

# ACHPER (SA) Conference Program

Attn: Health and PE / Sport Coordinator

Tick and pass on

Health/PE Coordinator  
Wellbeing Coordinator  
Sports Coordinator  
School Counsellor  
Teachers of HPE



## 2018 South Australian Health & Physical Education Conference

16 - 17 April 2018, Rostrevor College



Don't miss this outstanding opportunity to upskill in Health & Physical Education, Wellbeing, Social and Emotional learning, STEM and effective pedagogical approaches

Promoting Active and Healthy Living

Coordinated by ACHPER (SA) -  
The Australian Council for Health, Physical Education and Recreation, SA Branch Inc.

And supported by:



# Invitation



You are invited to attend the ACHPER South Australian Health & Physical Education Conference to be held in Adelaide on 16 - 17 April 2018. Our premier conference is set to attract over 200 delegates and with 54 sessions is one of the largest professional learning events of its kind in South Australia. The conference will be professionally stimulating, enjoyable and supportive of those who work in education and community settings. The program provides a range of sessions that are important to teachers of Health Education, Physical Education, Wellbeing, Dance, Sport and STEM as well as recreation leaders, sport and health professionals, such as sport coaches and those working in health promotion and school counsellors.

ACHPER (SA) has encouraged presenters to provide innovative, practical and inspiring contributions that will enthuse you in your work with children and students. This dynamic conference features 4 keynote speakers, who will also present workshop sessions.

Your colleagues at ACHPER (SA) commend this conference to you and encourage you to also consider the many benefits of ACHPER membership. We look forward to seeing you at Rostrevor College in Adelaide on 16 - 17 April for this high quality professional learning event.

## ACHPER (SA) Partners

The Conference has been supported by our partners:

- Credit Union SA
- Footsteps Dance Company
- IDM Sports, and
- TriSkills Australia

## Keynote Sponsor

The Monday Keynote is proudly sponsored by:

- South Australian Cricket Association

## Conference Trade Exhibitors (as at 27 March 2018)

- Buller Holidays
- Credit Union SA
- Footsteps Dance Company
- IDM Sports
- Kaboom Kid Sports
- McGrath Foundation
- MissFIT Movement
- Nelson Cengage
- Playmeo
- Primco Testing System
- SA Sports Medicine Association
- South Australian Cricket Association
- School Snow Tours
- Spikeball Roundnet Australia
- Tennis Australia
- TriSkills Australia

For further information on our sponsors, supporters and partners, please see the final page of this program or visit: [www.achpersa.com.au](http://www.achpersa.com.au)

## Acknowledgment and Thanks

ACHPER (SA) appreciates the support of a number of key ACHPER members who have assisted with the development of this conference program.

ACHPER (SA) thanks and wishes to acknowledge the 42 presenters who have generously supported this conference and assist the promotion of active and healthy living in South Australia. We thank these contributors for sharing their practice and helping to ensure a stimulating and innovative program.

**Please promote this conference to your colleagues -  
we value your support of this event.**

## Comments from 2017 Conference attendees

- “Great to hear from other teachers and see work samples from peers who are doing some great work”
- “Great workshops! Engaging and good practices to use in an everyday classroom”
- “Really relevant to how schools and teachers are trying to move through the minefield of what is PE”
- “The sessions were challenging and really made me think about my practice”

[Click here](#) to check out footage from a previous ACHPER (SA) Conference

## Keynote Speakers

ACHPER (SA) welcomes and thanks the following highly regarded leading educators as our 2018 keynote speakers. We appreciate their support and active participation to offer two follow up workshops at our conference.



### Mark Collard, Founder of Playmeo (Monday)

Mark Collard is an experiential trainer, speaker and author, and runs an international professional development business called 'playmeo.' He is an expert at helping teachers learn the skills and strategies they need to deliver remarkably fun programs that engage and motivate students to participate and get along. He is best known for this top-selling books No Props and Serious Fun, and developing the world's largest online database of group games & activities.

### Dr Christina Curry, Western Sydney University (Monday)

Christina Curry is the Director of Secondary Education, a lecturer and researcher in Health and Physical Education (HPE) in the School of Education at Western Sydney University. Her research is focused on teacher education, health and physical education with a particular focus on game based pedagogies. She was previously a head of a HPE department and has taught in both primary and secondary schools in Australia for 14 years. Christina is a non-executive Director on the National board of ACHPER. Christina regularly presents workshops, having also been an invited speaker in Australia, NZ, Macau and the UK.



**We are delighted to welcome Mark and Christina to Adelaide for the Conference.**



# Keynote Speakers



## Dr Donna Barwood, Edith Cowan University (Tuesday)



Donna Barwood is Coordinator and Lecturer for HPE at Edith Cowan University in Western Australia. Donna's teaching and research has focused on HPE curriculum and the delivery of health education in schools. Her recent research found that 50% of health education in WA secondary schools was delivered by teachers from outside of the HPE learning area. Donna is passionate about engaging classroom activities and has extensive experience as a curriculum writer, with roles for ACARA (the Australian Curriculum for HPE) and WA (the HPE Syllabus and Protective Behaviours Curriculum). Since joining ECU, Donna has been pivotal in realigning the course for pre-service teachers with contemporary HPE developments.

## Dr Bernie Holland, ACHPER Victoria (Tuesday)

With over 35 years of experience Dr Bernie Holland is currently the Professional Learning Manager for ACHPER Victoria Branch where he is responsible for the overseeing the professional learning program for teachers of health and physical education.

Prior to this role Bernie was a senior lecturer and program leader in the Physical Education degree at RMIT University

Bernie's background includes training and experiences in physical education, special education, adapted physical education, motor development and curriculum design in both Australia and the USA. Throughout his career Bernie has taught, researched and led professional development workshops in each of these areas. Bernie's philosophy is reflected in his twitter handle @vicachperpl "be active every day".



**We are delighted to welcome Donna, Bernie and all keynotes to Adelaide for their active involvement with this conference.**

## Other presenters

ACHPER (SA) thanks all of our presenters for their time and efforts to share their professional practice with their peers. The strength of this year's program reflects the highly professional approach to teaching and learning of our local South Australian educators.

