

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 4-week program, they also learn rhythmical juggling!

- All equipment is provided
- Sessions are run back-to-back to cover the whole school
- Around 80 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 end-of-term celebrations, this is a fun and inclusive experience designed to energise the entire school. Students leave buzzing!

2. “SPRINT”: 4-Session Program

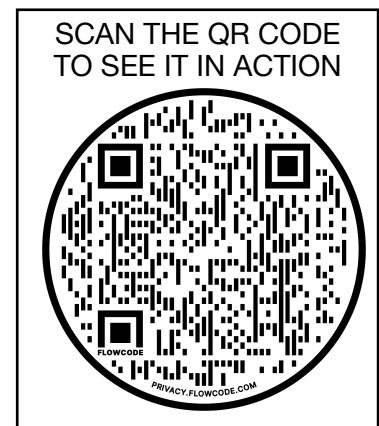
Each student receives 4 x 30-minute sessions that build progressively each week. By the end of the program they'll have a Rhythm-Fitness repertoire they can perform to music— with the option to finish with a final group showcase.

See It In Action:

Watch the 2-minute video case study here:

<https://drumcorpkids.com/qld#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	School Size
1	\$15 + GST	100 -
2	\$12.50 + GST	100 +
3	\$10 + GST	200 +
4	\$8 + GST	700 +

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

QUEENSLAND CURRICULUM LINKS FOR RHYTHM-FITNESS

The Rhythm-Fitness program aligns with the Australian Curriculum as implemented in Queensland, supporting key outcomes in physical education, the arts, social development, sustainability, general capabilities, numeracy, and literacy.

Health and Physical Education (HPE)

Strands: Movement and Physical Activity / Personal, Social and Community Health

- ACPMP008 / ACPMP025 / ACPMP043 – Practice fundamental movement skills and movement sequences using different body parts.
- ACPMP010 / ACPMP028 / ACPMP046 – Perform movement sequences in response to rhythm and music.
- ACPMP011 / ACPMP029 / ACPMP047 – Apply strategies to work cooperatively and play fairly in group activities.
- ACPMP012 / ACPMP030 / ACPMP048 – Identify rules and demonstrate ethical behaviour in physical activities.
- ACPMP013 / ACPMP031 / ACPMP049 – Propose and apply movement concepts and strategies to solve movement challenges.
- ACPPS015 / ACPPS020 / ACPPS035 – Recognise and interpret emotions; practice strategies to manage emotions.
- ACPPS017 / ACPPS021 / ACPPS037 – Investigate the role of cooperation, decision-making, and leadership in health and physical activity.

The Arts – Music and Dance

Strands: Making / Responding

- ACAMUM080 / ACAMUM081 / ACAMUM082 – Explore and experiment with rhythm, beat, tempo, dynamics, and structure in music.
- ACAMUM084 / ACAMUM085 / ACAMUM086 – Develop and perform rhythmic patterns using voice, body, and instruments.
- ACAMUR083 / ACAMUR087 – Respond to music and describe how it makes them feel and what it communicates.
- ACADAM005 / ACADAM009 / ACADAM013 – Explore movement and perform basic dance sequences using space, time, dynamics, and relationships.
- ACADAM007 / ACADAM011 / ACADAM015 – Create and perform structured dance sequences that communicate ideas and emotions.
- ACADAR008 / ACADAR012 / ACADAR016 – Reflect on their own and others' dance performances, using appropriate language.

Humanities and Social Sciences (HASS)**Civics and Citizenship (Years 3–6)**

- ACHASSK071 / ACHASSK091 – Why people participate in groups and how they contribute to shared decision-making.
- ACHASSI060 / ACHASSI080 – Work collaboratively, negotiate rules, and reflect on group decisions and outcomes.
- ACHASSI059 / ACHASSI079 – Identify ways they can contribute to their community and explore the benefits of civic participation.

Numeracy

- ACMNA001 / ACMNA012 / ACMNA030 – Develop awareness of number patterns and sequencing through rhythmic repetition and beat counting.
- ACMMG009 / ACMMG022 – Explore duration and timing through structured movement and rhythmic activities.
- ACMNA015 / ACMNA029 / ACMNA051 – Recognise, describe, and continue number patterns involving counting by twos, threes, and fives in rhythmic structures.
- ACMSP263 / ACMSP050 – Use basic data to track performance patterns and reflect on rhythmical accuracy or repetition.

Literacy

- ACELY1646 / ACELY1656 / ACELY1666 – Engage in group discussions and follow spoken instructions through rhythm-based interaction.
- ACELA1430 / ACELA1452 – Understand how language can be used to express rhythm, tone, and emphasis in performance.
- ACELY1650 / ACELY1660 – Use spoken language for sequencing and recounting performance steps and routines.
- ACELY1647 / ACELY1657 / ACELY1667 – Build vocabulary and comprehension through exposure to rhythmic, descriptive, and instructional language.

Cross-Curriculum Priorities – Sustainability

- Environmental awareness – Students use recycled and repurposed instruments (e.g. bucket drums and pipe sticks), introducing sustainability concepts and circular economy principles.
- Practical application – Learners engage directly with sustainable practices through hands-on activities that promote resourcefulness and environmental responsibility.

General Capabilities

- Critical and Creative Thinking – Solving rhythmic challenges, inventing new patterns, and adapting to performance tasks.
- Personal and Social Capability – Developing emotional regulation, teamwork, leadership, and resilience through structured group activities.
- Ethical Understanding – Practicing inclusivity, fairness, and respect during cooperative learning and public performance.
- 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