

school action plan proposal: **project_gym**



SALSA PROPOSAL BY
ERSKINE PARK HIGH SCHOOL

what do we want to achieve?

We want to achieve a gym space for teachers and students to come and let go of stress and any negative energy. This will be a place to better yourself, set goals, and become strong through workouts and socialisation. We want to promote an active and a healthy school space, which will be conveyed through this gym space.



why is it important for health outcomes?

- Great for the mental health of students and teachers. Releasing stress and anxiety is essential to good wellbeing.
- Improving physical fitness is important for better quality of life. Improving overall fitness will give individuals more energy.
- Improves social life by being able to workout with your friends, which is an integral part in maintaining positive mental health.



estimated cost

- Gym equipment -> \$10,500 +
- Posters -----> \$500
- *Expansion -----> \$2000
- ^Murals -----> \$200

Total = \$13,200



*if we were to expand the space, it would require construction builders, and TAS class could do the work if they are allowed; ^CAPA could paint the murals

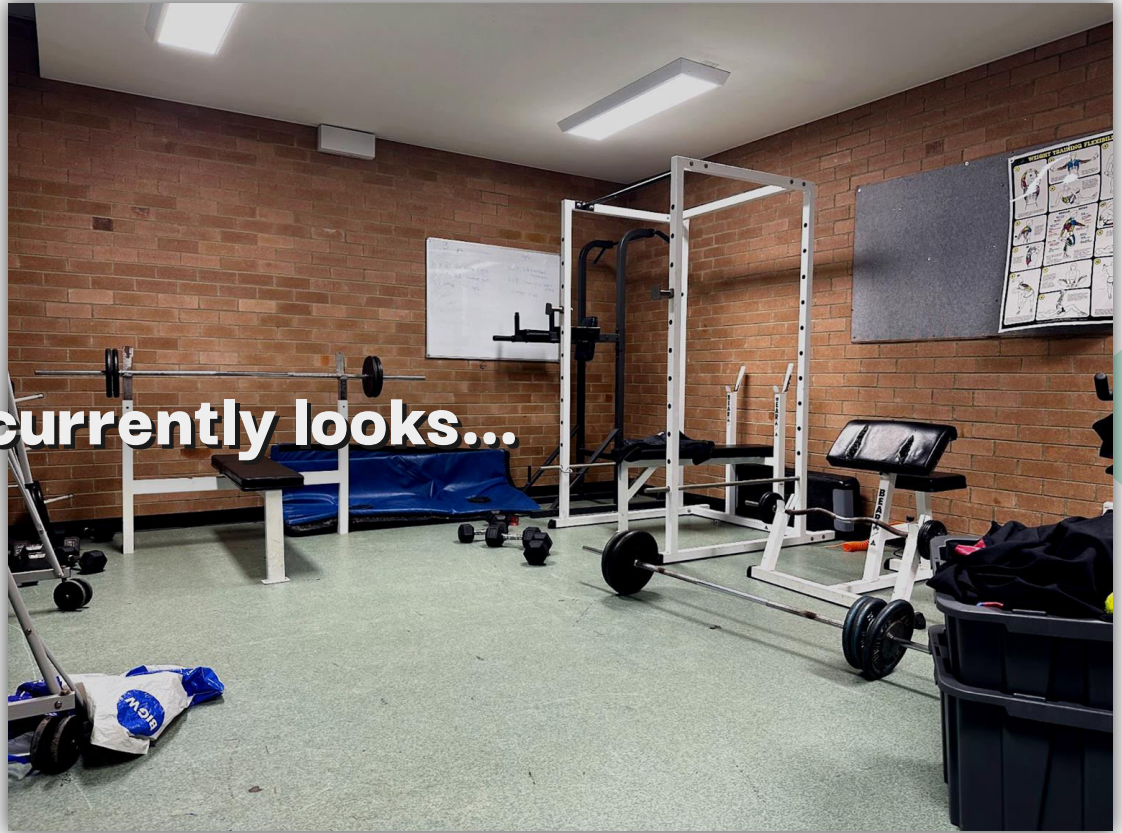
Note: Catch Fitness will give us 10% off as we are a school (YAY!!!)

Not very organised,
not very presentable,
no proper decorations,
no motivational vibe..