We are thankful to access such innovative and enthusiastic presenters to stimulate our annual Conference.



# Category Information

The conference elective sessions program (sessions 1 to 6) are listed in the following pages of this conference program. A summary of these is indicated by session number, below in categories to assist identification of relevant sessions. Please ensure your preferences for each session are recorded on your registration form.

## KEY:

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

SY = Senior Years  
C = Classroom Teachers  
W = Wellbeing

SC = Sport Coaches  
S = STEM

### Early Years (EY)

1.2, 1.4, 1.5, 1.8  
2.1, 2.2, 2.4, 2.5, 2.7, 2.8, 2.9  
3.1, 3.2, 3.3, 3.4, 3.5, 3.6  
4.1, 4.2, 4.6, 4.7, 4.9  
5.1, 5.2, 5.3, 5.4, 5.10  
6.2, 6.4, 6.6

### Primary Years (PY)

1.2, 1.4, 1.5, 1.7, 1.8  
2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8, 2.9  
3.1, 3.2, 3.3, 3.4, 3.5, 3.6, 3.7  
4.1, 4.2, 4.4, 4.6, 4.7, 4.9  
5.1, 5.2, 5.3, 5.4, 5.5, 5.6, 5.9, 5.10  
6.2, 6.3, 6.4, 6.6, 6.7, 6.9

### Middle Years (MY)

1.1, 1.2, 1.3, 1.5, 1.7, 1.8, 1.9  
2.1, 2.2, 2.3, 2.6, 2.7  
3.2, 3.3, 3.4, 3.5, 3.6, 3.7, 3.8, 3.9  
4.2, 4.3, 4.4, 4.6, 4.7, 4.8  
5.1, 5.2, 5.3, 5.4, 5.5, 5.6, 5.7, 5.9, 5.10  
6.1, 6.2, 6.3, 6.4, 6.5, 6.6, 6.7, 6.8, 6.9

### Senior Years (SY)

1.1, 1.5, 1.6, 1.7, 1.9  
2.2, 2.3  
3.3, 3.4, 3.5, 3.7, 3.8, 3.9  
4.3, 4.4, 4.5, 4.8  
5.2, 5.3, 5.7, 5.8, 5.10  
6.2, 6.3, 6.4, 6.5, 6.6, 6.8, 6.9

### Classroom Teachers (C)

1.2, 1.4, 1.8, 1.7  
2.1, 2.5, 2.6, 2.7, 2.8  
3.1, 3.3, 3.5  
4.1, 4.4, 4.6, 4.7  
5.4, 5.10  
6.1, 6.2, 6.6, 6.7

### Wellbeing (W)

1.2, 1.7  
2.6  
4.1, 4.3, 4.7  
5.10  
6.1, 6.7, 6.9

### Sport Coaches (SC)

1.1, 1.2, 1.5  
2.1, 2.2, 2.7, 2.8  
3.1, 3.2, 3.3, 3.4, 3.7  
4.8, 4.9  
5.2, 5.4, 5.6, 5.7, 5.9  
6.1, 6.5, 6.6, 6.8, 6.9

### STEM (S)

1.9  
2.3, 2.9  
3.9  
5.8

Looking for ideas to support your attendance? Check out page 10 of this program for 10 reasons to attend



# Conference Program Monday 16 April

Registration/Trade Exhibition - 8.15am - 8.50am

Conference Opening & Keynote Presentations -  
8.50am - 10.30am



Monday Keynotes are sponsored by the South Australian Cricket Association



## We Should Take Fun More Seriously

*Mark Collard, Founder of Playmeo*

In recent years, research has clearly shown that having fun (playing) is as critical to the optimal development of a human being as sleep and nutrition. It is equally clear that all human growth and learning occurs outside one's comfort zone, in the Stretch Zone, so to speak. Yet, the million dollar question is - how do we, as physical educators, invite students to willingly step outside their comfort zones to try new things, develop their skills and grow? Mark's simple answer, his most potent weapon to meet this challenge, is to have fun. In this practical and fun 'play'note presentation, Mark will also share his understanding of the three 'universal truths' of good program design which he believes informs and guides the outstanding results he has achieved with groups all over the world.

## Strength-based Pedagogy and Game Based Approaches

*Dr Christina Curry, Western Sydney University*

This presentation explores the affective aspects of teaching through strength-based pedagogy within a game based approach. In particular it considers students' affective responses, as central to a change of pedagogy for teachers (Curry & Light, 2014). Positive learning experiences is even more important in physical education as it is a subject involving whole-person engagement, which generates more and deeper affective experiences for students and teachers.

[Click here](#) for the BLOG: Positive Pedagogy for Physical Education

Morning Tea, Trade Exhibition & Networking - 10.30am - 11.00am

Session 1 - 11.00am - 12.30pm

### 1.1 Quality Teaching in PE using a Game Sense approach (Secondary) (MY, SY, SC)

This workshop will explore the benefits of using Game Sense (GS) pedagogy to meet the expectations of the TfEL framework by providing high quality learning in Physical Education (PE). It will provide participants with practical demonstrations of GS theory in action.

A series of warm-up activities and GS games in a netball/basketball type context will be used to highlight the possibilities for learning through movement and the use of dialogue to increase student engagement in PE. *Practical*

*Christina Curry, Western Sydney University*

### 1.2 Simple Activities That Help Students Connect (EY, PY, MY, SC, C, W)

A practical, interactive workshop which will present a series of activities that Mark uses to invite students to connect with one another. As Mark says, group games are one of the most powerful (and attractive) ways to help students connect, and as evidenced in his 'play'note presentation, strong relationships amplify the results of whatever you're trying to get done. The activities are all simple, non-threatening, and contagiously fun - which makes engaging your students so much easier. If you're looking for new two-minute activity ideas to energise your group, or longer, more dynamic team-building exercises - this session is for you. *Practical*

*Mark Collard, Playmeo*

Session 1 continued.....

