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APRIL 2014



## Physical Education and Sport “Making a difference”

Friday 16 May, 2014 National Tennis Centre, Melbourne

Physical Education and Sport have the potential to enrich students' lives through activities that allow students to improve their social and team skills. Our students need to be armed with the health and physical literacy skills to combat prevalent issues such as obesity, bullying, peer-pressure, depression and fundamental movement skills and these will all be addressed in the proposed Australian Health and Physical Education Curriculum.

The potential to improve the quality of PE programs delivered to students is evident and after listening to your requests and curricular needs we have tailored an innovative and quality professional learning opportunity for primary (Classroom and PE Specialists) and secondary teachers who may be expected to take physical or sport education classes, F - 10.

As a result of engaging in this professional learning day and sharing ideas, participants potentially will:

- Expand their game sense knowledge and ideas;
- Gain an insight into effective teaching of fundamental movement skills;
- Broaden their repertoire of active play and minor games;
- Unpack rhythmic and expressive movement ideas;

all leading to a greater ability to teach and engage students with lifelong physical activities and sport.

**[LIMITED PLACES – CLICK HERE FOR MORE INFORMATION AND REGISTRATION DETAILS](#)**

## New App for social support to be active



Physical Activity Australia have announced ActivityBuddies - a new online community designed to help people find someone to be active with. Research consistently reinforces that social support is one of the most significant predictors of people meeting the national physical activity guidelines. Physical Activity Australia (previously known as VicFit and Kinnect) have designed ActivityBuddies to be accessible (Free) to people of all interests and fitness levels. Check out: [www.activitybuddies.org.au](http://www.activitybuddies.org.au) from your computer or mobile device.

### News from VCAA

#### Clarification of the use of terminology relating to energy systems

The following clarification has been provided in response to enquiries about VCE Physical Education Unit 3 Area of Study 2 **key knowledge**:

- *characteristics and interplay of the three energy systems (ATP –CP, anaerobic glycolysis, aerobic system) for physical activity, including rate of ATP production, the capacity of each energy system and the contribution of each energy system*

and **key skill**:

- *describe, using correct terminology, the interplay and relative contribution of the energy systems in different sporting activities*

As identified in the key skill, it is important that students learn and use the correct terminology when describing the interplay and contributions of energy systems to different sporting activities.

**It should be noted that lactic acid is not an energy system and therefore lactic acid should not be used by students as a type of energy system.**

The correct terms for the three energy systems, as identified in the study design, are the ATP-CP system, anaerobic glycolysis and the aerobic energy system. For assessment purposes lactic acid is not acceptable terminology to identify the anaerobic glycolysis energy system.

Enquiries about this can be directed to **Nerida Matthews**, Curriculum Manager, Health and Physical Education, on (03) 9032 1721.

### Latest from the Nerdy Phys-Eder

Michael Ha was one of the many standouts from our Discovery conference held at the MCG earlier this year. His vast knowledge on and simple explanation of how ICT can leverage improved teaching and learning outcomes makes him keenly sought after.

[This link will take you straight to his latest newsletter](#) – a must read to find out what other educators are doing in this space.



Peak Phys Ed is flying Michael up as part of the Victorian team presenting at **ACTivate 2014** – an amazing conference being held at the AIS on Friday 10 October. More news to follow shortly.....

### VCAA Assessor Reports

Assessor reports available for ALL 3 of the following studies. These provide great insights to both teachers and students:

[PE = LINK](#)

[HHD = LINK](#)

[OUTDOOR ED = LINK](#)

### Peak Phys Ed Gear

Lots of schools have placed their first orders for our new range of sporting gear with the netballs and volleyballs proving to be very popular. Why not give our footballs a go with the weather changing and more schools including this in their programs in Term II.

More information and order form available by [CLICKING HERE](#) as well as contacting [ray@smashgear.com.au](mailto:ray@smashgear.com.au)

## Stack of SACs

These have again proven to be a "life-saver" for teachers of Unit 3 & 4 P.E. Our new Stack of SACs have the improved feature of including exemplar or suggested responses. Available in word format so they can be easily adapted to suit your teaching style, cohort and course status, new users are commenting on the ease of use and ability to "tailor" the SACs to their local needs.

[Order now by clicking here.](#)

### NEW Resources : [Bully Stoppers New Resources](#)



Downloadable classroom activities, videos, interactive learning modules and quiz, advice sheets and other useful resources to use in the classroom.

