



Gumdale State School

Year 5 & 6 Signature Programs

2025 SIGNATURE PROGRAMS

Year 5-6



Sports

Science & Technology

Cultural



Netball



HIIT



Diving



Dance



Equestrian



Futsal



Coding, Robotics & Drones



Touch



Target Sprint



Mountain Biking



The Arts

About

- Signature Programs allow students in Years 4-6 to develop skills in an area they wish to explore. At the end of the year, each program will result in a culminating activity or showcase.
- Expression of Interest will be communicated home electronically so families can select their first and second preference.



Dance



Hollis Hall

Dance



- An opportunity for students to further their skills in, and knowledge about all aspects of Dance.
- This is provided by Footsteps Dance Company.
- Students will be taught engaging and relevant dance components from a range of different genres.
- Our programs develop students' social skills, confidence, fitness levels, creativity, expressive skills and coordination, ensuring we provide a safe, positive and stimulating environment for all students
- Maximum 30 students.

COST: \$140.00 approximately
Price may change depending on
participating numbers.

Diving



Sleeman –
Brisbane Aquatic Centre



Diving

- An opportunity for students to learn new skills in a safe, fun and challenging environment. Lessons will be using platform, springboard and dry area facilities at Brisbane Aquatic Centre.
- Sessions are instructed by accredited Chandler diving club staff including Level 2 Nationally Accredited Head Coach and Olympian Jeff Arbon.
- 14 x 1 hour sessions including transport, facility hire and instruction.
- Cost: \$260.00 Price may change depending on participating numbers.
- Max: 10 Students



COST: \$280 approximately
Price may change depending on
participating numbers.

Equestrian



Kurshonbrooke Lodge

Equestrian



- Riders will have the opportunity to work with several different horses during the program with interactions integral to each lesson.
- 4 Program Components: General Knowledge, Horse Welfare, Riding Skills and Practical Skills.
- Riders will receive personal feedback and guidance each week.
- Access to Kurshonbrooke's online training videos to complete theory components.
- Certificate of completion from Pony Club Australia.
- Cost: \$1100.00 for 14 sessions + \$110.00 paid directly to Pony Club Australia Membership.
- Minimum of 6 students and maximum of 12 students are required for this program to be viable.
- An information night will be available for students/ parents involved in this program.

**COST: \$1100.00 for 14 sessions
+ \$110.00 paid directly to Pony Club Australia
Membership.**

Futsal



Redlands PCYC

Futsal



- Run by Sala Time Futsal Club with experienced coaches.
- Students will learn basic skills and drills of Futsal.
- Students will be placed in teams for friendly competition at the end of the program.
- Learning the concept for Weeks 1 – 7, round robin competition Weeks 8 – 14.
- 42 - 56 students for team purposes.

COST: \$210 approximately
Price may change depending on
participating numbers.

HIIT – High Intensity Interval Training



HIIT Capalaba



HIIT – High Intensity Interval Training

- Sessions will be run by HIIT Capalaba Personal Trainers.
- Creating confidence in our students is a priority for us to be able to teach them to become street smart.
- Muay Thai sessions and Strength and Conditioning.
- 14 x 1-hour sessions including transport, facility hire and instruction.
- Max: 40 students

COST: \$300.00
approximately

Mountain Biking



Moreton Bay Boys College

Mountain Biking



- An opportunity for students to ride a purpose-built mountain biking track at MBBC.
- Skills coaching by qualified mountain biking instructors.
- 14 x 1-hour sessions at Moreton Bay Boys College.
- Cost includes transport to venue and 14 lessons with qualified instructors.
- COST: \$337.50 coaching staff, \$75.00 for use of MBBC
- Max: 16 Students
- Parents are required to drop off Mountain Bikes for their child at 7:30am before school at MBBC. Parents will also be required to collect their child from MBBC at 2.45pm unless organised previously with staff member in charge of Mountain Biking.