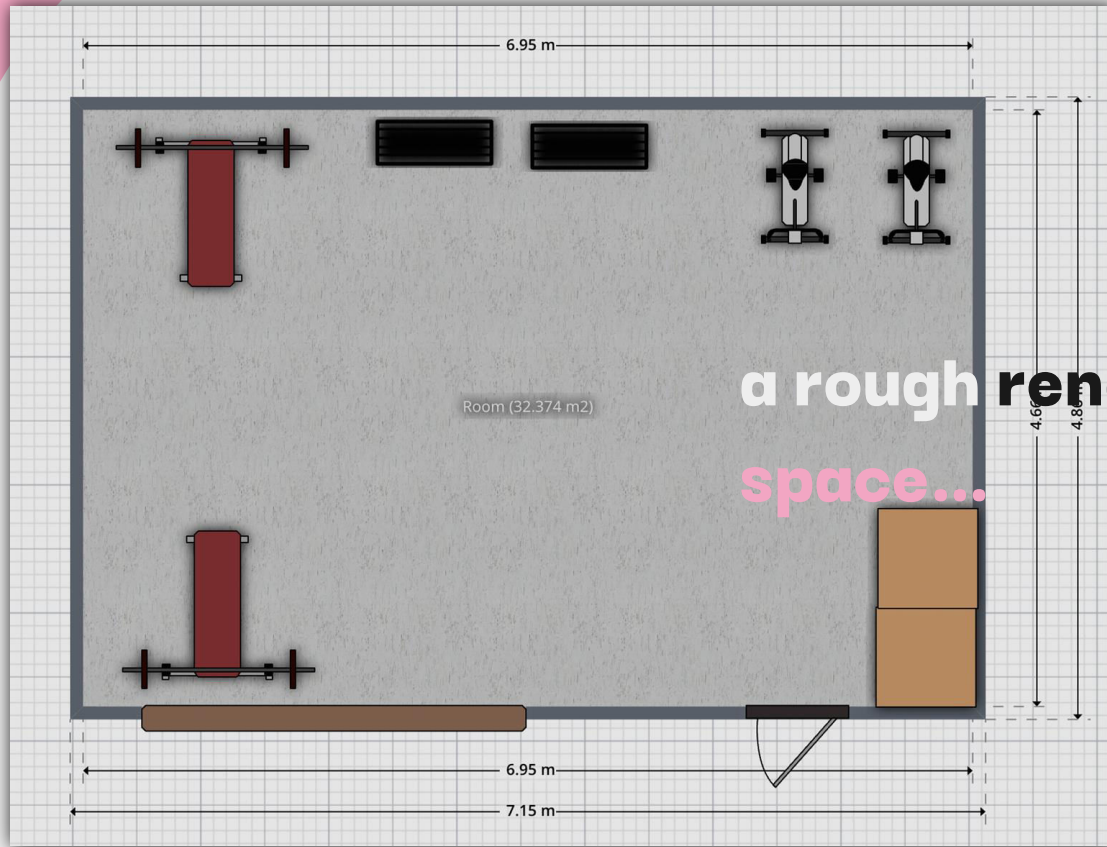
how the gym currently looks...

how the gym currently looks...



Worn out, old equipment,
exposed brick walls,
which can be hazardous...

Link:



simplified,
roomier...

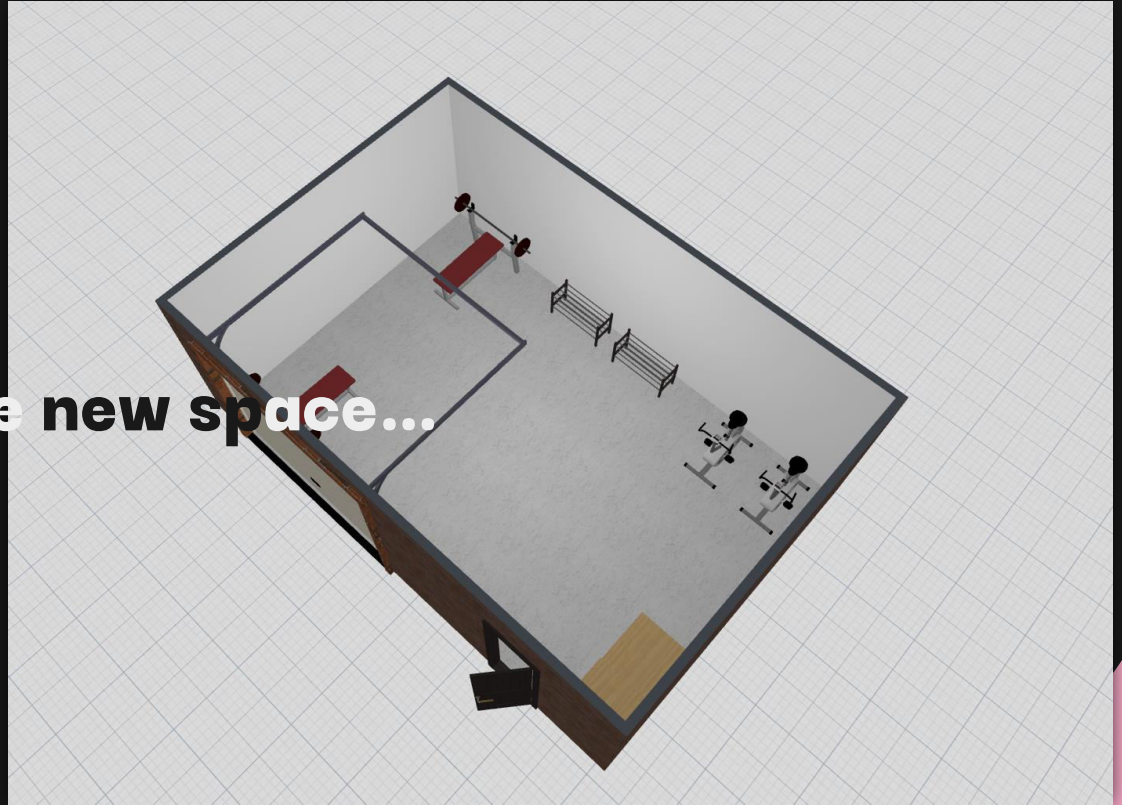
a rough render of the new
space...

Link:

<https://planner5d.com/v?key=9fd2cda3ebf505daf0a7b988d17cbde4&viewMode=3d>

a rough render of the new space...

cleaner,
tidier...



Link:

<https://planner5d.com/v?key=9fd2cda3ebf505daf0a7b988d17cbde4&viewMode=3d>

the sims 4™: project_gym concept



painted walls,
motivational posters...

the sims 4™: project_gym concept

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black and cream panelling,
new and improved gym equipment...



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tidier storage,
cleaner aesthetic...

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alternating zones,
better colour scheme...

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**thank you for
listening to our
proposal!!! 😊**

