

## What Is Calisthenics?

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"Calisthenics (Greek: "Kallos" for beauty and "sthenos" for strength) is a uniquely Australian sport. Calisthenics is an enjoyable solo and team sport that encourages physical development, co-ordination and self discipline through a series of light dance, march, ballet and gymnastic routines, some with the use of apparatus all musically choreographed with singing and acting performed on a theatre stage for an Adjudicator, much like an Eisteddfod.

Calisthenics promotes team work and friendship, it also helps improve participants deportment and overall grooming, which continues to help them throughout their life. Students develop an appreciation for music, rhythms and melodies of all kinds. Stage presentation, make-up and hair design are also taught. Performances at competitions involve wearing stunning costumes, making the performances very dynamic and exciting both for the participants and the audience.

Between 5 and 8 routines are learnt by the participants during the year. Each routine lasts between 1.5 - 4 minutes. All routines are taught and performed with the emphasis of teamwork and uniformity.