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**MAY UPDATE**

Following on from the huge success of the Outdoor & Environmental Studies "Big Day In" Conference held last month, **Peak Phys Ed** are proud to announce a "Collaborative Health" Conference which will be like no other health PD before it.

Are you a part of the new **Health Teachers Network** facilitated and overseen by Andrew Beaumont.



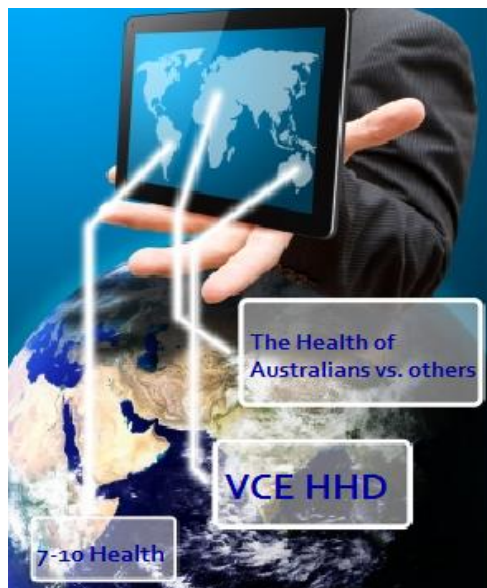
**Lock this date IN!**  
**FRIDAY NOVEMBER 9<sup>TH</sup>, 2012**

## The Victorian "Collaborative Health" Conference

Each session will be facilitated by very experienced and highly respected health educators to ensure everything is linked back to either VELS or the VCE Health and Human Development study design for Units 1-4. **Get connected!**

Work with professionals such as **Andrew Beaumont, Sonia Goodacre, Nerida Matthews, Leanne Crompton, Dr. Jenene Burke & Anna Dansie** throughout the day. Network during the breaks and access great resources via the trade displays.

More details to follow shortly but to ensure maximum engagement and manageable groups a limit has been set on registrations – **first in, first served!**



Email Andrew at : [amb@stbedes.catholic.edu.au](mailto:amb@stbedes.catholic.edu.au) and simply ask to be added to the health network – great resource sharing, VCAA breaking news, updates, etc...

The "Collaborative Health" Conference will feature information on the **Australian Curriculum** progress as well as a great overview of the state of **Australia's Health & Well-Being**.

## How good is the Giro d'Italia?

This premier cycling event provides many opportunities for PE teachers to generate discussion and worksheets on fitness components, energy systems, fatigue & recovery mechanisms as well as various training methods/principles (including lactate training). Individual paid-up members will receive some of these shortly.

Because cycling also features in the Olympic Games expect to see some of



this as stimulus material in the Peak PE Practice Exams to be made available in T<sub>3</sub> – schools have jumped on to the offer of ordering and paying before June 30<sup>th</sup> to receive 1 standard and 1 Olympic Bonus practice exam. If you are a Silver or Gold School member you get these automatically as part of your membership – more details available at:

[www.peakphysed.com.au/members.aspx](http://www.peakphysed.com.au/members.aspx)

Matt Goss and his GreenEDGE sprint train gave Australian cycling a glimpse of thrills ahead as they claimed the new team's historic first Grand Tour stage win on the Giro d'Italia. Read more at:

<http://news.smh.com.au/breaking-news-sport/goss-claims-breakthrough-giro-ditalia-win-20120508-1y9yj.html>

## Why become a member?

Membership lasts 12 months from time of payment being received!

- ➔ \$50 discount to all Peak Phys Ed Professional Learning sessions (Blockbuster sessions, Outdoor Ed, Health & annual Discovery Conferences)
- ➔ 20% discount on all resources produced by Peak Phys Ed (Practice Exams, Assessment Tasks, etc..)
- ➔ Access to secure website providing regular trade discounts on sporting goods including footwear, clothing, personal training & other special offers
- ➔ Opportunity to join the Peak Advisory Group (PAG)
- ➔ Unlimited member support from the Peak Phys Ed team
- ➔ Guest List addition to "members only" events
- ➔ Guaranteed student access to tri-annual student seminars
- ➔ Opportunity to participate in an online learning community for physical education & related professionals
- ➔ Links to contact details for cutting edge resources & learning opportunities
- ➔ Free entry to monthly prize draws

**CONGRATULATIONS TRISH DOUNIAS: THIS MONTH'S WINNER OF A \$180 PAIR OF RUNNERS...PLENTY MORE WHERE THAT CAME FROM!!!**

Peak Phys Ed presents “**Pathways to Unit 4 Success**” which unpacks all of Unit 4 content, coursework and assessment students need to know in order to maximize their performances.

