participate in a spin class to develop strength and cardiovascular endurance.	Fitbodz, Burwood Plaza	12:45pm, Outside Room 17
FREE	Run Club	This sport is offered to students wishing to improve their skill in track events. It also aims to increase student stamina and endurance in long-distance running.	Cintra Park	12:50pm, PDHPE steps
\$140	Self Defence	A high-intensity lesson aiming at developing basic components of defence. It also focuses on the technical components of boxing and builds students skills in a variety of movements.	Across from FDLC	12:45pm, Library steps
\$30	Table Tennis	Students will be involved in a tournament for the term. Each team will compete in a Round Robin Competition and a final will be held during the last week to determine a winner.	School Canteen	1:10pm Canteen
\$160	Tennis	Tennis coaching is run at an external venue with qualified instructors. This sport aims to develop technical skills in student's tennis ability. Equipment is provided, or students can supply their own if desired.	Cintra Park Tennis	12:30pm, Outside Room 25
\$120	Yoga for Warriors	'Yoga for Warriors is an emersion of traditional Vinyasa poses with Western health science. It is designed to improve health, performance, and mental acuity through poses that target balance, strength, and flexibility in a dynamic format. Based on the ancient traditions of Hatha yoga and grounded in the study of anatomy this style reduces the risk of injury and can increase recovery for ailments including stress, lower back pain and tension. This fundamentals class is for everyone, at any skill or fitness level with modifications provided throughout the session to engage those with varying requirements.	Fitness Lab	1:10pm Hall