

PROJECT 25



# INTRODUCING COLYTON HIGH SCHOOL'S SALSA REPRESENTATIVE TEAM



Charlotte



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Dawn



Cameron

PROJECT 05

# HOW DID **PROJECT D5** COME ABOUT?

At our SALSA Youth Voices Leadership Day August 2019 – we began to develop an action plan to merely increase accessibility to the school gym but recently decided to plan for a larger project.

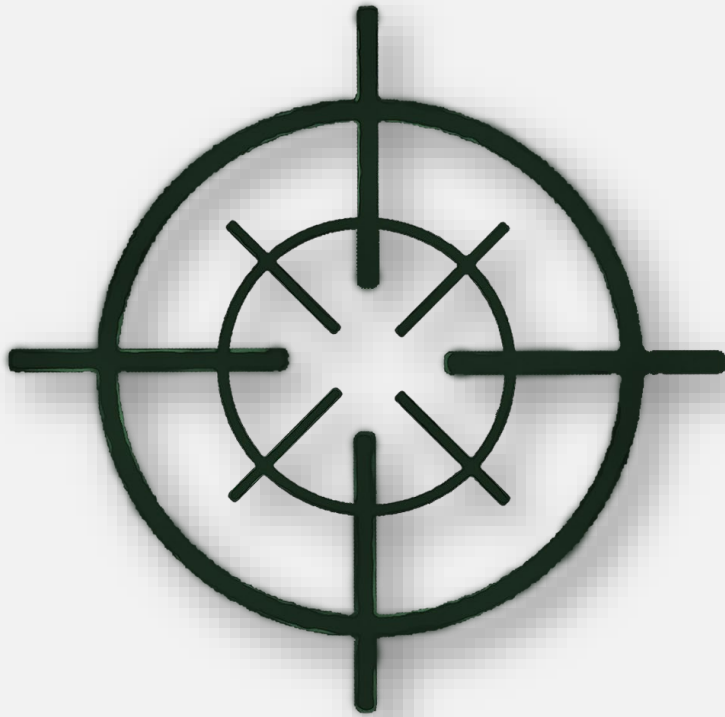
With **Leadership and Youth Voice** being strongly supported by Colyton HS and the SALSA Leadership program, we decided to develop **Project D5**.

