



# 2011 ACHPER (SA) Secondary Conference

Monday 12th & Tuesday 13th December  
Concordia College, Cheltenham Street, Highgate

For All Middle and Senior Years  
Health and Physical Education Teachers



\*Fast, easy registration online at [www.achpersa.com.au](http://www.achpersa.com.au)



## Invitation

The Australian Council for Health, Physical Education and Recreation – SA Branch Inc - (ACHPER SA) are pleased to release the program for the popular annual Secondary Conference for educators within the fields of Health & Physical Education in the Middle and Senior Years.

This 2 day conference will provide high quality professional learning in preparation for 2011. We encourage delegates to participate in a variety of workshops and take advantage of this valuable networking opportunity with teachers and specialist presenters.

We are delighted to have Damian Farrow present a keynote session to open the conference for 2011. We encourage you to register and enjoy the many benefits this conference will offer.

## Conference Program

### Monday 12th December 2011

Registrations 8.40am - 8.55am

### Keynote Presentation - Day 1

9am - 10.00am

### Damian Farrow - AIS / Vic University

Damian holds a joint appointment with Victoria University and the Australian Institute of Sport (AIS) as a Professor of Sports Science. A Skill Acquisition Specialist at the AIS since 2002, Damian is responsible for the provision of evidence-based support to Australian coaches seeking to measure and improve the design of the skill learning environment. He has worked with a wide range of sub-elite and elite level AIS programs and National Sporting Organisations including the AFL, Cricket Australia, Tennis Australia, Netball Australia, Australian Rugby Union and the Adelaide Crows.



A former physical education teacher and tennis coach, Damian's research interests centre on understanding the factors critical to developing sport expertise, with a particular interest in the role of perceptual-cognitive skill and practice methodology. He is also the lead editor of the text "Applied Sport Expertise" and co-author of three general interest sports science books "Run Like You Stole Something", "Why Dick Fosbury Flopped" and "It's True: Sport Stinks".

Damian will share an insight into Effective Skill Acquisition: Applying the Theory in Practice. Not all practice approaches contribute equally to the attainment of skill. This presentation will review key factors that need to be systematically implemented within a practice setting if a teacher wishes to not only improve, but transfer participants decision-making and skill execution capabilities from practice to the competition setting. Practical examples from both individual and team sports are provided to highlight the effective use of these principles.

### 10am - 10.15am, Australian Curriculum - Advocating for HPE, Janice Atkin, ACARA

This session will outline issues, challenges, updates and timelines of the Australian Curriculum. Who is consulting on HPE teachers behalf, how teachers can put forward questions to be answered and how HPE leaders can be involved.

For further details contact:

ACHPER (SA)

Phone: (08) 8363 5700,

Fax (08) 8362 9800,

Email: [info@achpersa.com.au](mailto:info@achpersa.com.au)

Website: [www.achpersa.com.au](http://www.achpersa.com.au)

#### ACHPER (SA) Conference Supporters:

This ACHPER (SA) conference is proudly sponsored by The Government of South Australia through: SA Health, The Office for Recreation and Sport and supported by Credit Union SA, IDM Sports, Footsteps Dance Company and Mount Lofty Spring Water.

## Session One

10.30am - 12pm

### 1.1 Applying a Constraints Approach to Teaching: Getting Away from Drills & Skills Manuals- **Damian Farrow, Victoria Uni / AIS**

This workshop will apply the 'constraints-led approach' (Davids, Button & Bennett, 2007) to teaching to provide workshop participants with a framework to create their own skill development activities. An approach requiring teachers to think creatively about the skill outcomes they want their children to achieve by developing skill drills or games that allow children to be active learners. To illustrate the key concepts, workshop participants will develop and implement some constraints-based decision making and skill practice activities. *Practical*

### 1.2 Introduction to Bowls – **Kelli Wray, Bowls SA**

Lawn Bowls has broken with tradition introducing new and innovative ways of teaching the sport including games of soccer, football and many more to test your skills. Intrigued ... come and hear more ... *Practical*

