



Fitness Program

Each morning for 30 minutes a day, students participate in a six-rotation fitness circuit. Fitness is a planned approach to wellbeing. By 9:30am students have had the opportunity to positively interact with all staff. We believe that students need a variety of identified staff members who can provide advice, support and assistance. Fitness allows staff and students to build strong relationships, as well as encouraging and supporting students to be active and build gross motor skills across a variety of skill sets. During fitness, students not only improve their own skills but have the opportunity to develop the strategies to work in a team, take turns, support and encourage their peers and accept winning and losing.