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# Conference Program Monday 16 April

## 1.3 Exploring possibilities in the PE curriculum: Alternative approaches to developing the 'whole learner' (MY)

This session is an opportunity to have a conversation about the range of pedagogical approaches in Physical Education. I will begin with my perspectives of PE to prompt discussion before we engage in challenge and initiative activities as an alternative medium to promote the development of the 'whole learner'. *Practical*

*Joss Rankin, Flinders University*

## 1.4 Minor Games (EY, PY, C)

A range of fun and engaging R-7 minor games to consolidate fundamental movement skills and increase opportunities for creative and critical thinking. *Practical*

*Des Deuter, Mawson Lakes Primary School*

## 1.5 Teaching Soccer in Schools (EY, PY, MY, SY, SC)

This session will focus on how to prepare, plan and deliver a soccer unit in schools using the FFA's National Curriculum as a base resource. *Practical*

*Adrian Stenta, Saint Ignatius' College*

## 1.6 Stage 2 PE (SY)

This session will look at practical ideas for improving student engagement and achievement across all three Stage 2 PE assessment types (Practical, Folio & Exam).

*Brad Snell, Wilderness School*

## 1.7 Making the most of our Mindsets (PY, MY, SY, C, W)

This presentation will explore the importance of our mindsets and unpack fixed, growth and BENEFIT mindsets. People with benefit mindsets focus purposely on why they do what they do and believe in developing their strengths and meaningfully contribute to a future of greater possibility. Surely we want this for all our students?

*Carlee Mitchell, St John's Grammar School*

## 1.8 Tennis for Primary Schools: Using ICT for mass participation competition formats (EY, PY, MY, C)

Explore the ICT INTennisCITY platform and app whilst participating in the ANZ Tennis Hot Shots School competition format. See how easy it is to conduct competition to large groups of students in the absence of tennis courts. This exciting new modified format is quick, fun and easy for all students to play. Specifically designed to cater for students of all abilities, this competition encourages mass participation, teamwork, sportsmanship and inclusion. *Practical*

*Ben Dew, Tennis Australia*

## 1.9 Innovative technology in Secondary Physical Education (MY, SY, S)

This workshop will look at cross curricular approaches in PE with a major focus on STEM and new innovative technologies. The workshop will have a practical focus on creating your own Sports Code analytical window on AFL football. Participants will gain an insight into Connect workshops that can support their stage 1 and 2 PE subjects. *Practical*.

*Katie Gloede, University of South Australia*

Lunch, Trade Exhibition & Networking 12.30pm - 1.15pm





## Session 2 - 1.15pm - 2.45pm

### 2.1 Top Ten Interactive PE Games & Activities (EY, PY, MY, SC, C)

A practical, interactive session which will present the ten most popular HPE games and activities as featured on playmeo, the world's largest online database of group games and activities. The session will emphasise outrageously fun, highly interactive and very simple activities most of which do not require equipment and appeal to all ages. The activities can be easily integrated into your classes to not only warm-up your students, and generate energy, but develop critical interpersonal skills. Includes free trial subscription to playmeo's activity database. *Practical*

*Mark Collard, Playmeo*

### 2.2 What does it mean to differentiate? Exploring this concept using Badminton as an example (EY, PY, MY, SY, SC)

Getting the challenge point right for participants is integral to establishing the feelings of self-efficacy that engage and then sustain movement interest. Tailoring learning to the needs of the individual is one of the signature principles of C21st learning. However, how do you do this in a PE class of 20+ participants? In this workshop, participants will explore differentiation strategies for sport teaching in PE. Badminton will be used to frame the conversation. This is a practical workshop, however, no previous experience in badminton is necessary. *Practical*

*Shane Pill, Flinders University*

### 2.3 Enhancing educational experiences with location-based mobile learning games (PY, MY, SY, S)

Nobody knows more about education techniques involving outdoor activity than Health and PE teachers. So, in an age where learning is becoming alive on smart mobile devices it's important to make full use of the capabilities of these devices.

This interactive workshop will show you ways to put mobile, location and mapping technology together with rich media, geo-location, gamification and storytelling together to deliver an interactive and exciting new way for teaching and learning in health and PE while also developing the ICT capability of students.

You will start inside the newly launched Samsung SMARTSchool at the UniSA Magill Campus (5 minutes away) then go outside in small groups to play a place-based mobile game on your mobile device then return to learn more on how to assemble and publish one of your own. Participants should have the Mobile Learning Academy app (iPhone or Android) installed on their mobile device before the workshop and bring a laptop with them if possible. *Practical - Please note that this session will be held off site at the nearby University of SA, Magill Campus starting in the Samsung SMARTSchool. A carpool will be available.*

*Roger Edmonds, University of South Australia*

### 2.4 Using playgrounds as outdoor learning spaces: play as a medium for exploring fundamental movement skills (EY, PY)

We will be taking a short walk to Morialta Conservation Park to utilise the natural environment and newly built adventure playground as a stimulus for learning. This session will explore opportunities for teaching and learning to evolve in the growing world of 'nature playgrounds' with a focus on the development of fundamental movement skills. *Practical - Please note that this session will be held off site at the Morialta Conservation Park. A carpool will be available.*

*Joss Rankin, Flinders University*

### 2.5 R-7 Assessment and Report Writing (EY, PY, C)

Reports should write themselves and be ready by the end of Term 3. Using these templates and practical assessment strategies they will be. Templates and report rubrics supplied.

*Des Deuter, Mawson Lakes Primary School*

Session 2 continued.....



# Conference Program Monday 16 April

## 2.6 Why is Mindfulness relevant to wellbeing? (PY, MY, C, W)

Come along and learn how to use mindfulness strategies in the classroom to support student learning opportunities. This session will discuss ways of linking this topic to Positive Mental Health programs and issues teens may face.

