

PROFILE



GET ACTIVE
Gold Coast

Upper Coomera State College

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Get up, get out... get active!

Skip-a-thon

During Physical Education classes and lunch breaks students train for the skip-a-thon over several weeks building their strength and endurance so that they can skip for an hour during a PE class in a designated week.

The purpose of the event is to:

- Improve student fitness and co-ordination which also helps with learning.
- Fully involve students with a disability or a medical condition by giving them key roles such as rope twirlers and time keepers so that they can participate at their own level.
- Develop a sense of community and working together to achieve better results.
- Develop a sense of pride and self worth by working together for a common goal.
- Raise funds for equipment to enhance student learning.

Students are asked to obtain donations from family and friends to support their efforts. There are donated prizes for the highest money raiser for grade groupings and a small prize for every student who participates. In addition sponsors have donated prizes for which every student who participates will be eligible to enter the draw. This is to encourage participation and support effort.

The 2010 skip-a-thon raised approximately \$14,000.

Upper Coomera



State College



www.getactivegoldcoast.com.au

SCHOOLS