

RHYTHM-FITNESS



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PROGRAM OVERVIEW

Rhythm-Fitness is a high-energy Sport, Wellbeing, and Arts program that's been sparking joy and engagement in primary schools for over 20 years.

Trusted by 150+ schools and backed by school leaders across Australia, Rhythm-Fitness is a powerful way to elevate learning, wellbeing, and movement — while giving students a truly unforgettable and uplifting experience.

How it works:

Each 30-minute session is packed with movement, rhythm, and fun, and is based on bucket drums. Students are locked in to doing a variety of jumps and moves while playing group rhythms, drumstick tricks and rhythm games along to music. In our weekly programs, they also learn rhythmical juggling!

- All equipment is provided
- Sessions are run back-to-back to cover the whole school
- Around 60 students per session (combining classes for greater impact)
- Led by expert performer and instructor Col Hatchman
- Every session is non-stop from start to finish

Program Options:

1. “BLAST”: One-off Sessions

Perfect for rewards days, wellbeing initiatives, or term celebrations, this is a fun and inclusive experience designed to energise the entire school. Students leave buzzing!

2. “SPRINT”: 4-Session Program

Each student receives 4 x 30-minute sessions that build progressively each week. By the end of the program they'll have a Rhythm-Fitness repertoire they can perform to music— with the option to finish with a final group showcase.

See It In Action:

Watch the 2-minute video case study here:

<https://drumcorpkids.com/options#Video>

- Increased focus and fitness
- Better behaviour and mood
- Boosted social skills and teamwork
- Enhanced learning and engagement
- Higher attendance on Rhythm-Fitness days

PRICING

We offer three pricing tiers, based on school size and program option:

Tier	Cost per student per session
Tier 1	\$15 + GST
Tier 2	\$12.50 + GST
Tier 3	\$10 + GST

Whole-school bookings qualify for the lowest tier (\$10/student/session). For partial cohorts, pricing depends on student numbers.

Once we know your student numbers, we'll provide a tailored quote.

Email us: support@drumcorp.com

NEW SOUTH WALES CURRICULUM LINKS FOR RHYTHM-FITNESS

The Rhythm-Fitness program aligns with multiple key learning areas in the NSW Syllabus for the Australian Curriculum, supporting student development in physical health, creative expression, social skills, community engagement, and sustainability awareness.

Personal Development, Health & Physical Education (PDHPE)

- Movement skill development and coordination (PER1.4, PEP2.4, PEP3.4)
- Building confidence and positive social interactions through physical activity (IRS2.11, INS3.3)
- Promoting physical fitness, teamwork, and personal responsibility (MOS2.4, MOS3.4)
- Resilience & emotional well-being – self-regulation, stress management, and emotional intelligence (PD2-3, PD3-3)
- Ethical & respectful behavior – inclusivity and positive social interactions (PD2-10, PD3-10)
- Community & social responsibility – teamwork, fair play, and collaboration (PD2-9, PD3-9)
- Developing locomotor and non-locomotor skills through movement sequences (PD1-4, PD2-4, PD3-4)
- Applying movement skills in new and challenging movement situations (PD2-5, PD3-5)
- Demonstrating cooperation and inclusivity through group physical activities (PD2-10, PD3-10)
- Understanding movement sequences and body control (PD2-4, PD3-4)
- Enhancing spatial awareness and coordination through structured activities (PD2-5, PD3-5)
- Refining fine and gross motor skills through progressive skill-building activities (PD2-4, PD3-4)
- Developing coordination and movement control through rhythmic activities (PD2-5, PD3-5)
- Improving concentration and focus through multi-step movement sequences (PD2-4, PD3-4)
- Demonstrating persistence and perseverance in learning new physical skills (PD2-6, PD3-6)

Creative Arts (Music & Dance)

- Understanding rhythm, beat, and musical patterns through movement (MUS1.1, MUS2.1, MUS3.1)
- Expressing creativity and confidence through performance (DAS2.1, DAS3.1)
- Learning group performance skills, timing, and coordination (MUS3.2, DAS3.2)
- Cultural awareness & expression – using rhythm and movement as a form of artistic and cultural expression (CA-4)
- Performance & public speaking skills – confidence in front of peers and community (MUS3.4, DAS3.3)
- Moves in response to various stimuli (DAES1.1)

- Explores movement using the elements of dance (DAES1.2)
- Performs dances demonstrating expressive qualities (DAES1.3)
- Responds to and communicates about the dances they view and/or experience (DAES1.4)
- Participates in simple speech, singing, playing, and moving activities, demonstrating an awareness of musical concepts (MUES1.1)
- Creates own rhymes, games, songs, and simple compositions (MUES1.2)
- Listens to and responds to music (MUES1.3)
- Progressive skill development in performance and rhythmic expression (MUS2.2, MUS3.2)
- Integrating music, movement, and coordination for expressive performance (DAS2.2, DAS3.2)
- Exploring structured choreography and complex rhythmic patterns (DAS3.3)

Human Society & Its Environment (HSIE)