*George Evreniadis, Adelaide High School*

## 2.7 Student Leadership in Physical Education and Sport (EY, PY, MY, SC, C)

Student Leadership in primary school's Physical Education and Sport program can lead to a broader range of student outcomes, reduce behaviour management problems and improve school spirit. This session, which will include Year 7 student presenters will explore several student centred methodologies which can be chosen to enhance learning and strengthen school culture. The workshop will explore the St Thomas School Future Coach program, student centred methodologies for school sport such as swimming and athletics, as well as Sports Education in a primary setting. *Practical*

*Toby Priest & Christian O'Dwyer, St Thomas School and Year 7 student 'Future Coaches'*

## 2.8 Ideas for Teaching Running Movement Patterns and their transition into the game (EY, PY, SC, C)

This practical session is aimed at beginning teachers, classroom teachers and PE teachers. I will demonstrate how you can effectively teach basic running movement patterns at a Reception level through to advanced sequences at a year 7 level. I will explain how you can incorporate these movement patterns into games that can be easily played with minimal equipment. At the end of this session you will be able to teach students to move safely, effectively, efficiently and confidently in any given space. *Practical*

*Anthony Worden, Plympton Primary School*

## 2.9 STEM and PE - Riding the wave: Including a tsunami! (EY, PY, S)

During this session Amber will share her school's approach to STEM and how she has interpreted and applied this in Physical Education. She will specifically address elements of STEM such as Design Thinking and explain the five stages of this model and their application through Physical Education pedagogical models such as Game Sense and Sport Education. *Practical*

*Amber Heaft, Prospect North Primary School*

## Afternoon Tea, Trade Exhibition & Networking - 2.45pm - 3.15pm

## Session 3 - 3.15pm - 4.45pm

### 3.1 FMS - Understanding the building blocks (EY, PY, SC, C)

Ever wondered why skills and movements appear in the order and sequence they do? This engaging session will discuss critical principles that underpin development and learning of key FMS. Using practical examples, you will leave this session understanding the "how, when and why" of FMS, and why quality Physical Education is so important to the development of these foundation skills.

*Bernie Holland, ACHPER Victoria*

### 3.2 Quality Teaching in PE using a Game Sense approach (Primary) (EY, PY, MY, SC)

This workshop will explore the benefits of using Game Sense (GS) pedagogy to meet the expectations of the TfEL framework by providing high quality learning in Physical Education (PE). It will provide participants with practical demonstrations of GS theory in action.

A series of warm-up activities and GS games in a netball/basketball type context will be used to highlight the possibilities for learning through movement and the use of dialogue to increase student engagement in PE. *Practical*

*Christina Curry, Western Sydney University*

### 3.3 Spikeball - Join the movement! (EY, PY, MY, SY, SC, C)

Roundnet (the official name for Spikeball) is heaps of fun for all ages (Guaranteed!). But more importantly, the equipment can be used to teach many different elements of the curriculum, particularly Net/Wall games. Come along and learn how addictive and versatile a Spikeball set can be. *Practical, Commercial*

*Matt Hill, Roundnet Australia Inc*



## **3.4 What does the academic literature tell teachers about how to teach physical education?** (EY, PY, MY, SY, SC)

In this workshop we will present a summary of the four key directions for PE teaching that have emerged in research literature of the past ten years. We will then place these ideas within the context of the Australian Curriculum HPE, and invoke discussion of what this means pedagogically and for program design for teaching for effective learning with participants at the session.

*Shane Pill, Flinders University & Rick Baldock, ACHPER SA*

## **3.5 Freestyle Gymnastics – ‘FreeG’ the latest craze!** (EY, PY, MY, SY, C)

FreeG caters for young people looking to participate in adrenaline fuelled freestyle sports. It will get their heart racing and develop a heightened sense of spatial awareness that can be put to use in a variety of other sports (skating, biking, skiing, climbing, and surfing). This workshop discusses the rise of the FreeG movement internationally and in Australia and how PE teachers can engage students in the coolest version of gymnastics using minimal equipment. *Practical*

*Gymnastics SA*

## **3.6 Assessment in PE...Let's make this happen** (EY, PY, MY)

We will discuss and share a variety of ways Physical Education teachers can use formative and summative assessment tasks to improve student learning outcomes. Come along and add to your 'bag of tricks' that will enhance your current assessment practices.

*Kylie Newbold, Parkside Primary School*

## **3.7 Sports Concussion: Schools, Children and Concussion** (PY, MY, SY, SC)

Concussion protocols have changed over the last 12 months. Is your school up to date on the latest management of concussion? This workshop will look at the role schools, teachers and / or coaches play in managing concussions and the return to participation of your students.

*Dr Duncan Walker, SA Sports Medicine Association*

## **3.8 Leading pedagogical change in a secondary HPE faculty** (MY, SY)

In this session Katie will share how their faculty is transitioning from a traditional HPE middle school program to more contemporary approaches. Their new program is designed to not only meet the needs of students and the AC: HPE Achievement Standards but to do this within the context of their school community and DECD strategic priorities. This has resulted in faculty members beginning to use thematic game sense approaches and initiating the development of rich assessment tasks by challenging educators to explore new ways of teaching and learning.

*Katie Liebelt, Clare High School*

## **3.9 Using Video Technology To Develop An Understanding Of Tactical Awareness In Students** (MY, SY, S)

In this session attendees will shown how students used video analysis to develop an understanding of tactics in an invasion game. Students become a line coach for their team and develop tactics for their team to use. Students then analyse video of the game to determine the success of their approach. Attendees will have the opportunity to participate in a similar process. *Practical*

*Craig Johncock, ACHPER SA*

## Conference Celebration - 4.45pm - 7.00pm

Join us for a conference celebration included in your conference fee, this networking event will feature quality food and drinks, and a great chance to catch up with old friends and make new contacts. Stay for 15 minutes for a drink and a healthy nibble or you are welcome to stay longer and join us for dinner! If you can attend please complete the tick box on page 12.

# 10 Reasons to attend the ACHPER South Australian Health & Physical Education Conference in 2018

## 1. An exemplary program featuring 4 keynotes:

- \* Mark Collard, Founder of Playmeo
- \* Dr Christina Curry, Western Sydney University
- \* Dr Donna Barwood, Edith Cowan University
- \* Dr Bernie Holland, ACHPER Victoria
- \* And an exciting range of workshop presenters enthusiastic to share their skill and knowledge.

