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DECEMBER, 2013

Peak Phys Ed is proud to present our 5th annual conference. The Australian Physical, Health and Outdoor Education Conference known as 'Discovery' is set for **Friday 28th February in 2014** at the magnificent Melbourne Cricket Ground (MCG) and the National Tennis Centre.

Congratulations to our "early bird" winners:

iPad Mini : Cate Eddy (Wanganui Park SC)

VCE Enhancement Program @ Deakin University or RMIT University: Kerrie Lay (Wheelers Hill SC) & Joe McLean (Saint Ignatius College)

\$200 of Y7-10 Health & PE Resources from Cengage Publishing: Chris Landman (St Peter's College)

Kick Start 2014 entry for 20 students: Trine Ord (Tintern Schools)

Lock in your electives now - [Full program & registration](#)

REGISTER THIS YEAR and not be invoiced until 2014!

Every delegate will receive a compendium / organiser (\$50 value) and drink bottle (\$15 value)

Some educators thought that cutting back on time spent on physical education to increase preparation time for tests would improve test scores and the performance of students in Maths, English and Science.

However, there are a lot of studies that show that more time for PE and other physical activity improves academic performance – so why is physical education losing out in the "crowded curriculum" debate?

Exercise increases levels of serotonin, norepinephrine, and dopamine – all important neurotransmitters that assist our thoughts and emotions.

You've probably heard of serotonin, its benefits, and maybe that a lack of it is associated with depression. Toxic levels of stress erode the connections between the billions of nerve cells in the brain. Conversely, exercise unleashes a cascade of neurochemicals and growth factors that can reverse this process, physically bolstering the brain's infrastructure.

We've all heard the "use it or lose it" phrase. The brain responds like muscles do, growing with use and shriveling with inactivity.

The neurons in the brain connect to one another, and exercise causes these connections to grow and reach out to other parts of the brain.

This enhances brain function at a fundamental level and leads to improvements in the performance of students in Maths, English and Science.

[Worth a read: Click here](#)

Associations between objectively measured physical activity and academic attainment in adolescents from a UK cohort. British Journal of Sports Medicine, October 2013.

J N Booth, S D Leary, C Joinson, R Ness, P D Tomporowski, J M Boyle, J J Reilly.

"KICKSTART" 2014

BRAND NEW VCE PE SACS

Robert Malpeli & Amanda Telford are pleased to provide a **BRAND NEW RESOURCE**, following loads of requests for a new "STACK OF SACS".

With the current Physical Education VCE Study Design being extended beyond 2014, now is the perfect time to order a brand new set of School Assessed Coursework (SACs).

Available in February 2014, you should order now and pay later to secure your set.

[Stack of Sacs 2014 information and order form](#)

Many schools are in the middle of their transition programs for students entering higher classes next year. We like the way key elements from U3 AOS 1 have been chosen in that the activities require students to "do" many tasks rather than simply "learn" /remember them. We also think it's a great idea to seek reinforcement of the socio-ecological model via non-Victorian examples as students reinforcing these concepts next year will not simply be going over the same material and examples.

[Click here to download 3 sample lesson plans](#)

Special thanks to Neil Johnson (Balwyn High) who co-produced these with Rob Malpeli (The Knox School)

Peak Phys Ed are proud to announce a "Kickstart" session before the school year starts on Thursday January 23rd. This will be held centrally at Melbourne Grammar School (Domain Rd) from 10 am – 1.00 pm.

Please pass on to your 3&4 PE students so they can register early and not miss out. Each student attending will receive a resource CD with 100 multiple choice questions and a Unit 3 exam (\$70 value) for FREE!

[Kick Start 2014 @ Melbourne Grammar](#)



Peak Phys Ed

Recognised
as providing
premium
programs

Hit the ground running in 2014!
VCE Phys Ed Kick Start

Last year we celebrated **Professor Geraldine Naughton** as our inaugural inductee into the Peak Phys Ed Hall of Fame, for her amazing and life-long contribution to the areas of Physical & Health Education. We are again seeking your input and nominations for people we should consider inducting in 2014. If you would like to nominate someone you believe to be a worthy recipient for their significant contributions in the fields of Physical, Health or Outdoor Education please send your recommendation, and brief reasons, to rob@peakphysed.com.au or amanda@peakphysed.com.au

Professor Caroline Finch has been a long time supporter of Peak Phys Ed. She heads up the Australian Centre for Research into Injury in Sport and its Prevention (ACRISP) - one of the 4 International Olympic Committee (IOC) Research Centres for the Prevention of Injury and Promotion of Health in Athletes. Caroline has let us know about 4 amazing scholarships:

PhD Scholarship in Recreational Water Safety (<http://www.jason.edu.au/scholarship/6684>)

A PhD Scholarship is available for a highly motivated and exceptional candidate to undertake research in an area relating to Recreational Water Safety. The successful candidate will develop their own topic around: a) the development of surveillance methods to document recreation water exposure and develop comparative measures to assess unintentional drowning risk by geographic drowning locations; or b) measurement of compliance with safety regulations in regional Victoria and development or evidenced-based promotion strategies to increase safety for recreational boaters. Applicants must have well-developed quantitative research skills with a background in a relevant discipline such as sports medicine, sports physiotherapy, sports science, psychology, health promotion, public health, epidemiology, tourism, or leisure studies.