**COST: \$412.50
approximately**

Netball



Multi-Purpose Courts

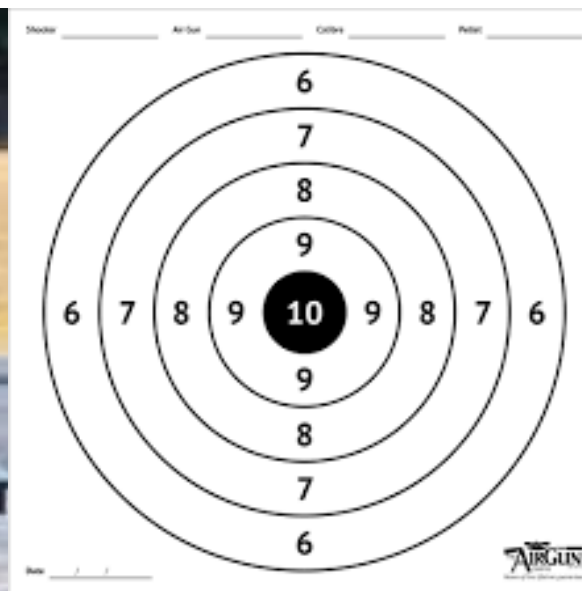
Netball



- Run by Amy Sommerville who is a former QLD Firebirds and NSW Swifts player
- Basic netball drills
- Games & rules of netball
- Court Positioning & team-work
- Round Robin Competition
- Cost: \$60.00 approximately. 2 coaches provided each session.
- Maximum 40 students.

COST: \$60.00
approximately

Optical Rifle Active Target



Queensland Rifle Association
(QRA)

Optical Rifle Active Target

An opportunity for students to learn a new skills in a safe, fun and challenging environment. Students will participate in the following:

1. **Cardio Activity**- walk, jog, skip etc. The cardio workout provides an increase in heart rate and natural production of endorphins which improves circulation and boosts immune defence.
2. **Strength Activity**- lunges, squats, push ups, planks etc. The strength station helps improve the physical base for balance during the activity.
3. **Breathing and mindfulness activity**- 3-3-3. Breathe in for 3, hold for 3, out for 3. Mindfulness task brings the person to an emotionally balanced state reducing anxiety prior to shooting.
4. **Shadow Drill**. Dry imagination of the action.
5. **Optical Target sequence** of 5 shots at the light-up target board in a variety of formats including individual and team-based activities.

14 x 1-hour sessions including transport, facility hire and instruction.

Max: 20 Students



COST: \$110.00 approximately
Price may change depending on
participating numbers.

Robotics, Coding & Drones



T Block



Robotics, Coding & Drones

- The Coding, Robotics & Drones elective will offer a series of self-paced learning activities using a visual programming language.
- Students will engage with a range of activities using Mindstorm EV3, Spheros , coding, robotics and drones.

COST: Nil

The Arts



Classroom

The Arts



- This Signature Program will focus on Visual Arts.
- Max 25 students.

COST: \$20.00

Touch Football



Paul Green Oval

Touch Football



- Run by Redlands Touch with experienced coaches.
- Students will learn basic skills and drills of touch football.
- Students will be placed in teams for friendly competition at the end of the program.
- Learning the concept for Weeks 1 – 7, round robin competition Weeks 8 – 14.
- Maximum 50 students.

COST: \$120.00
approximately

Program Dates

Signature Programs run over 14 sessions in Terms 3-4.

Dates are below.

Term 3

Term 3 Weeks	Year 4 (Wednesdays)	Year 5-6 (Fridays)
3	30 July	1 Aug
4	6 Aug	8 Aug
5	EKKA DAY	15 Aug
6	20 Aug	22 Aug
7	27 Aug	29 Aug
8	3 Sept	NO SCHOOL
9	10 Sept	12 Sept
10	17 Sept	19 Sept

Term 4

Term 4 Weeks	Year 4 (Wednesdays)	Year 5-6 (Fridays)
2	15 Oct	17 Oct
3	22 Oct	24 Oct
4	29 Oct	31 Oct
5	5 Nov	7 Nov
6	12 Nov	14 Nov
7	19 Nov	21 Nov
8	26 Nov	28 Nov



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