## 2. Your Principal will be filling out your registration for you when you;

- Explain how whole school improvement occurs when quality PE and school programs are available to all students.
- Insist that what you will learn throughout your two days at the ACHPER (SA) Conference will benefit all staff across your school in all learning areas.

## 3. Learn through practical involvement; move around outside, learn a new dance or two, experience an active session and play games (*yes, this does meet the professional learning definition!*)

- Choice of 40+ practical sessions.
- Teaching games and understanding, Tennis, Touch Football, Volleyball, Spikeball, Minor Games, Badminton, Tag Games, Game sense, FMS, Dance and many more!

## 4. Gain your professional learning hours

- Attend the conference to support your mandatory requirement for all teachers to renew your teacher registration

## 5. Unsure if this conference is for you? It may help to know we offer sessions to suit ALL scopes of HPE teachers and professionals so you are sure to find a session that will suit you!

100% satisfaction of delegates from the last 5 years. *Here are some comments from 2017 participants:*

- "Great to hear from other teachers and see work samples from peers who are doing some great work"
- "Great workshops! Engaging and good practices to use in an everyday classroom"
- "Really relevant to how schools and teachers are trying to move through the minefield of what is PE"

## 6. Are you an ACHPER member?

- If so, you receive a discounted registration fee!
- If not, that is not a problem as membership is still available!

## 7. Access excellent support and information!

- Visit the range of Trade Exhibitors offering special deals exclusive to this conference.
- Receive a goody bag full of ideas and materials from our range of supporters.

## 8. This conference is a not for profit event

- Unlike some professional learning conferences, all proceeds are invested back into your professional association for ongoing resources, projects and programs. "Keeping your school's PL investment in the education system".

## 9. Excellent networking opportunities, meet with other HPE/Sport/Wellbeing educators

## 10. Support ACHPER (SA) your professional association

- Attend this conference and you support the association that advocates and lobbies for the HPE learning area

**Do you need further convincing?**

Call the friendly staff at the ACHPER (SA) office on 8363 5700, email [info@achpersa.com.au](mailto:info@achpersa.com.au) or visit [www.achpersa.com.au](http://www.achpersa.com.au)

# 2018 Registration Form

## ACHPER (SA) Health & Physical Education Conference

16 - 17 April 2018, Rostrevor College

**Please note:** Registrations will not be accepted unless preferred workshops have been selected. **Please submit this form and an invoice will be sent upon receipt of this registration.**

Register online at [www.achpersa.com.au](http://www.achpersa.com.au) (preferred method) OR

Complete the form below and return to ACHPER (SA) via fax on (08) 8362 9800 or mail to 4/2-6 Chapel Street, Norwood SA 5067.

First Name: \_\_\_\_\_ Surname: \_\_\_\_\_

School/Organisation: \_\_\_\_\_

Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email: (required) \_\_\_\_\_

Please list any special requirements (e.g. dietary) \_\_\_\_\_

## Registration Fees

Please tick the registration type below (inclusive of GST, lunch, refreshments, conference celebration and handouts)

	1 day	1 day plus membership	2 day
<b>ACHPER Member</b>	<input type="checkbox"/> \$180		<input type="checkbox"/> \$330
<b>Non-Member</b>	<input type="checkbox"/> \$250		<input type="checkbox"/> \$430
<b>Non-Member</b> (Includes ACHPER membership)	<input type="checkbox"/> \$320		<input type="checkbox"/> \$470
<b>Graduate Teacher Member</b> (1st or 2nd year out teachers)	<input type="checkbox"/> \$160		<input type="checkbox"/> \$280
<b>Graduate Teacher Non-Member</b> (1st or 2nd year out teachers)	<input type="checkbox"/> \$200	<input type="checkbox"/> \$290	<input type="checkbox"/> \$385 (Includes ACHPER membership)
<b>Student</b>	<input type="checkbox"/> \$60	<input type="checkbox"/> \$110	<input type="checkbox"/> \$120 (Includes ACHPER membership)
<b>Conference T - Shirt* Member</b>	<input type="checkbox"/> \$50	Ladies sizes 6-26 : _____ Mens S - XXXL : _____	
<b>Conference T - Shirt* Non-Member</b>	<input type="checkbox"/> \$55	Ladies sizes 6-26 : _____ Mens S - XXXL : _____	

\* T-shirts ordered will be available for collection at the conference upon registration if ordered by Monday 2 April.

## Discount Offers

### Discount Offer 1

If you have attended the ACHPER (SA) HPE Conference in April for the previous three consecutive years you are eligible to receive a special discount of \$20 per day. Thank you for your continued support.

**Discount Offer 2** - Name of the Colleague attending: \_\_\_\_\_

For every colleague you recommend to attend the Conference and registers (who has not been to an ACHPER Conference in the past 5 years) you will receive a \$50 discount. You must provide us with the name of the colleague attending.

## Cancellation Policy

Cancellations must be received in writing and will incur a \$100 administration fee for cancellations before Monday, 9 April 2018. Cancellations received after this date will unfortunately not receive a refund.

## Conference Sessions

Delegate Name: \_\_\_\_\_

Registrations will not be accepted if first and second choices are not made. Please note sessions are subject to change due to cancellation of speakers or maximum or insufficient numbers. In the space provided please write your first and second preference for each session. Some sessions involve physical activity so comfortable clothing should be worn.

### Monday 16 April

11.00am - 12.30pm    1.1   1.2   1.3   1.4   1.5   1.6   1.7   1.8   1.9    \_\_\_\_\_

1.15pm - 2.45pm    2.1   2.2   2.3   2.4   2.5   2.6   2.7   2.8   2.9    \_\_\_\_\_

3.15pm - 4.45pm    3.1   3.2   3.3   3.4   3.5   3.6   3.7   3.8   3.9    \_\_\_\_\_

### Tuesday 17 April

10.30am - 12.00pm    4.1   4.2   4.3   4.4   4.5   4.6   4.7   4.8   4.9    \_\_\_\_\_

12.45pm - 2.15pm    5.1   5.2   5.3   5.4   5.5   5.6   5.7   5.8   5.9   5.10   \_\_\_\_\_

2.30pm - 4.00pm    6.1   6.2   6.3   6.4   6.5   6.6   6.7   6.8   6.9    \_\_\_\_\_

## ACHPER Membership - \$140.00

ACHPER Membership offers many benefits to individuals, joining and enabling you to work with other dedicated professionals. ACHPER Membership is available for all non-member attendees. If you wish to become a member please complete a Membership form and return to ACHPER (SA). ACHPER does not provide school membership – only individual teachers and other professionals are eligible for membership. For further details regarding membership please call ACHPER National on (08) 8352 3288.

