



THE ACHPERTISER

August 2010

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2010 ACHPER SA/SACPSSA Primary Years Conference Program Released

You are invited to attend the ACHPER SA/SACPSSA Primary Years Conference at the Sturt Gym, Flinders University on 16th August 2010.

This Conference is a full day of popular sessions selected specifically for Primary Health and Physical Education. The Conference theme is "Putting the Education back into Physical Education" and this will be carried throughout the sixteen sessions that are of importance to Health, Physical Education, Dance and Sport Educators. The Conference brochure and full details can be downloaded from the website and online registration is available via www.achpersa.com.au



be active Physical Education Week

The highly anticipated *be active* Physical Education Week will be held this year from November 8th-12th (week 5, term 4). It is now time for schools to start arranging the coordination of in-school activities to raise the profile of *be active* Physical Education Week.

This event is set to attract over 50,000 participants across the state and will celebrate the importance of active and healthy living in the lives of South Australian children, parents and local school communities.

The comprehensive booklet will be available soon and can be sent to you on request from the ACHPER (SA) office. The booklet includes great ideas and school based activity suggestions. It features practical information, healthy eating activities, and showcases successful school based programs.

Free promotional material (posters and certificates) will be able to be ordered from the ACHPER (SA) office or website. ACHPER (SA) are encouraging schools to make linkages with their local communities (clubs, facilities, agencies, and infrastructure) to make visible the local opportunities available.



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27th ACHPER International Conference

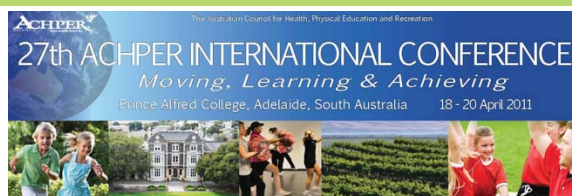
Prince Alfred College,
Adelaide 18-20th April 2011

The President of ACHPER

National, Graeme Quelch, and Shane Pill, the President of ACHPER SA (the Host Branch) invite you to participate in the 27th ACHPER International Conference. The Conference will be held at Prince Alfred College during the school holidays (incorporating the ACHPER (SA) annual term 1 holiday Conference). The Conference will feature special rates for local South Australians to support a strong local attendance.

If you are an academic, school teacher, or member of an association or government department associated with physical education, recreation or sport, this conference will be of special interest to you. Come along and meet new colleagues, catch up with old friends and explore the conference theme of "Moving, Learning & Achieving".

Visit the website www.achper2011.com for key note speakers, call for papers and registration details.





Information of Interest:

This is a new section of the ACHPERTISER where we include some information that may interest you in your work promoting active and healthy living.

We have included a snippet of information, with a link to the full article/paper if you wish to explore further. I hope this may be of interest and relevance to you, apologies for any cross postings. Please send any information you may seek to share through this manner to the ACHPER Office and all the best with your ongoing important work.

Matt Schmidt, Executive Director, m.schmidt@achpersa.com.au

2009 Exercise, Recreation and Sport Survey

The Exercise, Recreation and Sport Survey (ERASS) collects information on the frequency, duration, nature and type of physical activities that are participated in for exercise, recreation or sport by persons aged 15 years and over.

Research released recently shows females had higher regular participation rates in any physical activity, except in the youngest age group. Regular participation rates in any physical activity were also higher among university educated persons and those still at secondary school in 2009. The top ten physical activities in 2009, in terms of the total participation rate, were walking, aerobics/fitness, swimming, cycling, running, golf, tennis, outdoor football, bushwalking and netball. An estimated 6.2 million persons, or 36.1% of the population, participated at least once in walking for exercise, recreation or sport in 2009. For the full 2009 Exercise, Recreation and Sport Survey (ERASS) Annual Report [click here](#).

The Toronto Charter for Physical Activity: A Global Call for Action

This advocacy tool was developed to inform decision making, partnerships and resource allocation towards increasing participation in health-enhancing physical activity throughout the world. The Charter was ratified and launched in May at the 3rd International Congress for Physical Activity and Health in Toronto Canada and was described as: **“A call to all countries to help make physical activity a priority for all.”**

[Click here](#) to read further.



Square eyes and couch potatoes: Children's participation in screen-based activities

Children's participation in more sedentary forms of recreation, such as playing computer games, has been identified by the World Health Organisation as one of the key worldwide trends contributing to an overall increase in childhood obesity. Take a look at the latest trends in Australian children's participation in screen-based activities in this new report from the ABS. [Click here for the report](#)

NEW council ACTIVE, HEALTHY COMMUNITIES resources ARE AVAILABLE online

A new online resource package developed by the Heart Foundation, Queensland Health and the Local Government Association of Queensland is available online - Active, healthy communities: A resource package for Local Government to create supportive environments for physical activity and healthy eating. To visit Active, Healthy Communities [click here](#).

Australian Government-Sport and Education Policy:

Following the recent national curriculum announcement, that sets physical education in phase three of the National Curriculum roll out and seeks to maximise the number of hours committed to physical activity in the school curriculum, the Australian Government in May released its commitment to a Sport and Education Policy as part of the Australian Sport: The Pathway to Success. To read further [click here](#).

Web link to the US National Physical Activity Plan launched in May

The Plan is a comprehensive set of policies, programs, and initiatives that aim to increase physical activity in all segments of the American population.

The Plan is the product of a private-public sector collaborative. Hundreds of organizations are working together to change our communities in ways that will enable every American to be sufficiently physically active.