### 1.3 Cricket for your school - **Andrew Zessers, SACA**

A game that is often seen as difficult to coach and manage with many complex skills as well as the perception of being 'boring'! This session will look at the philosophy of Game Sense for learning within the cricket context using activities for small groups to a full on game and how it can be manipulated to achieve effective skill outcomes. *Practical*

### 1.4 Water Confidence in Kayaks, **Canoe SA**

An introduction to developing water confidence in kayaks for middle and senior HPE. There is an old saying 'if you can't be comfortable in the water, then you are probably not going to be comfortable on it.' This session will look at ways of managing fear of capsizing in kayaks, progressions to improve water confidence and managing the affective responses to this activity. Participants will need to car pool to Urrbrae Agricultural High School. Swimming clothing recommended. All equipment supplied. *Practical*

## Session Two

12.45pm- 2.15pm

### 2.1 'My Golf' for Schools - **Allan Telford, Golf SA**

My Golf for Schools engages all abilities and genders. This session will be practical and aimed at the Teacher who wishes to introduce Golf at School. *Practical*

### 2.2 Volleyball (Lower Sec) – **David Eldridge, Heathfield High School**

How to make the difficult sport of Volleyball the highlight of your PE program – Sessions come with a written guarantee. Specific for Lower Secondary Physical Education teachers. *Practical*

### 2.3 Change leadership in HPE – **Ben Jones, Digital Education Revolution - NSW**

This workshop will explore a range of change leadership strategies & processes that Head Teachers can implement in their faculty to create a culture of positive change and willingness to see change as integral in the role of teaching. Using case based learning Head Teachers and Aspiring Head Teachers will be able to explore these strategies.

### 2.4 Canoe Polo, **Canoe SA**

An introduction to Canoe Polo as a practical option for middle and senior HPE. Will include how to access support, equipment, venues, etc around Adelaide. Participants will need to car pool to Urrbrae Agricultural High School. Swimming clothing recommended. All equipment supplied. *Practical*

## Session Three

2.30pm - 4pm

### 3.1 Korfball: Sport in the Mixed Zone – **Andrew Hutchesson, Korfball SA**

Not only is Korfball the world's only truly designed international mixed sport, encompassing equality and cooperation; it is also a sport that will take your class seconds to pick up yet years to master. This course will give you a practical introduction to the game, and provide you with enough material to establish your own 5 week lesson plan. *Practical*

### 3.2 SACE HEALTH- How did it go-OK? - **George Evreniadis, Adelaide High School**

For those teaching the SACE Health courses next year, what do you need to know? For those who engaged the courses this year, what worked for you? This workshop is a great opportunity to become more familiar with these courses and their implementation. Come along prepared to discuss your challenges and successes.

**Session 3 Continued next page.....**

## Session Three continued... 2.30pm - 4pm

### 3.3 Improving the performance of under achieving athletic populations through Video Analysis- *Ben Jones, Digital Education Revolution – NSW*

This workshop will explore a range of technologies and successful learning strategies to use video analyses techniques to improve the fundamental movement skills of under achieving athletic populations and provide enhanced feedback to high achieving populations. The techniques explored in this workshop underpinned the paper Ben co-authored with Dr Ashley Casey "Using digital technology to enhance student engagement in physical education" in the Journal of Health, Sport and Physical Education

### 3.4 Volleyball (Senior Sec) – *David Eldridge, Heathfield High School*

How to make the difficult sport of Volleyball the highlight of your PE program – Sessions come with a written guarantee. Specific for Senior Secondary Physical Education teachers. *Practical*

### 3.5 Teaching the Eskimo Roll, a sequential progression, *Canoe SA*

The eskimo roll is not a requirement for SACE kayaking. It is a skill that many students aspire to achieve however, and can be used to enhance general kayaking skill development. This session outlines a possible progression for teaching the Eskimo Roll, teaching and learning considerations, and coaching tips. Participants will need to car pool to Urrbrae Agricultural High School. Swimming clothing recommended. All equipment supplied. *Practical*

### 4.3 Career Advice for Students considering becoming an Outdoor Education and/or Recreation professional - *Scott Polley, Uni SA*

'You will never work a day in your life if you are doing a job you love'. An outline of job opportunities and possible career paths to assist students when counselling for careers in Outdoor Education and Outdoor Recreation leadership.