## Conference Celebration / Happy Hour

An informal, networking dinner will follow the Conference on Monday 16 April from 4.45pm - 7.00pm in the Pavilion at Rostrevor College. The cost is included in your registration fee and includes food and beverages.

Please tick the box if you would like to attend (this will assist with catering numbers). YES:                       NO:

## Morning come and try physical activity session

Prior to the Conference beginning on Tuesday 17 April from 7:30am - 8:30am at Rostrevor College, Sara Pettet from MissFit Movement will take you through a morning exercise session. Mindful Movement combines stretching and strengthening, while concentrating on relaxation and mindfulness. You will finish the session feeling energised, and ready for the day ahead. The cost is included in your registration fee.

Please tick the box if you would like to attend : YES:                       NO:

## Payment Details (please submit registration form and an invoice will be sent)

ACHPER (SA) ABN: 56 064 377 067

Please invoice my school or organisation (a tax invoice will be forwarded shortly).

I have enclosed a cheque payment of \$ \_\_\_\_\_

(made payable to ACHPER (SA) please post with registration form to: ACHPER (SA), 4/2-6 Chapel Street, Norwood SA 5067)

EFT transfer: BSB: 805 007, Account: 0070 5630, Reference Number: Please use Invoice Number & Name

I would like to pay by credit card:  Visa     MasterCard

Name on card : \_\_\_\_\_                      Expiry date: \_\_\_\_\_ / \_\_\_\_\_

Number: \_\_\_\_\_                      Signature: \_\_\_\_\_

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# Conference Program Tuesday 17 April

## Morning come and try physical activity session - Mindful Movement 7.30am - 8.30am

Mindful Movement combines stretching and strengthening, while concentrating on relaxation and mindfulness. It will include various exercises which develop core strength, all the while increasing wellbeing through mindfulness. This morning exercise session will take you through a warm up, followed by a series of yoga flow poses incorporating both strength and flexibility. You will finish the session feeling energised, and ready for the day ahead.

Sara Pettet, MissFit Movement



## Registration/Trade Exhibition - 8.15am - 8.50am

## Keynote Presentations - 8.50am - 10.10am

### **More valuable and healthful learning in Health Education: Exploring the propositions and curriculum possibilities**

*Dr Donna Barwood, Coordinator and Lecturer for HPE, Edith Cowan University*

Across Australia, irrespective of State or Territory, Health and Physical Education (HPE) is now underpinned by five interrelated propositions. These propositions are a specific attempt to inform pedagogy and pedagogical delivery. The propositions stem from the rich consultative processes that occurred with the development of the Australian Curriculum for HPE from 2012-2015. With regard to the delivery of health education in all schools, the propositions are a strong platform for teachers to support the 21st century student to access, question, validate and produce new health understandings of his or her own. Few policy documents in Australia, whether HPE curriculum or syllabus, have been so bold.

This key note presentation unpacks the propositions to provide teachers with possibilities as what the propositions may and could look like in the health education classroom. In addition, the key note explores the health of young Australians to provide insight as to why such policy reform in pedagogy was warranted.

### **Effective Planning in Physical Education**

*Dr Bernie Holland, Professional Learning Manager, ACHPER Victoria*

Does your HPE program articulate the critical knowledge, concepts and skills you want your students to develop? Planning within the limitations of your setting will result in a more clearly defined program, making the task of assessment and evaluation less stressful. How do you cover the breadth and depth of the AC HPE in the time allotted to HPE? This presentation will challenge you to think about planning student outcomes from the perspective that we cannot be all things to everyone and expect to be effective and that we often overestimate the content that can be learned?

## Morning Tea, Trade Exhibition & Networking - 10.10am - 10.30am

## Session 4 - 10.30am - 12.00pm

### **4.1 Engaging strategies for Health Education (Primary) (EY, PY, C, W)**

In this primary focused session, discover some fun, puzzle-based, engaging teaching and learning strategies that can be adapted to suit the student, content and school. Activities that allow students to understand that taking risks is part of life's journey but that it's not necessary to go the full hog! This session takes a strengths-based approach to health education and specifically uses old school games to reveal student strengths but also to explore new ways to support children and young people to critically engage and deal with the health challenges that they face now and in the future.

*Donna Barwood, Edith Cowan University*

Session 4 continued.....

# Conference Program Tuesday 17 April

## 4.2 Assessing student achievement in AC: HPE (EY, PY, MY)

This session aims to help you renew and develop your assessment practices when using the Australian Curriculum: Health and Physical Education. From being clear about what you are trying to do with assessment through to examining an array of assessment tools that will assist you to measure growth in what students can know, do and understand. Please bring along your current assessment tools such as rubrics and other tools you use to assess student's work.

*Rick Baldock, ACHPER SA*

## 4.3 21st Century Learning Technologies in the Health Classroom (MY, SY, W)

Learn some interactive technologies to engage your students in the health classroom. A range of technologies will be presented and opportunities for participants to practice the skills. Bring along your own device to connect (Laptop, tablet or smart phone)

*Graeme Hudson, Marden Senior College*

## 4.4 Indoor 4's (PY, MY, SY, C)

Think teaching cricket is too hard or boring? Think again! This brand new game is fun, active, quick and easy and requires little equipment. Flexible to your setting and class size, Indoor 4's is designed to have every student involved and developing their skills through fast paced, action packed matches. *Practical*

*Jess O'Reilly, South Australian Cricket Association*

## 4.5 Designing engaging Assessment Tasks for Senior Secondary school students (SY)

Looking into the design of assessment tasks that incorporate both higher and lower order thinking. This session will be inclusive of the 21st century learning skills; creativity and innovation, research and information fluency, problem solving and critical thinking, collaboration and communication. Participants should be prepared for an interactive session.