PhD Scholarship in Snow Sport Injury Prevention (<http://www.jason.edu.au/scholarship/6683>)

A PhD Scholarship is available for a highly motivated and exceptional candidate to undertake research in an area relating to Snow Sport Injury and Its Prevention in the Victorian Ski Fields. The successful candidate will develop their own project that could consider skiing and/or snowboarding injury prevention measures, recreational snow sports safety promotion, injury epidemiology, protective equipment use, attitudes towards safety, etc. Applicants must have well developed quantitative research skills with a background in a relevant discipline such as sports medicine, sports physiotherapy, sports science, psychology, health promotion, public health, epidemiology, tourism, leisure studies. The PhD scholar will be enrolled through the School of Health Sciences and be part of the Australian Centre for Research into Injury in Sport and its Prevention (ACRISP) – one of only 4 International Olympic Committee Research Centres worldwide.

Joint Tennis Australia-Federation University of Australia PhD Scholarship <http://www.jason.edu.au/scholarship/6682>

Tennis Australia is partnering with the Australian Centre for Research into Injury in Sport and its Prevention (ACRISP), one of only 4 International Olympic Committee Research Centres worldwide, at the Ballarat Campus of Federation University Australia, to offer a PhD Scholarship from the start of 2014 to a candidate of exceptional research potential. The project topic will relate to the modelling and analysis of injury trends, particularly recurrent injuries, in the context of other relevant musculoskeletal or training information, in elite tennis players. The successful candidate must have a relevant undergraduate/Masters track record in sports medicine, physiotherapy, sports science, epidemiology or statistics and must possess high level qualitative research and data management skills. They will be expected to spend time an average of 3 days/week in Ballarat at ACRISP and 2 days/week placed within the sports medicine/sports science team at Tennis Australia in Melbourne.

PhD Scholarship in Mapping and Tracking Sports Injuries (<http://www.jason.edu.au/scholarship/6686>)

Federation University Australia, through its Australian Centre for Research into Injury in Sport and its Prevention (ACRISP) – one of only 4 International Olympic Committee Research Centres worldwide, – is offering a PhD scholarship for a highly motivated and high-calibre candidate to join its sports injury prevention research team. The project is directly aligned with the University's involvement in the multi-institutional Sport and Recreation Spatial Project. The PhD scholarship is for novel work to be undertaken to identify, collate and analyse sports injury data to be overlaid onto the existing national sports facility and participation database and to make other contributions to the ongoing database work.

Potential candidates are strongly encouraged to visit the Sport and Recreation Spatial website for more detail (www.sportandrecreationsspatial.com.au).

The Australian Physical, Health and Outdoor Education Conference (Discovery) will feature respected speakers and the “latest” news on the direction Health & Physical Education needs to move in Australia over the next 5 years.

Nerida Matthews Curriculum Manager, VCAA & **Janice Aitken** Senior Project Officer, ACARA will co-present on:

The development of a world-class HPE Australian Curriculum to take students into the twenty-first century is about to be completed. This represents an exciting time for teaching HPE. This session will provide participants with an overview of the new directions and structure of the HPE Australian Curriculum. It will also explore Victoria's requirements for implementation of the HPE Australian Curriculum within AusVELS.

Dr Dean Dudley (PhD) Charles Sturt University will address:

The growing concern regarding the increase of sedentary lifestyles and the prevalence of non-communicable diseases among youth. There is currently an international tendency to cut back on opportunities for PE and sport at school. In many cases, school PE lessons have been in an embattled situation, deprived of human and capital resources, and pushed to the margins of the curriculum (Hardman, & Marshall, 2009).

Responding to a call from members of its Intergovernmental Committee for Physical Education and Sport (CIGEPS), UNESCO has developed a 'toolkit' designed to aid governments, school principals and Initial Teacher Training (ITT) providers in the monitoring of quality PE delivery and teacher training, from a practical standpoint. This presentation will tackle the issues pertaining to the UNESCO QPE Guidelines and Toolkit and what they potentially mean for Australian schools.

[Keep up with the latest developments on all fronts – REGISTER NOW!](#)

Holiday reading: Dale Clohesy (Kardinia International College) keeps sending in great links to articles that form terrific discussion starters in our classes and add to the flavor of our HPE courses.

Healthy joints: keep them moving: The idea our joints are like light bulbs or car tyres with a limited number of "uses" before their lifetime expires is simply untrue, says rheumatologist Professor Patrick McNeil. Plenty of older people who've been active all their lives never develop osteoarthritis, he points out.

<http://www.abc.net.au/health/thepulse/stories/2013/11/14/3891010.htm>

Does eating breakfast help kick-start your metabolism? : You've probably been told eating breakfast will help kick-start your metabolism helping you burn energy efficiently and avoid weight gain. But is eating breakfast really necessary to get your metabolism going? (And what does this mean anyway?) There is no clear evidence breakfast can significantly affect your metabolism, says Dr Therese O'Sullivan, senior lecturer in nutrition and dietetics at Edith Cowan University.

<http://www.abc.net.au/health/talkinghealth/factbuster/stories/2013/11/25/3898283.htm>

Kids' physical activity really is child's play: Children need to be physically active.. Australia's physically activity guidelines recommend that toddlers (between the ages of 1-3) and pre-schoolers (between the ages of 3-5) spend at least three hours a day being physically active. The level of activity can range from simply standing up and moving around to active play – such as Simon says, hide and seek, or playing chasing – and other vigorous activities, including running

or...<http://www.abc.net.au/health/features/stories/2013/11/28/3893505.htm>