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FEBRUARY 2013

Australian Physical, Health & Outdoor Education Conference

DISCOVERY 2013

Feb 22nd @ The MCG

If you've been to any of the first 3 Discovery Conferences we know you'll be back.

If you've heard the "buzz" about Discovery come and experience an amazing professional development day first hand.

Come along, contribute and involve yourself in some of the most engaging PD on offer in PE, Health & Outdoor Education. We've already received registrations from NZ, WA, NSW, QLD, SA and a truckload from VIC!!!!!!!

All electives have healthy numbers with some close to capacity already – in fact, we have had to move to larger rooms @ the "G" to fit everyone in!

- Every delegate will have access to resources from every session
- Use all of the new and shared information throughout the coming year
- Many of the presentations are brand new in 2013- presenters are asked to provide something unique and completely "fresh" for the conference.
- This is a VIT accredited professional learning event.
- Presenters are invited as recognised leaders in their fields or recommended by peers to ensure all sessions are of the highest quality.

If you never go, you'll never know what everyone is talking about!

[Click here for Conference program & registration](#)



[Click here](#) to order your Australian Physical, Health & Outdoor Education Conference Polo Top

Winners are grinners..... Congratulations to our early bird winners.

- One of three VCE Enhancement Programs offered at Deakin, RMIT or Victoria University for up to a class of 25 students
[Stephen Trollope- Box Hill High](#)
[Bridget Tellefson - Melb Girls College](#)
[Leigh McDonald - St Brigid's Horsham](#)
- \$200 worth of Y7 – 10 Health resources from Cengage Publishing
[Stephanie Bailey - Neerim District Secondary College](#)
- Entry for 20 Students to a February 2013 "Kick Start" session.
[Anne Martin - Geelong Grammar](#)

"KICK START"

VCE P.E. UNIT 3

Students will "fly from the blocks" and get a great start to their Phys Ed studies in Unit 3. Teachers attending with students will gain complimentary access to the program.

Please pass the information on to your students and looking forward to catching up at any of the sessions held throughout Victoria.

[Click here for more details](#)

Here is what a couple of students have said previously:

"These guys know their stuff and were able to simplify concepts into parcels of manageable information ~ their notes and summary tables are brilliant and will make things so much easier"

"Knowing what teachers are looking out for is a huge advantage ~ I am definitely going to be able to reach my potential and I feel so much more confident about the year ahead"

STUDENT SUPPORT & AWARDS

Throughout the year students will stand out. They might be:

- doing it tough but working well despite this
- amazing community contributors
- promoting phys ed & sport amongst peers
- brilliant role models
- "just hanging in there" in need of a boost

Simply go the peak Phys Ed site and nominate for either “**student support**” or “**student awards**”.

[Click here for details](#)

There are some amazing educational programs being run all around the country and if you’ve heard of one, designed one, etc... send in the details so we can share with other educators

[Click here to submit](#)

INTERACTIVE LEARNING RESOURCES – ILR’s

It’s the start of a new school year and we’re all keen to “get into it”. Last year Rob Malpeli spent over 500 hours working on what will no doubt become the newest type of teacher guided, student directed learning via **ILR’s** .

Teachers often speak to Rob about topics their students struggle to comprehend as well as the most challenging areas for them to deliver. Rob Malpeli worked with VEA to develop a series of amazing new interactive learning resources for year 11 and year 12 PE.

If your students have struggled with the Social Ecological Model or think energy systems is too much like studying Chemistry consider these ILR’s:

THE SOCIAL ECOLOGICAL MODEL ENERGY SYSTEMS

Student will have those “light bulb” or “now I get it” moments! Have a look at the new VEA “**Getting into PE**” ILRs!!



Now that there are plenty of funds in the faculty budget, why not get the “box set” of 4 ILR’s and get 4 for the price of 3! The “Training Programs” and “Fatigue & Recovery” ILR’s are also well worth a look – imagine being able to see a person’s fitness profile, design a program for them and then have the ILR conduct the training via simulation so you can see changes after every 2 weeks.

