



MOVEMENT

# AUSSIE X

HAVIN' A GO - GOODONYA MATE - YOU LITTLE RIPPA

Dear Parents/Guardians,

We are thrilled to welcome the **X MOVEMENT** team to our school! Our students will be participating in an **AUSSIE X** experience.

X Movement will integrate the powerful **Connected Movement Approach** to Energize our school!

**Connected Movement is...**

## **MOVEMENT**

Physical activity that makes you feel good, irrespective of ability.

## **MINDFULNESS**

Using reflection to become aware of self, other and the world around you.

## **MATESHIP**

Building relationships through communication, equality and trust.

Aussie X is an Australian sport and culture program delivered to encourage students' Growth Mindset. Students learn new physical skills from Footy, Netball or Cricket. With this introduction of new skills, Aussie X levels the playing field, meaning the learning is done through adversity and challenge.

For more information on the program, please contact us.