Here's the latest "Digital Learning News" from **Rachael Crellin** - Senior Project Officer | **Digital Learning Branch**

## Professional Learning and Classroom Opportunities

### Polycom sessions and Virtual excursions



[Electroboard](#) offers session for students (primary and secondary) and teachers. Most sessions are free. View the latest sessions [here](#) including:

- Pete the Sheep: From Page to Stage with Monkey Baa
- Literature Live: Creating Narrative Text
- An Anzac in the Family
- Human body and Nutrition
- Craft Activities and Ideas
- [More information](#) or Download the 2014 Schools Events Planner

### ACMI – Classroom / Student opportunities



- [DreamWorks Animation Videoconference](#) session – 5-6 August, more details soon.
- [Screen It](#) is ACMI's nation-wide competition for primary and secondary students, resource kit and live virtual conference classes available. Look out for Free Live Action Filmmaking videoconference tomorrow at 10am [Register now](#)
- [ACMI Hothouse program for students, focusing on animation](#) 10 students will be selected from Years 10, 11 and 12 for an intensive workshop in the July school holidays.

[Why Lead?](#) Social Media Campaign

- Leadership is complex and multifaceted, and being a good leader can be challenging. So why do we do it?
- Why Lead is a social media campaign to prompt discussion on why you lead and what leadership means to you. All participants will also be in the running to win passes to a Bastow Twilight seminar or a professional practice series workshop.

[Leading Schools in the Digital Age](#)

- This module helps school leaders develop a deep understanding of the impact of technology on society, particularly on education and children.

[ACCE Learning Network](#) online sessions Mondays at 9:30pm via Google Hangouts

- Coming up: Maker Culture and Steam Punk in Education



[TeachMeet Melbourne@ESA](#)

- TeachMeets are meetings/un-conferences where teachers share good practice, practical ideas and personal insights into teaching with technology.

### Upcoming Conferences

- [DLTV 2014 Conference](#): 25-26 July Swinburne University
- [ITEC 2014](#): Interactive Technology in Education Conference, 9-10 July Sydney
- [ACEC 2014](#): Innovation Education: Now its personal, 30 Sept – 3 Oct, Adelaide



The Cancer Council and Eftpos are working together to fight against skin cancer in secondary schools and invite you to be part of the Shade for Secondary Schools program to help protect our secondary school kids.

### What is the Shade for Secondary Schools Grant Program?

The Shade for Secondary Schools Grant Program provides grants to secondary schools across Australia to help them improve sun protection measures, aiming to support the prevention of skin cancer across Australia.

Cancer Council is inviting secondary schools to submit an application for a shade grant of up to \$25,000, enabling them to purchase shade for their school. The grants will be allocated proportionally across the nation based on state and territory school populations.

Applications can only be submitted via the Cancer Council Shade for Secondary Schools Grants Program online application form at <http://www.cancer.org.au/shade>. Applications must be completed in full by Friday 13 June 2014 (5pm AEST)

More information:

#### Jane Hill

SunSmart Youth and Advocacy Coordinator - SunSmart Program

Cancer Council Victoria

T: 03 9514 6416 F: 03 9514 6804

E: [jane.hill@cancervic.org.au](mailto:jane.hill@cancervic.org.au)

Worth a look – some interesting facts and further reading

From Rob Malpeli :

Tracking technology a winner for The Hawks: <http://www.livescience.com/44510-in-the-long-run-keeping-track-of-athletes-with-miami-heat>  
Miami heat Worn Down <http://bleacherreport.com/articles/2012329-are-the-miami-heat-worn-down>  
Tracking students' physical activity: <http://starlocalmedia.com/mckinneycouriergazette/news/healthy-data-technology-driven-pe>

From Dale Clohesy:

Active mums have active children: <http://www.bbc.co.uk/news/health-26679906>  
New doping test 1000 times better: <http://www.bbc.co.uk/news/science-environment-26636371>  
Does coffee make you dehydrated: <http://ab.co/ahggk8>  
Vigorous exercise cuts flu risk: <http://www.bbc.co.uk/news/health-26581722>

Read something interesting and useful lately – why not share it with the network?  
Please send in your shared readings, resources, etc.. for everyone to benefit :

[rob@peakphysed.com.au](mailto:rob@peakphysed.com.au)

Rob Malpeli & Amanda Telford