*Glen Urbani, Rostrevor College*

## 4.6 101 Different Tag Games (EY, PY, MY, C)

We all know them and play them but do we know how to change them or adapt them and modify them? How do we turn them into games with an educative purpose? Come along and learn some old games with a twist and some new ones as well. Designed for beginning teachers and participants who want to explore some new ideas. We will investigate simple games for early years through to the ridiculous year 6/7 games. Come dressed and prepared to run! Due to popularity this session is a repeat session from the 2017 conference with many more new ideas. *Practical*

*Anthony Worden, Plympton Primary School*

## 4.7 Getting Right Bite Right! (EY, PY, MY, C, W)

The Right Bite Policy recognises that healthy eating is a critical element of positive child development. More recently the connections between nutritional intake and whole of student wellbeing are being increasingly recognised. Contemporary educators recognise the impact of unhealthy foods and are rapidly changing their practices when it comes to giving students the best start in life. This session provides a practical approach to influencing eating habits of children and using good food as a fundamental foundation for good learning.

*Fraser Keegan, Department for Education and Child Development (DECD)*

Session 4 continued.....





## **4.8 Tennis for Secondary Schools curriculum program: Teaching Tennis as a Net, Court & Wall Game** (MY, SY, SC)

This practical workshop will explore Tennis Australia's AC:HPE aligned Tennis for Secondary schools program. Participants will experience a select series of modified games and assessment tools from the following sections of the resource:

- MOVEMENT CONCEPTS AND STRATEGIES - Playing the Game
- ACTIVE AND HEALTHY - Physical Activity, Fun and Fitness
- PERSONAL, SOCIAL, AND EMOTIONAL -Promoting Personal and Social Competence

These modified games are framed to meet the needs of individual learners and informed by aspects of the AC:HPE achievement standards for Years 7-10. *Practical*

*Mitch Hewitt, Tennis Australia*

## **4.9 Learning Soccer Skills & Game Concepts** (EY, PY, SC)

In this session you will learn how to teach soccer skills through games. This Reception - Year 7 program focuses on game orientated activities to teach players fundamental and specialised movement skills and strategies. Underpinned by FFA guidelines. *Practical, Commercial*

*Giancarlo Zumbo, Simply Football*

## **Lunch, Trade Exhibition & Networking 12.00pm - 12.45pm**

## **Session 5 - 12.45pm - 2.15pm**

### **5.1 Planning and Teaching Using a Thematic Approach** (EY, PY, MY)

Using practical examples this session will challenge you to consider how you plan for, teach and assess the key knowledge and concepts that underpin many of our sports and games. It is unrealistic to think we can teach multiple sports in the limited time available in physical education. Using a thematic approach allows you to identify and teach those concepts most important to a sport and sport category.

*Bernie Holland, ACHPER Victoria*

### **5.2 Play with purpose: an introduction to game design fundamentals** (EY, PY, MY, SY, SC)

Digital games are complex decision making 'play-based' environments where mastery takes time, and failure is frequent: and yet, they capture young peoples interest in a way that sport and physical education often now struggles to match. In this workshop, we will consider the pedagogy behind digital game design and what PE and sport teachers can take from the design principles used to create meaningful play in digital game design. Participants will have time to play around with the ideas presented to enable them to start to place the design principles into the context of their own work in PE and sport.

*Shane Pill, Flinders University*

### **5.3 Launchpad Ignite! (Session 1 of 2)** (EY, PY, MY, SY)

This is a 3-hour Gymnastics SA workshop covering modules in Neuro-nastics (brain development and movement) and each of the Dominant Movement Patterns (DMPs). This workshop aims to give teachers the knowledge you need to deliver Launchpad programs in schools. The Launchpad: Ignite! workshop is the minimum requirement for teachers delivering the Sporting Schools programme. Very practical and lots of fun, Launchpad: Ignite! will get you and your students moving! Please note, there is an online component which will need to be completed to receive the full accreditation (\$40). Session 1 of 2 - delegates also need to register for the second workshop at this conference at session 6.4. *Practical*

*Andrew Cordery, Gymnastics SA*

Session 5 continued.....



# Conference Program Tuesday 17 April

## 5.4 MyGolf Schools Pathway (EY, PY, MY, SC, C)

Mygolf is the National Skill Development Program for Schools and Clubs offered by Golf Australia the peak body for golf. Golf is a partner in the National Sporting Schools program. This program offers support for schools with equipment and manuals available. Please join in our practical 'give golf a go' session at the 2018 ACHPER conference. *Practical*

*Allan Telford, Golf SA*

## 5.5 Teaching a Quality Sport Education Program in the Primary & Middle Years (PY, MY)

This session will support those interested in the Sport Education model which can enable the development and implementation of a quality program for students in the Middle Years. This practical session will demonstrate how to incorporate the Game Sense Approach within Sport Education and will explore how the model supports the psychomotor, cognitive, and affective development of the child. *Practical*

*Scott Hughes, Catherine McAuley School*

## 5.6 How do I teach beginners volleyball with just one court? (Primary) (PY, MY, SC)

This session will be tailored to upper primary level. How do I teach volleyball with a full class of students on only one court? This session will give you the confidence to not only teach beginners the skills of volleyball but also keep 24+ students engaged on just one court. You will learn practical ways to help students play skilful volleyball without regressing to "jungle ball!" *Practical*

*Scott Trestrail, Cedar College*

## 5.7 Resistance Training for High School Students and Staff (MY, SY, SC)

This program will incorporate, gymnasium set up, programming, risk assessment, equipment, staffing and lifting/training protocols. The workshop will also discuss and highlight the health and social benefits of a weight lifting/fitness club in your school. *Practical*

*Rex Wright, Glenunga International High School*

## 5.8 Applying Heart Rate and GPS data to Senior PE Lesson and Assignment (SY, S)

This session will be about collecting and analysing HR and GPS data during a senior PE class. We will then analyse the data and make links to the SACE curriculum and discuss assignment structure using this information.