TRAINING PROGRAMS FATIGUE AND RECOVERY

[Click here for access to a FREE trial](#)

Barry Schippers has been a leading light in the phys ed world for over 3 decades. He is retiring from Bendigo Senior Secondary College this year after making a huge contribution to the education, development and well-being of thousands of students under his care. Barry has been an outstanding ambassador for physical and sport education and worked in both secondary and tertiary settings.

We wish Barry continued success in his new phase of life and know he will continue to have positive and significant input to all things PE. Those of you who know Barry coming to Discovery will no doubt catch up with him and congratulate Barry of his stellar career and achievements.

Worth a look – some interesting facts and further reading

From Amanda Telford – some great links to physical activity measurement, promotion, programs, etc:

<http://www.cdc.gov/physicalactivity/index.html>

<http://www.cdc.gov/physicalactivity/strategies/workplace.html>

<http://www.cdc.gov/physicalactivity/strategies/community.html>

SMA’s Hot Weather Resources :

<http://sma.org.au/resources/policies/hot-weather/>

From Rob Malpeli – great coaching / video analysis clips from AIS

http://www.ausport.gov.au/participating/coaches/videos/high_performance/video_self_analysis_a_lens_on_coaching_part_1

http://www.ausport.gov.au/participating/coaches/videos/high_performance/video_self_analysis_a_lens_on_coaching_part_2

From Dale Clohesy – activity, sedentary behavior and outcomes

People living longer but sicker : <http://www.bbc.co.uk/news/health-20715310>

Too much sitting bad for health : <http://www.bbc.co.uk/news/health-19910888/>

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

Australian Physical, Health & Outdoor Education Conference

"Discovery 2013" Friday 22nd February @ MCG



[Click here for more details](#)

Come and be part of the fastest growing Phys Ed, Health and Outdoor Ed conference in Australia, with participants from all over the nation. Following the huge success of the last three year's "Discovery" conferences, we continue to listen to collegiate requests in an effort to best tailor teacher professional learning to teacher needs. Discover an amazing array of first class professional development opportunities at our fourth annual "Discovery" Conference, supporting teachers of Foundation to yr 12 Physical, Health and Outdoor Education. **Make this the first professional learning day for 2013 and reap the benefits of your participation throughout the coming year.**

Become an extraordinary educator in Physical, Health and Outdoor Education and discover cutting edge strategies to engage and enrich student learning by attending the Discovery Conference. Every elective has a specific focus and even though it's only possible to attend 4 sessions throughout the day, all conference participants will have access to resources from all sessions via the Peak Phys Ed website – what a huge resource this will no doubt become in the future! You will love the program, with over 90% brand new sessions offered only at this conference exclusively for Peak Phys Ed.

Here are just a few of the dynamic presenters that are already working on their sessions for the 2013 Discovery conference:

Nerida Matthews (H&PE Manager, VCAA)
Daryl Sutton (VET Manager, VCAA)
Dr Amanda Benson (RMIT University)
Jenny Lee (Bendigo SC)
Rachael Whittle (Deakin University)
Nev Down (University of Ballarat)
Laura Alfrey (Monash University)
Ray Breed (North Melbourne FC)
Assoc. Prof. Amanda Telford (RMIT University)
Paul Seery (Bendigo SC)
Greg Gerbhart (Cybersafety, ACMA)
Marcia Cross (Haileybury)
Dr Jenene Burke (University of Ballarat)
Liz Weir (Australian Catholic University)
Kirsty O'Rourke (Ballarat & Claredon College)
Anna Davis (RMIT University)

Phil Hughes (Wonthaggi SC)
Dr Debbie Ollis (Deakin University)
Dr Kathryn Meldrum (Deakin University)
Sonia Goodacre (Plenty Valley Christian College)
Loretta Konjarski (Victoria University)
Jude McGurie (CEO School Sport Victoria)
Steve Dimetriou (Convenant College)
Robert Malpeli (The Knox School)
Mark Corrie (Camberwell Girls Grammar)
Claire Maharaj (Deakin University)
Kathy Tessier (Victoria University)
Lee Anton-Hem (RMIT University)
Assoc Prof Michael Spittle (Deakin University)
Melanie Nash (Melbourne University)
Jacqui Bell Warren (Sacred Heart College)
Jason Dart (Brauer College)

