



***ACHPER (SA) Secondary Health & Physical Education Conference Program
December 8 and 9, 2003
University of South Australia – Underdale Campus***

MONDAY DECEMBER 8, 2003

MORNING SESSION 9.00AM – 12.00 NOON

(Registrations 8.30 – 9.00am)

Session 1.1 Monday 8th December, 9.00am – 12.00 noon - Practical

Thinking differently about teaching and coaching games – Wendy Piltz, University of South Australia

The practical based session will explore contemporary approaches to teaching games linking practical methods to current theory in motivation and brain based learning. The session will provide practical ideas and strategies for fostering enjoyment and developing competent and confident players. Practical clothing required.

Session 1.2 Monday 8th December, 9.00am – 12.00 noon.

Effective Strategies for a successful Health Education program – Danny Bayer, Urrbrae High School and Alex McAskill, Open Access College

This informative session will offer a range of strategies and ideas to ensure an up to date and relevant health education program. Ideas will be work shopped and shared to support your teaching of health education.

Session 1.3 Monday 8th December, 9.00am – 12.00 noon.

Ideas for a successful stage 2 Physical Education program and a summary of changes for the year 12 PE course for 2004- Sharon Cibich, Cabra Collge

This popular session will outline a range of ideas on teaching strategies to ensure a good PE program. The session will discuss important topics, develop assessment strategies, task design, programming and allow time to plan with key teachers. The session will also outline a summary of changes to the Stage 2 Physical Education course in 2004.

MONDAY DECEMBER 8, 2003

AFTERNOON SESSION 1.00PM – 4.00 PM

(Registrations 12.30pm – 1.00pm)

Session 2.1 Monday 8th December, 1.00pm – 4.00pm (combined session)

Looking after Number 1

2.1a Stress Management for Teachers – Dr Carol Cayley, Positive Spin

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2.1b An introduction to Tai Chi & Chi Kung-relaxation for yourself, schools and the community, Allan Kelson, Chief Instructor, Tai Chi & Chi Kung Institute

Despite the public perception that teaching is all holidays and short hours, most teachers would consider that it is a demanding and stressful occupation. This session takes a pro-active and practical approach to stress management and well-being. Allan will outline a brief background of Tai Chi and Chi Kung relaxation and their differences, their uses as warm up and mental focus exercise for other sports and alternative non-competitive exercise in schools. A practical session of both exercises and how these have been introduced to many SA schools. Both these sessions were very popular at the 2003 ACHPER State Health & Physical Education Conference.