[Click here](#) for the Physical Activity Plan.



Take every opportunity to **be active.**

Year 12 Solutions for Teachers and Students

1. Yr 12 Physical Education Resources

ACHPER (SA) and a number of experienced year 12 Physical Education teachers have developed support materials (ACHPER 2010 Year 12 PE Trial Exam– includes questions and answers and; Suggested Answers to the SACE 2009 Exam for teachers of year 12 Physical Education. Cost for both of these valuable resources: \$70 for ACHPER Members, \$100 Non-members.

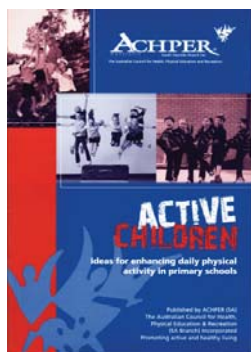
2. SWAT PACK

ACHPER (SA) have also released an updated simple and precise year 12 Physical Education 'Swat Pack' - a revision guide for year 12 physical education students. This resource is the most relevant and affordable PE revision package available. Cost: \$29.

3. Year 12 Revision Day - 27th September 2010

This 3½ hour session is ideal if your students want to know how to approach the exam and will pin point precisely what they are likely to come across in the exam. Cost of the day is \$60.

To find out more about any of these options or to register for the Student Enrichment Day please contact the office. To order resources please send your purchase order number; fax 8232 7133 or email: info@achpersa.com.au



ACTIVE CHILDREN

ACHPER (SA) has developed an innovative resource, 'Active Children: Ideas for enhancing daily physical activity in primary schools'.

Sections include: Ideas to use activities safely, Indoor Games, Physical Activity Ideas, Field/Invasion games, Target games, Court games and much more. This is a great resource to support your ideas for movement and activity for all students. Orders for the resource at the special rate for \$30-ACHPER members can be made to the ACHPER (SA) Office. Get your copy ASAP!

ACHPER (SA) Supporters

ACHPER appreciates the ongoing support of partner organisations including:

- The Government of South Australia– SA Health, The Office for Recreation and Sport and The Department for Education and Children's Services
- Credit Union SA
- IDM Sports - For all your sporting requirements
- Mount Lofty Spring Water, Clearly the best



Get involved with your local sporting club – even if you're not a participant you can still get actively involved as a referee, an official, or walk some laps while you spectate.

Take every opportunity to *be active* Find out more – visit beactive.com.au



Take every opportunity to *be active.*

Healthy Recipe Ideas

The Great Australian Bite Book -
<http://www.decs.sa.gov.au/eatwellsa>

Ricotta and Tomato Dip

- 250g ricotta cheese
- 1 diced tomato
- 1 spring onion chopped
- 4 black olives, chopped
- 1 tablespoon chopped parsley
- pinch of paprika



Method:

1. Mash the ricotta cheese in a bowl.
2. Add tomato, onion, olives and parsley and lightly stir.
3. Place in a serving bowl and sprinkle with paprika.

Raymond Lang's Chicken, Rice and Vegetable Soup

(Raymond Lang, Ingle Farm Primary School)

- 5 cups of water
- 1 can chicken broth
- 1 boneless cubed chicken
- 3 carrots, finely chopped
- 1 onion, finely chopped



If you have other vegetables such as cauliflower, broccoli, peas or corn, these can be added as well.

Method:

1. In a large saucepan over high heat, combine 4 cups water and the chicken broth and bring to a boil. Add the chicken, carrots, onion, celery and bouillon and reduce heat to low. Cover and simmer for about 15 minutes or until the vegetables are soft.
2. Add more water as necessary. Add the rice and allow to simmer for another 15 minutes, or until the rice is tender. Add pepper to taste.

Find this and other healthy recipes [here](#).

New ACHPER Members: Welcome to the following members who have recently joined ACHPER:

Ben Chesser	Graeme Hudson
Jeanette Mann	Kathy Lawrence
Alex Jaeger	Jeff McCarthy
Peter Phillips	Laura Duffy
Adam Norton	Amber Heaft
Soraya Manam	Druscilla Fabretto
Belinda Dick	Lauren Foster
Carrie Parton	Tim Schulze
Sarah Wright	Janet Stephens
Pam Woodburn	Rick Whitbread
Sarah Kingisepp	Ben Squire
Leigh Rayner	Kirby Howell
Evelyn Due	Emily Wray
Kathy Marusic	Luke Smoker
Michelle Wyman	David Adams
Melissa-Kate McPharlin	Nathan Elliott
Hayley Laney	Katie Holds
Jake Carrick-Smith	Alex Laver
Ann Christian	Alex Scollin
Chantelle Elliss	Jeharnie Dunbar

ACHPER (SA) appreciates the support of all members, as collectively with over 350 members, we provide a strong organisation that promotes active and healthy living in our community. As a membership based organisation we value your ongoing support, and encourage you to highlight the crucial role that ACHPER plays in the community. Please contact the office if you have any queries.

ACHPER (SA) moves on-line:

We are delighted to announce that ACHPER (SA) has expanded our on-line presence. It is now possible to register online for professional learning, including the 2010 Primary Years Conference. We will offer transition period, where fax or post registrations will also be received, but we encourage to explore registering on-line for future activities.



Thought for the day....

“YOU CANNOT TEACH PEOPLE ANYTHING.
YOU CAN HELP THEM DISCOVER IT WITHIN THEMSELVES.”

.....GALILEO

Take the Challenge...Reap the Rewards!

