

ATTN: Health & PE/ Sport Teachers/ Coordinators and Classroom Teachers

ACHPER (SA) / SACPSSA presents

ACHPER (SA) SOUTH AUSTRALIAN HEALTH AND PE PRIMARY YEARS CONFERENCE PROGRAM

Monday 16th August 2010 (Week 5 Term 3)

Putting the Education Back Into Physical Education

9am - 3:30pm

Flinders University (Sturt Campus Gym) and
The Australian Science & Maths School

This conference will offer multiple practical strategies and tips to help you to effectively engage your students in Physical Education. Join in for lots of ideas for lessons!

Sessions Include:

- Ideas for enhancing daily physical activity in primary schools
- Movement Exploration
- How music and movement ignites children's learning
- Outdoor games/ideas for physical activity
- Healthy eating in schools
- Play with purpose
- AND MORE!

For further information or to register your interest, please contact the ACHPER (SA) office on: Tel: 8232 7055 or email jennifer@achpersa.com.au or via the website: www.achpersa.com.au



ACHPER (SA) & SACPSSA South Australian Health and PE Primary Years Conference Program

Monday, 16th August 2010
Flinders University/ Australian Science & Maths School

REGISTRATIONS (8.30am - 8.50am)

KEYNOTE - (9.00am - 9.45am)

Associations between Physical Activity and Academic Achievement, Dr Kate Ridley, Flinders University

The benefits of physical activity and physical education reach beyond the physical....A growing body of intriguing research is associating physical activity, accrued both within and outside PE contexts, with cognitive factors such as concentration, attention and classroom behaviour. This presentation will provide a review of the current evidence regarding the associations between physical activity, physical education and possible mediators of academic achievement. Implications for physical education and primary years classroom practice will be discussed.

MORNING TEA (9:45am - 10am)

Pre = Pre School EY = Early Years
PY = Primary Years MY = Middle Years

SESSION 1 (10.05am - 11.05am) Choose one of the following four sessions

1.1 Movement Exploration (EY, PY, MY) (Practical)

Practical ideas for whole class groups to explore basic movement sequences and dance basics. This session will offer fun, easy practical ideas and activities for early years/primary years children including health hustle ideas, movement patterns and sequences. **Presenter: Kirsty Crouch, ACHPER (SA)**

1.2 Tennis Anyone?...Anywhere, anytime....no court needed! (PY, MY) (Practical)

Update your racket skills teaching for Years 2-7 physical education lessons. Activities for individuals, pairs and groups incorporating racket, ball, catching & hitting skills using the Ace Tennis resource.

Presenter: Mark Bowman, St Francis Primary Lockleys

1.3. Game Sense Approach to Teaching Touch Football (PY, MY) (Practical)

Attending this session will result in you thinking differently about teaching and coaching games, developing game sense and play practices through Touch Football. **Presenter: Rob Friscic, Nazareth Catholic College**

1.4 FORUM - A Teacher's Guide to Supporting Right Bite/ Smarter Than Smoking (PY, MY)

Need ideas for your health lessons? Each presenter from these two organisations will share existing information and resources available to support the classroom teacher including healthy eating and important health related strategies. This session will particularly explore knowledge, skills and strategies for developing safe choices, how to support young people to make better food & drink choices and effective and innovative tobacco control strategies for school.

Presenters: Debra Bassett, DECS Right Bite, Sally Hounslow, Cancer Council SA - Quit SA

SESSION 2 (11.10am - 12.10pm) Choose one of the following four sessions

2.1 Dance, Movement & Music (Pre, EY, PY) (Practical)

Getting ready for Book Week, 'Across the Story Bridge': Using physical activity to help children create their stories through the expressive arts. This session will offer lots of fun and practical ideas to help students to open personal awareness, coordination skill and imagination, all through amazing music!

Presenter: Penny Kazimierczak, DECS Early Learning & Curriculum

2.2 Train Your Students to be Food Detectives (EY, PY, MY)

Practical ideas for empowering and engaging children in learning about Healthy Eating and its effects on their bodies. Take up this opportunity to be a nutritional guide and influence eating behaviour.

Presenter: Kirsty Crouch, ACHPER (SA)

2.3 Team (European) Handball (PY, MY) (Practical)

This practical workshop will provide you with ideas to teach skills and game understanding of Handball. The workshop will also explain how to teach for 'game sense' - movement skill competency and tactical understanding.

Presenter: Shane Pill, Flinders University

2.4 Active Children: Ideas for Enhancing Daily Physical Activity in Primary Schools (EY, PY, MY) (Practical)

Experience a host of ideas including indoor, outdoor, field, target and court games and other ideas for physical activity that can be used immediately in your classroom. These fun games and ideas will be taken from the recently developed ACHPER (SA) resource which is relevant for all early to middle years teachers.

Presenter: Matthew Chapman, DECS

LUNCH (12.10pm - 12.55pm)

SESSION 3 (12.55pm - 1.55pm) **Choose one of the following four sessions**

3.1 Making Dance Easy (Pre, EY, PY, MY) (Practical)

Gain useful tips on how to run a safe, fun and effective dance session. This will include warming up, skills, tasks and how to prepare a dance routine. **Presenter: Peta Johnston, AUSDANCE SA**

3.2 Ideas for Confined Spaces and Hot Days (EY, PY, MY) (Practical)

Need ideas for games activities for indoors? What do you do with your Physical Education classes or Physical Activity sessions if it is 40 degrees, or raining and your school has no hall or gym? This session will explore various ways of conducting meaningful Physical Education lessons in the restricted space of a classroom. **Presenter: Kirsty Crouch, ACHPER (SA)**