- Civic responsibility & community engagement – participation in shared group activities benefiting the school & community (HT2-3, HT3-3)
- Leadership & team contribution – understanding responsibility and working towards shared goals (GEO2-4, GEO3-4)

Numeracy

- Recognising, describing, and continuing number patterns through rhythm and beat counting (MA1-8NA, MA2-8NA)
- Exploring duration and timing through rhythmic sequences and performance (MA1-13MG, MA2-13MG)
- Applying spatial awareness and movement to understand directions and sequences (MA1-17MG, MA2-17MG)
- Understanding and using mathematical language to describe repetition and order (MA1-1WM, MA2-1WM)

Literacy

- Speaking and listening in structured rhythm-based group interactions (EN1-1A, EN2-1A)
- Following and sequencing verbal instructions to complete rhythmic tasks (EN1-2A, EN2-2A)
- Expanding vocabulary through exposure to musical and movement-related terminology (EN1-6B, EN2-6B)
- Practising fluency and expression through call-and-response and rhythmic speech activities (EN1-9B, EN2-10C)

Sustainability (Cross-Curriculum Priority)

- Environmental Awareness and Responsibility – Understanding sustainability through hands-on use of recycled materials (SCI1-13ES, SCI2-13ES, SCI3-13ES)
- Practical Application of Sustainable Practices – Engaging with circular economy principles by reusing materials in creative learning (ST1-2DP-T, ST2-2DP-T, ST3-2DP-T)

General Capabilities

- Critical & creative thinking – problem-solving, adaptability, and self-expression through rhythm-based learning
- Personal & social capability – resilience, emotional regulation, and social skills in a group setting
- Social & ethical understanding – inclusivity, cultural appreciation, and cooperation in a team setting
- Community impact & responsibility – strengthening school spirit through collaborative achievement
Intercultural Understanding – Recognising rhythm and movement as cultural expression and a universal form of communication.

TESTIMONIALS

“This program is the only one I know of its kind! Our students have had a very positive response to the program and many have grown in confidence. Rhythm-Fitness has been a huge success at our school and I can’t rate it highly enough.”

Todd Osland- Principal, Edgeworth Public School

"This is a powerful program that I can highly recommend!"

Steve Lemos - Head of Catholic Schools- Diocese of Maitland-Newcastle

"As we strive to prepare our students for a future of diverse challenges and opportunities, Rhythm-Fitness offers a fun and effective way of elevating education through fitness, focus and fun. Our students have had a very positive response to the program. We highly recommend this program to every school community."

Peter Edmonds- Principal, Morpeth Public School

“WOW what a fantastic experience!”

Cardiff Public School P&C

“The Drum Corp is an innovative program that engages students of all ages, develops their confidence and provides them with an opportunity to shine.”

Steven Richard- Principal, Bolwarra Public School

“One of the best programs we have introduced to our school. Our students are more engaged, focused and healthier since starting with Drum Corp and they thoroughly enjoyed each session. We cannot wait to do it again next year.”

Stephen Pryde- Principal, St Pius X Windale

“Rhythm-Fitness was a great success at our school. It was an outstanding way to bring us all together in a way that was engaging, fun and accessible for all. At one point I looked around and every single person was smiling and laughing. Feedback was universally positive from everyone and I couldn't recommend it highly enough.”

Sarah-Jane Hazel- Principal, Woodberry Public School

“Thanks for the energised approach you have in engaging the kids. Our students, staff and community loved the lessons and our end of year performances. Congratulations on a job well done!”

Jesmond Zammit- Principal, Gorokan Public School

"Working with Drum Corp has been an exceptional experience from the start. The Rhythm -Fitness program integrates fitness and wellbeing in an incredibly fun way for our students. Col seamlessly blends rhythm and coordination with physical exercise, creating a holistic approach to enhance our whole school sports and wellbeing program. ”

Sue Gibson - Principal, Caves Beach Public School

"I have found Drum Corp to be one of the best programs we have introduced at our school. It strongly supports our music and PDHPE program, allowing our students to expand their horizons. The enthusiasm and thorough enjoyment expressed by all students is priceless. The looks on their faces when learning perfectly expresses the ethos of having fun with education. I thoroughly recommend this program."

Darryl Sheppard- Principal, Iona Public School

"I love the way the program links to the PDHPE Dance program. The physicality and movement gets the student's heart rate going as they learn to collaboratively dance and move as one.

The Social and Emotional development of students has bloomed due to the play focused 'judgement free' lesson delivery."

Kurt Walker - Teacher, Waitara Public School

"We couldn't be happier with Drum Corp! Our students have thoroughly enjoyed it, and they look forward to lessons each week. Our end of year performance blew everyone away, parents and community members couldn't believe how far the students had come."

Tracey Hookway- Teacher & Assistant Principal, East Maitland Public School

"I've rarely seen my grandson smile or interact with other kids. I can't believe what I just witnessed—he was a completely different child! This is so amazing. Thank you so much for all that you do. I hope many more kids get to experience this."

Betty - Grandmother of student @ Karuah Public School