The 2013 elective streams offered include:

- VCE Physical Education Units 1-4
- VCE Health & Human Development Units 1-4
- VCE Outdoor & Environmental Studies
- Examination review (HHD, OES & PE)
- Primary & Junior Secondary Physical Education
- Putting it into Practice....loads of new practical sessions!
- Over 20 Health, Physical & Outdoor Education related Trade Displays!
- Yr 7-10 Physical Education
- Yr 7-10 Health Education
- Yr 7-10 Outdoor Education
- Innovations & ICT
- Inclusive practice & differentiated learning

From Amanda Telford, who is always up with latest.....

Australian Curriculum for Health & Physical Education

The draft curriculum released by ACARA late last year is accessible for teachers to provide feedback via the consultation process. To view details about the timelines, process and to provide feedback go to <http://www.acara.edu.au/hpe.html>. Many of our presenters at the upcoming Discovery Conference are already tailoring their presentations to the new Australian curriculum to assist teachers familiarize and trial concepts in your schools this year. You can also attend a dedicated session presented by Nerida Matthews from the VCAA at the conference Feb 22 which will provide teachers with a full update about the Australian Curriculum for Health and Physical Education, a must see session now the draft curriculum has been released.

Advocacy for Physical Education

In an article in Saturday 26th January p43 of the Herald Sun by Jessica Evans there was a call by David Parkin for School Sport and Physical Education to be compulsory. David Parkin has been a long standing advocate for physical education and sport in schools and used the press surrounding his OAM to continue this message. **Congratulations to David who was awarded the Order of Australia for his services to football and coaching.**

Also new evidence from an extensive review of 85 international research studies has found requiring daily physical education could assist young people be active for 23 minutes per day, a third of what is required according to the Australian National Physical Activity Guidelines. The study published in the American Journal of Preventive Medicine is the first of its kind to estimate the amount of physical activity in terms of minutes changes for policies in schools could actually support. The study also confirms schools play a key role in contributing to kids obtaining the recommended 60 minutes per day, with the combination of daily PE, short activity breaks during class time and active commuting on average contributed to 58 minutes of daily physical activity for youth. Associate Professor **Amanda Telford will summarize the key findings of this ground breaking study at the Australian Physical, Health & Outdoor Education Conference. Amanda will also provide teachers a summary of a range of interventions conducted in schools to increase physical activity.**

Physical education degrees

Thank you to all of the teachers who took on student teachers in 2012 all universities appreciate your dedication to mentoring the next generation of teachers. Good luck to all the new undergraduate students commencing physical education and exercise science degrees of which many will become teachers in 4 yrs time. **Deakin University commence their first intake of physical education students at their Geelong Campus in 2013.** Congratulations to RMIT University for obtaining accreditation for graduates to be qualified to teach both primary and secondary physical education. Thank you in advance to ACU, University of Melbourne, Monash University, Victoria University, RMIT and Deakin Universities for supporting Peak Phys Ed's upcoming conference by nominating some of their top undergraduate and postgraduate students to assist with the Australian Physical, Health and Outdoor Education 'Discovery' Conference at the MCG on Feb 22. Many of these universities will also be showcasing some of their courses and staff at our upcoming conference ideal for you to take back to your careers center and students.

Tips for protecting your class set of pedometers

Most schools have invested in class set of pedometers so here are a few tips to looking after this teaching resource:

- You can keep track of who is wearing each pedometer by ensuring each pedometer is labeled with a number (sticker or engraved)
- Keep each numbered pedometer in a container with sections which correspond to the numbers
- Give students a small card or paper the size of the numbered compartment, have student write their name on the paper and place it in the compartment they collect a pedometer for. This also allows you to complete the roll once class has started.
- Purchase safety straps, a couple of dollars per unit extra but well worth it.
- You can purchase containers with handles to house your pedometers separately at Bunnings or Spotlight that will house 10-50 pedometers depending on how many you want as a class set.