### 4.4 A look at the Techniques used in Badminton and how to implement them through various fun games – *Chris Thirlwell, Badminton SA*

This is a session focusing on basic stroke and footwork techniques used in badminton that are relevant at High School level. You will be shown how to implement these through fun interactive games.

*Practical*

## Session Five 12.30pm - 2pm

### 5.1 Exercise Physiology and Training Principles- *Nik Hagicostas, Adelaide 36ers Team Science and Medical Manager*

This session will conduct an informative workshop session of training principles and energy systems. The session will feature an explanation of successful training programs including basketball and soccer and outline how exercise physiology can be put into practice. Teachers have the opportunity to update knowledge in this area, including how training has changed and developed. *Practical*

### 5.2 Frisbee: The Ultimate Sporting Experience- *SAFDA*

Ultimate is a fast paced game combining aspects of many sports and is played with a flying disc. Ultimate is non-contact and self-refereed. The nature of the game allows people of all sporting ability to participate, making it perfect for the classroom. The session will cover everything you need to know to teach new players how to play Ultimate. *Practical*

### 5.3 Using Game Sense to Teach Touch- *Shane Pill, Flinders University*

"The scientists and the coaches have been convinced of the need to focus on teaching football "smarts" by global research on the best players in invasive sports - sports where players encounter traffic and can enter opponents' territory" (Damian Farrow). Touch is an invasion sport – this workshop will involve participants in examples of game sense activities to teach attack and defence thinking and action. *Practical*

### 5.4 Rockclimbing in Physical Education, *Presenter TBA*

Rockclimbing is a highly engaging, high energy and high general fitness activity for secondary students. An introduction to the activity, including a possible teaching progression and assessment. Participants will need to car pool to Urrbrae Agricultural High School Climbing Wall. *Practical*

## Session Six 2.15pm - 3.45pm

### 6.1 Improving performance through training of Athletics- *Nik Hagicostas, Adelaide 36ers Team Science and Medical Manager*

Practical session that will include basic movement patterns, progression, various degrees of challenges, improving skill set from lower to upper secondary and will feature examples of athletic activities. *Practical*

### 6.2 Teaching Australian Rules Football using a Game Sense approach- *Heath Younie, Gleeson College*

This is a practical session that uses the Game Sense approach to teach Australian Rules Football to all ages. The session will show the advantages of this philosophy in developing technique in game related situations *Practical*

### 6.3 Developing Skilful Rockclimbers, *Presenter TBA*

Rockclimbing is a highly engaging, high energy and high general fitness activity for secondary students. This session focuses on technical skill development, training and techniques for students to tackle more challenging routes. Participants will need to car pool to Urrbrae Agricultural High School Climbing Wall. *Practical*

### 6.4 Soccer: The National Curriculum – *Rod Del Nido, Underdale High School*

This practical session will give a range of mini games, ideas for skill development to support soccer in your school. The session will also highlight the building blocks of the 1-4-3-3 system, how it can be implemented, small-sided football and the benefits of street style games to engage young players. *Practical*

## Tuesday 13th December 2011

Registrations 8.40am - 8.55am

### Keynote Presentation - Day 2

9am - 10.00am

### Marty Clarke - Head Coach 36ers

Marty Clarke played NBL basketball throughout 1984-92, including 1989 NBL Championship. He was part of the Australian National Junior Team and captained in the 1987 World Championships in Bormio, Italy. He was an AIS Scholarship holder from 1985-87 and has been an AIS Assistant and Head Coach from 1998 -2010 and held a coaching role with the Australian National Junior Team between 2001-2009. Marty is now currently in the Head Coaching role with the Adelaide 36ers.