3.3 Sport Education in Physical Education (SEPEP) (PY, MY) (Practical)

This practical workshop will introduce you to SEPEP and how it can be used to design sport experiences in PE that feature literacy, numeracy, civics and citizenship and personal and social development. Using PE and sport to frame cross curricular learning will also feature. The AFL Sport Education program will serve as the practical experience from which to demonstrate the implementation of SEPEP. **Presenters: Shane Pill, Flinders University & Ben Hopkins, SANFL**

3.4 Premier's be active Challenge - Not just Physical Education! (EY, PY, MY)

The Premier's *be active* Challenge can support learning across the whole school curriculum. This session will include lesson plans for incorporating Physical Activity into a variety of curriculum areas. **Presenter: Lorna Fenech, DECS - Premier's be active Challenge**

SESSION 4 (2pm - 3pm) **Choose one of the following four sessions**

4.1 Skipping Rope Ideas for Building Relational Skills (EY, PY, MY) (Practical)

Playground skipping activities provide great opportunities for social interaction and problem solving. Come along and learn some established and new activities using skipping ropes to enhance your primary and middle years PE program. **Presenters: Mark Bowman, St Francis Primary Lockleys and Colin Rowston, Heart Foundation**

4.2 Play with Purpose - Implementing Game Centred Teaching Approaches (EY, PY) (Practical)

Game centred teaching approaches involve the design and modification of games to develop movement skills and competencies through guided discovery and problem solving. This workshop will outline how the presenter has used the Play with Purpose teaching resource to enhance student learning in R-7 Physical Education in a primary school setting. It combines practical and theoretical aspects so dress to be active. **Presenter: Toby Priest, St Thomas Goodwood**

4.3 101 Ways to Engage Early Years Students in PE Using Great Equipment (EY) (Practical)

Come along and get lots of ideas for great activities and equipment you can use with Early Years students to teach PE and develop students' fundamental movement skills. Great for classroom teachers! **Presenter: James Goldy, St Francis Primary Lockleys**

4.4 The Bluearth Approach - Intention and Purpose (Pre, EY, PY, MY) (Practical)

In this practical session we will experience a typical Bluearth lesson while exploring the themes of Purpose and Intention. As a teacher, understanding what you want the children to achieve and why you do certain activities adds purpose to and deepens their experience to achieve much better outcomes. **Presenter: Aaron Harrison, Bluearth Foundation**

3pm - 3.45pm CONFERENCE CLOSE/ HAPPY HOUR!





REGISTRATION FORM

ACHPER/SACPSSA South Australian Health & PE
Primary Years Conference



PLEASE NOTE: Registrations cannot be processed unless accompanied by the selection of preferred workshops. Please complete this form and fax to 8232 7133 or book online at www.achpersa.com.au and follow the links to the Primary Years Conference. Payment is required before the day, however it will be accepted on the day - cash or cheque only.

CANCELLATION POLICY: Cancellations must be in writing and sent to ACHPER (SA). Cancellations received before Wednesday, 2nd August 2010 will receive a refund of 50%. No refund will be made for cancellations after Wednesday, 2nd August 2010.

Personal Details: (Please fax this registration form through ASAP to ensure booking OR register online at www.achpersa.com.au and follow the links to the Primary Years Conference).

Name: _____ School/Organisation _____

**Email (for confirmation): _____

Phone: _____ Mobile _____ Member # _____

FEES: Please Circle

| | |
|--|------------------------|
| ACHPER Member attending a morning OR an afternoon session | \$40 (excluding lunch) |
| ACHPER Member attending the full day | \$70 |
| ACHPER Non member attending a morning OR and afternoon session | \$60 (excluding lunch) |
| ACHPER Non member attending the full day | \$100 |
| Student Member | \$20 |
| Student Non member | \$40 |

*Morning tea and lunch will be provided if attending full day

**Final confirmation will be sent via email no later than Wednesday 11th August 2010

ACHPER Membership \$125.00 (full), \$45 (students)

Please note: To become an ACHPER member simply complete the membership form included with this program and enclose a cheque inclusive of the \$125.00. ACHPER offers substantial discounts on resources and workshops, and many other benefits for teachers of Health and Physical Education. Why not get your school to cover your ACHPER membership? ACHPER offers competitive student and graduate membership categories. For further details please call 8232 7055.

****ACHPER membership is tax deductible****

Note* ACHPER does not have school memberships. Only individual teachers and other relevant professionals are eligible for membership.

Sessions: Registration will not be accepted if choices are not made. Please note sessions are subject to change due to the cancellation of presenters or insufficient session numbers. In the space provided please write your first and second preference for each session. When choosing sessions please take note of which sessions contain a practical component and require sporting attire.

Please indicate both a 1st and 2nd preference by writing the session number below - Every effort will be made to give delegates their first choice in all sessions.

| | | | | | 1st | 2nd |
|-------------------|-----|-----|-----|-----|-------|-------|
| SESSION 1 | | | | | | |
| 10.05am - 11.05am | 1.1 | 1.2 | 1.3 | 1.4 | _____ | _____ |
| SESSION 2 | | | | | | |
| 11.10am - 12.10pm | 2.1 | 2.2 | 2.3 | 2.4 | _____ | _____ |
| SESSION 3 | | | | | | |
| 12.55pm - 1.55pm | 3.1 | 3.2 | 3.3 | 3.4 | _____ | _____ |
| SESSION 4 | | | | | | |
| 2pm - 3pm | 4.1 | 4.2 | 4.3 | 4.4 | _____ | _____ |

TO REGISTER: 2 Options:

1. Book online at www.achpersa.com.au and follow the links to the Primary Years Conference
2. Fax registration form ASAP to: 8232 7133 or post to:
ACHPER (SA), 73 Wakefield Street, Adelaide. SA 5000

REGISTRATIONS CLOSE ON Wednesday 11th August 2010 - Late Registrations will be accepted.