*Damien Hutchings, Pedare Christian College*

## 5.9 Evaluating your school values and vision (PY, MY, SC)

Recently we undertook a rigorous review of our school's direction. In the process we discovered that the way to take us forward for a successful future is similar to success in Health and Physical Education. Our new values and vision are centred around team success and I would like to share this process with those that want to make a difference at their site. *Practical*

*Nick Warren, Grange Primary School*

## 5.10 Children and HPE: What the data say and what the children tell us (EY, PY, MY, SY, C, W)

The data tells us that children are not moving enough each day! Based on the findings of the 2016 Active Healthy Kids Australia (AHKA) Report Card, we will discuss recommendations around student engagement in HPE and learn from the AHKA Youth Advisory Committee about what they think could be done to increase student participation and engagement.

*Natasha Schranz & Vanessa Glennon, University of South Australia*

Afternoon Tea, Trade Exhibition & Networking - 2.15pm - 2.30pm





## Session 6 - 2.30pm - 4.00pm

### 6.1 Engaging strategies for Health Education (Secondary) (MY, SC, C, W)

In this secondary focused session, discover some fun, puzzle-based, engaging teaching and learning strategies that can be adapted to suit the student, content and school. Activities that allow students to understand that taking risks is part of life's journey but that it's not necessary to go the full hog! This session takes a strengths-based approach to health education and specifically uses old school games to reveal student strengths but also to explore new ways to support children and young people to critically engage and deal with the health challenges that they face now and in the future.

*Donna Barwood, Edith Cowan University*

### 6.2 Innovation in PE (EY, PY, MY, SY, C)

In the past 30 years a number of curriculums have come and gone in our schools. Brooker & Clennett in 2006 have noted that "...new curriculum documents of itself does not bring about change. Frequently, new curricula "limps along in the shadow of old knowledge and past practice" marginalised in the curriculum-making process." If Brooker and Clennett are right then what has really changed with our practice? How can we progress and make a real difference to learners lives and be more relevant to new strategic directions of schools and education systems? How do we innovate and build sustainable practices to best meet the needs of our students and their communities?

Come along and be prepared to interact and share your ideas, your successes and challenges.

*Rick Baldock, ACHPER SA*

### 6.3 Fundamental Dance Movement: An interactive dance workshop for school teachers (PY, MY, SY)

FUNDamental Dance Movement is exactly that- FUN! This interactive workshop will have you moving and grooving to songs and music from all around the world. A fusion of dance styles including African, Egyptian, Irish, Hip Hop and more. Learn how to get students motivated to dance using FUNDamental movement and a positive coaching philosophy that encourages students to be creative and express their own unique style. A fun and inclusive student-centred approach to teaching dance to students in R-10. Teachers will complete this workshop and walk away with a list of songs, music and movement they can start teaching in class on Monday! *Practical*

*Rebecca Williams, Essential Dance and Fitness*

### 6.4 Launchpad Ignite! (Session 2 of 2) (EY, PY, MY, SY)

This is a 3-hour Gymnastics SA workshop covering modules in Neuro-nastics (brain development and movement) and each of the Dominant Movement Patterns (DMPs). This workshop aims to give teachers the knowledge you need to deliver Launchpad programs in schools. The Launchpad: Ignite! workshop is the minimum requirement for teachers delivering the Sporting Schools programme. Very practical and lots of fun, Launchpad: Ignite! will get you and your students moving! Please note, there is an online component which will need to be completed to receive the full accreditation (\$40). Session 2 of 2 - delegates also need to register for the first workshop at this conference at session 5.3. *Practical*

*Andrew Cordery, Gymnastics SA*

### 6.5 How do I teach high school volleyball with just one court? (Secondary) (MY, SY, SC)

This session will be tailored for secondary level PE classes to year 12 level. How do I teach volleyball with a full class of students on only one court? This session will give you the confidence to not only teach the skills of volleyball but also keep 24+ students engaged on just one court. You will learn principles to develop your students volleyball game well beyond that just get it over "jungle ball!". *Practical*

*Scott Trestrail, Cedar College*

### 6.6 Understanding AFL kicking (EY, PY, MY, SY, SC, C)

SANFL State Coaching Manager Dave Reynolds will explore the art of kicking in Australian Rules Football, providing a greater understanding of the important focus areas of kicking, how to teach kicking and how to develop kicking. *Practical*

*Dave Reynolds, SANFL*

Session 6 continued.....

# Conference Program Tuesday 17 April

## 6.7 Building positive connections with your students (PY, MY, C, W)

Want to build and maintain positive relationships with your students? Come along and participate in fun and engaging games and challenges that will help you connect with your students. *Practical*

*David Murray, Nuriootpa Primary School*

## 6.8 Touch Football: Teaching Touch In Schools (MY, SY, SC)

A workshop aimed at building the basics of Touch Football in a series of Touch moves and progression based games. The program itself will be based around Coaching Priorities for juniors to create a basic understanding of the Touch Football fundamentals. *Practical*

*Jake Milne, Touch Football South Australia*

## 6.9 CounterPunch (PY, MY, SY, SC, W)

CounterPunch uses performance psychology and boxing as a medium to connect with self, relate to others and communicate your full potential. It is an integrated coaching program for young people and adults alike. Combining Psychology and Sports and Exercise Science, the program uses boxing training to teach clients the skills and strategies to respond to life's challenges and opportunities.

CounterPunch provides a system that engages, empowers and connects people, particularly young people, to reach their full potential by learning strategies to take control of their life, be responsible for their choices and be the master of their own happiness.

This unique well-being program has a flexible application to the specific needs of individuals and groups. *Practical , Commercial*

*Mercedes Taaffe-Cooper, CounterPunch Pty Ltd & Mark Nethercott, Victor Harbor High School*

We look forward to seeing you at the Conference.  
Register Today

We want to see what you get up to during the ACHPER South Australian Health & Physical Education Conference. Don't forget to post your photos and videos using the hashtag

**#ACHPERSA18**



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Program and Trade Exhibitors current as at 27 March 2018

Please note the program may change due to unforeseen circumstances