Marty will provide a reflection of his basketball career and discuss;

- Challenges and highlights
- Importance of goal setting
- Importance of planning and teamwork
- Tips on leadership and ideas for leading successful teams
- Current sport issues and trends from his perspective, and
- The importance of Health & Physical Education in schools

## Session Four 10.15am- 11.45am

### 4.1 Innovative approaches for Teaching Year 12 Physical Education

This session will feature a range of topics to support the teaching of year 12 PE. The session will include innovative task design, a review of the exam including the concepts students answered poorly and tips to improve exam performance, exploration of standards and what makes an 'A', and using ICT to support filming and biomechanics. A must session for all year 12 PE teachers. *Presenters will include a range of experienced year 12 Physical Education teachers*

### 4.2 I'm a PE Teacher and I have to teach health? – *Felicity Lewis, Flinders University*

If you are in this situation and don't feel you have the pedagogical and content knowledge to do justice to the sex, drugs and food part of the Health education curriculum, come along and see how we can move on from using worksheets to using an approach that empowers students and the whole school community.

Please Note: Registrations cannot be processed unless accompanied by the selection of preferred workshops. Please complete this form and fax to 8362 9800. **Online registration is also available at [www.achpersa.com.au](http://www.achpersa.com.au).**

Payment is required before the day via Cheque; Cash or Credit Card payment, however payment 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 Friday 9th December, 2011 will receive a refund of 50%. No refund will be made for cancellations after Friday 9th December, 2011

**PERSONAL DETAILS:** (please fax this registration form through ASAP to ensure booking)

<b>Name</b>	
<b>School / Organisation</b>	
<b>Phone / Mobile</b> (Required)	
<b>*Email</b> (Please print clearly)	

\* There will be a Preliminary Confirmation upon registration AND a Final Confirmation sent via email no later than Friday 9th December, 2011 \*

<b>FEES – please circle one</b>	<b>1 Day</b>	<b>2 Day</b>
<b>ACHPER Member</b>	\$90	\$170
<b>ACHPER Non Member</b>	\$140	\$260 (includes ACHPER membership)
<b>Graduate Teacher Member (1st or 2nd year out teachers)</b>	\$75	\$150
<b>Graduate Teacher Non-Member (1st or 2nd year out teachers)</b>	\$120	\$220 (includes ACHPER membership)
<b>Student Rate (full time student only – free membership for 2 days attendance)</b>	\$50	\$80

*\*\*Prices include GST and please remember the conference and ACHPER membership is tax deductible\*\**

Half day rates are available upon request, please contact the ACHPER (SA) office. If pre-paying: ACHPER (SA) ABN: 56 064 377 067

### ACHPER membership \$120.00

Please note: 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 8363 5700 or [Click Here](#) to download the membership form.

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

### SESSION CHOICES

Registration will not be accepted if 1st and 2nd preferences are not made. Please note sessions are subject to change due to the cancellation of speakers 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.

<b>DAY 1 - Monday 12th December, 2011 (please indicate both 1st and 2nd preferences)</b>	<b>1st Preference</b>	<b>2nd Preference</b>
Session 1 Choose from 1.1, 1.2, 1.3, 1.4		
Session 2 Choose from 2.1, 2.2, 2.3, 2.4		
Session 3 Choose from 3.1, 3.2, 3.3, 3.4, 3.5		
<b>DAY 2 - Tuesday 13th December, 2011 (please indicate both 1st and 2nd preferences)</b>		
Session 4 Choose from 4.1, 4.2, 4.3, 4.4		
Session 5 Choose from 5.1, 5.2, 5.3, 5.4		
Session 6 Choose from 6.1, 6.2, 6.3, 6.4		

**Please make cheque payable to ACHPER (SA) and post with registration form to:  
ACHPER (SA), 105 King William Street, KENT TOWN, SA 5067 Phone (08) 8363 5700, Fax (08) 8362 9800**

REGISTRATIONS CLOSE ON THURSDAY 8th DECEMBER 2011 [late registrations will be accepted].