

ATTN: Health and PE Coordinator

promoting active & healthy living



be active.



TICK AND PASS ON

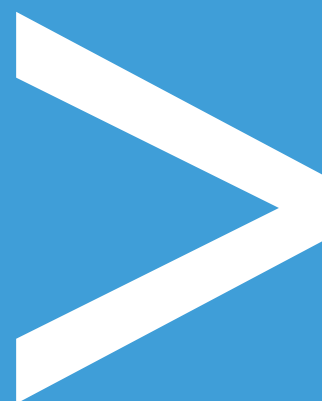
- Health and PE Coordinator
- School Counsellor
- Sports Coordinator
- be active* Committee
- Governing Council

ACHPER[®]
Australia South Australia Branch Inc.

2007

South Australian
Health & Physical
Education Conference

Westminster School
April 26th & 27th





SESSION 3:
3.20PM - 4.50PM

Early Career Teachers in Health and PE Seminar – Primary, Middle and Secondary.

Moving from Surviving to Thriving – Session 2 of 2 (requires your attendance at both sessions offered)

Presenters: Various experienced HPE teachers.

3.1 Leadership for Coordinators
(Prim/MY/Sec)

This workshop will explore a number of issues under the umbrella of ‘active leadership’ such as: advocacy for your learning area, managing resources, leadership of a team, managing competing demands, evidence of the effects of your work and the ‘tricky bits’ of your job.

Presenters: Ashley Burnett and Rick Baldock, DECS

3.2 Unpacking the Healthy Eating Guidelines Document- What does it all mean? (Pre/Jp/Prim/MY/Sec)

A walk through of all six sections of DECS Healthy Eating Guidelines document including several realistic ideas to help implement the program.

Presenters: Geoff James, Craighburn PS and JulieAnne McWhinnie, Department of Health

3.3 It’s all in the game! - Fun Activities for Physical Activity Sessions! (JP, Primary)

This energetic session offers lots of new ideas and new takes on some older ideas for fun activities, games or breaks during the day. This fun and practical session is a must! Practical.

Presenter: Carol Sharpe, University of SA

3.4 Working with young people: alcohol and other drugs (Sec)

This session will explore what information you need to know about alcohol and other drug use. This session will also explore strategies for communicating with young people about alcohol and other drug use.

Presenter: Sandy Dunn, Drug and Alcohol Services South Australia

3.5 Optimism, Physical Activity and Body Change (Pre/Jp/Prim/MY/Sec)

This session will examine the relationship between optimizing physical activity and body image. Data collected from 574 Year 6 and 7 students will be presented.

Presenter: Dennis Smith, University of SA

3.6 Engaging Disinclined Students through Sport (Sec)

This session offers strategies to overcome declining school numbers and engage disinclined (and gifted) students in the curriculum using sport, schools and education as integrated vehicles. This program was a pilot project on a regional basis for large and small schools.

Presenter: Peter Tokarski, Port Lincoln High School

3.7 Croquet: Skills and Fun in Competition
(Pre/Jp/Prim/MY/Sec)

This Croquet game is geared at all students, even those with special needs, as it is a game of skills, team work, fun and gentle exercise. Those who do not like contact games, or need a new challenge, then this is ideal, even small schools (a team of 4) can play in major tournaments such as SAPSASA & SASSASA Championships. Practical

Presenter: Janet Eckert, Croquet SA

3.8 Cricket for your school – The future for cricket (JP/Prim/MY/Sec)

Come along to this practical session that will offer strategies and methods for batting, bowling and fielding, with some fun games and activities to assist your teaching/coaching of cricket for all age groups. A range of resources and handouts will also be available. Practical.

Presenter: Andrew Zesers, South Australian Cricket Association

3.9 Futsal – Warm Ups and Small Game Practices (Prim/MY/Sec)

Futsal is an indoor version of football (soccer). This session offers a great introduction to suitable warm-ups and technique practices for Futsal, including some fun small sided game activities to improve game awareness in the indoor game and keep your students motivated! Practical

Presenter: Craig Leith, Football Federation of South Australia

3.10 Waiting for Weights: Too Little Too Late! (Pre, JP, Prim, MY, Sec)

There is increasing evidence of positive benefits of exercise in children involving resistance training. While safety is paramount, the long term benefits of this form of exercise is fundamental to long term health. This presentation will update knowledge and skills in the importance of resistance training in children of all ages. Practical.

Presenter: David Spurrier, Sports Medicine Australia (SA Branch)

3.11 Use of Technology to Enhance Your Physical Education Lesson (MY/Sec)
COMMERCIAL

A combined session to demonstrate how to implement technology across your entire PE faculty and school using E Series heart rate monitors and Webbsoft products. Heart rate monitors provide physical educators with a time saving, flexible method to collect, analyse and report on daily activities including attendance, attire, performance, attitude, heart rate data and skill rubrics. You will also be able to see how you can use video analysis in a practical setting using the process of capture to review skills. Practical.

Presenters: Chris Shaw, Ballarat and Clarendon College, Nick Joy, Prince Alfred College and Glen Murdoch, Webbsoft Solutions

3.12 Tai Chi/Chi Kung (Pre/Jp/Prim/MY/Sec)
COMMERCIAL

An Introduction to some safe, easy to learn & teach exercises, which are suitable for indoor or outdoor venues. Suitable for PE, cross training, health & wellness days and good for relaxing teachers. Allan has also taught students & teacher PD sessions, in over 50 schools in SA. Popular session at 6 previous ACHPER conferences. Further Details: www.taichi.com.au. Practical.

Presenter: Allan Kelson, International Tai Chi Judge & Dual Gold medallist in China in 2004.

Happy Hour: 5.00pm - 6.00pm
Join in this excellent networking opportunity. First drink is free and be in the draw for random door prizes.

Conference delegates are welcome to register for the **Conference Gourmet BBQ Dinner** following the happy hour with ACHPER (SA). Cost is \$25.00 per person, drinks not included. Please register your interest on the Registration Form.