**FUN FACT:**

**D5** is the  
Gym Room  
No. @ CHS

**PROJECT D5**

# WHAT DO WE WANT TO **ACHIEVE**?



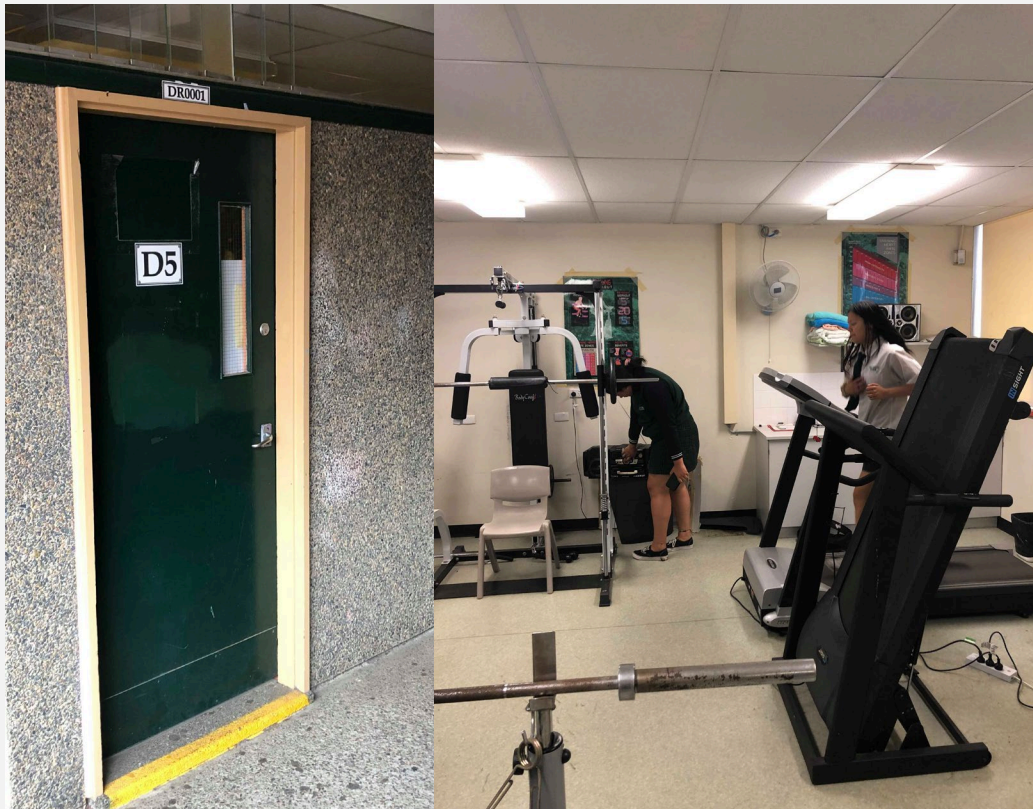
## **AIM**

Improve the Physical and Mental Health of Colyton HS Students through Physical Activity and Strength Building.

**Revamp and Update** School Gym and Improve Access for all students.

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# PROBLEM WE'RE ADDRESSING



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- School gym is hidden away, dull and majority of our students are unaware it exists.
- Regular student access is not available.
- Not enough variety of equipment for whole class use.
- Styling and Equipment is outdated.
- Not enough Cardio equipment for junior student use (weight bearing exercise not permitted for Junior Years 7-9).

PROJECT D5

# OUR CURRENT GYM



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# WHO IS OUR TARGET AUDIENCE?

- Our Senior Students (Years 10-12) - Before and after school users.
- Specific subject courses including PASS, PDHPE and SLR.
- ONE lesson per fortnight focused on fitness and use of the school gym.

\*\* With no access to Juniors due to D5 mostly consisting of weight bearing equipment, our project will cater to implementing equipment and activities to promote inclusivity for our Junior students.

# SUPPORT TO MAKE THIS POSSIBLE

- Mr Morgan (Head Teacher of PDHPE) – Approval and Support
- PE Staff – Support, Time and Supervision
- Mr Butler (School Principal) – Approval, Support and Funding
- P&C Support – Approval, Support and Funding
- Government/Non-profit Organisations – Support and Funding



# HOW DO WE PLAN TO IMPLEMENT PROJECT D5?

- Through extensive research and discussion, **phased implementation** was the process decided to be used for the project by our SALSA Peer Leader Team
- This will allow for each phase to have sufficient time to be implemented individually and each phase being put into effect term by term
- Next we will introduce each phase and what will be involved...



## PHASE ONE (TERM 1)

### ACCESS

- Phase one will be implemented in Term 1 of 2020 providing access to D5 (School Gym) to our Senior Students (Years 10-12) before and after school.
- Creating a roster for Staff to allocate supervision.
- Encouraging access through promotion and its use in classes.
- Develop regular client base and attendance to D5.

**Budget: \$0**

PROJECT D5

## PHASE TWO (TERM 2)

### REVAMP

- Phase 2 will be implemented in Term 2.
- This will involve refurbishing D5 including restyling, repainting, hiring SWAZE (Professional Street Artist) and improving the layout.
- This will also include painting the outside wall and door to really bring attention to D5 and giving it a fresh new look.

**Budget: \$2000**

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## PHASE THREE (TERM 3)

### UPDATE

- Phase 3 will be implemented in Term 3 - will involve the updating of equipment, flooring (to thick rubber gym tiles) and a Bluetooth audio system.
- This will bring D5 to a current age and be more efficient in supporting students to achieve their health and wellbeing goals.
- The next slide shows some pictures of a renovation an American School completed in 2018 to their weights gym, check it out!

**Budget: \$15,000**

**PROJECT D5**



## PHASE FOUR (TERM 4)

### GROUP CLASSES

- Phase 4 will be implemented in Term 4 - will involve running physical activity classes after school catering to both Junior and Senior age groups such as **Boot Camp, BoxFit, Hip-Hop Dancing, Circuit Training, HIIT Training.**
- This will provide inclusiveness for our Junior aged students to also achieve their health goals and better overall wellbeing.

**Budget: \$0**

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# 2021 VISION

## OUTDOOR GYM





# 2021 VISION (CONTINUED)



THANK YOU!

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