### Here are some student testimonials from the Unit 3 Kick Start sessions

*“Rob and Amanda were awesome ~ they explained things so well and I feel so much more confident about what to expect now”*

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

*“Knowing how I am going to be marked and what teachers are looking out for is a huge advantage ~ I am definitely going to be able to reach my potential and feel advantaged”.*



Simply visit [peakphysed.com.au](http://peakphysed.com.au) and check under “STUDENTS” Events & Programs for more info.....

Rob Malpeli will assist students by allowing them to better understand all aspects of Unit 4 Physical Education by:

- ❖ Clearly mapping and explaining the key content associated with Unit 4 P.E.
- ❖ Focusing on all the assessment criteria used in Unit 4 and discussing ways to maximise performance in all school assessed coursework tasks
- ❖ Ensuring students fully understand key content and use of correct terminology
- ❖ Providing advice on how to improve the application of key knowledge whilst in class and at home
- ❖ Providing a comprehensive set of student notes that will be a most valuable resource whilst working through the course.

Feel free to make information about these sessions available to your students –teachers accompanying students get in for **FREE**

❖ **Thursday 7<sup>th</sup> June**  
Damascus College  
**BALLARAT**  
6 - 9 pm

❖ **Wednesday 23<sup>rd</sup> May**  
St Francis Xavier College  
**BEACONSFIELD**  
5.30 pm – 8.30 pm

❖ **Sunday 27<sup>th</sup> May**  
Melbourne University  
**PARKVILLE**  
1 pm – 5 pm

❖ **Monday 28<sup>th</sup> May**  
Kardinia International School  
**GEELONG**  
6 – 9 pm

**NB - Host schools can be selected from Schools taking out Memberships**

## FAST FACTS

# 93%

of members like the new newsletter format! Keep your feedback coming in.

# 86%

...liked the summary in the email alert....

## GOT SOMETHING TO SAY, REQUEST OR SHARE

Contact us :

[www.peakphysed.com.au/contact-us.aspx](http://www.peakphysed.com.au/contact-us.aspx)

**Ben Cunningham** (Mazenod) emailed me to recommend the **AFL community club website**. He has found it to be "very useful for conducting PE classes at school. Relevant from p-12 with a heap of resources for both prac and theory classes.

The relevant sections for teachers are under the 'Coaches' and 'Schools' banners at the top of the home page. Even though a male dominated sport, it provides great info on girl's footy as well.

Obviously, a fantastic sport to use as an example for various skills as it is all over the TV and newspapers so students are exposed to it regularly even though they may not directly participate".

Link: <http://aflcommunityclub.com.au/>

His presentation was excellent and the students really enjoyed the talk.

His email address is:

[n.veliades@telstra.com](mailto:n.veliades@telstra.com)

Could be a great speaker to get a hold of with some awesome real world experiences to share!

## Training Program Advice



**Trine Ord** (Tintern) actually asked **Nic Veliades** come and speak to her Year 12 PE class and last year and highly recommends him. He has worked with a number of State and National swimmers over the years and has a lot of experience working with various coaching programs. Nic spoke to her students on a number of different topics that they had covered throughout the year, particularly, training programs, periodisation, energy systems, nutrition, hydration & sports psychology.

If you would like a training program template for your students to use & complete simply email: [rob@peakphysed.com.au](mailto:rob@peakphysed.com.au)



Here are some great links for the next few areas most Unit 3 & 4 classes are going to cover:

1. Muscular Fatigue & Recovery Mechanisms

[http://www.youtube.com/watch?v=MTn1v5TGK\\_w](http://www.youtube.com/watch?v=MTn1v5TGK_w) - Sian Welch & Wendy Ingraham - The Crawl – 1997 Ironman Championships

<http://www.youtube.com/watch?v=8mUa8Ku2BD0> - Michael Johnson 400m world record: 43.18

[http://www.youtube.com/watch?v=MqkmC\\_v8Fjc&feature=related](http://www.youtube.com/watch?v=MqkmC_v8Fjc&feature=related) - Powerade Sweat Session Chris Judd Timana Tahu Israel Folau Dehydration

2. Fitness Components - definitions, factors affecting application, sporting relevance and common assessment.

[http://www.youtube.com/watch?v=Tk8BC\\_S3\\_gQ](http://www.youtube.com/watch?v=Tk8BC_S3_gQ) – Steve Hooker Pole Vault

<http://www.youtube.com/watch?v=v8S4tG8ACxU> - Chellsie Memmel perfect floor routine

3. Data Collection & Activity Analysis

[http://www.youtube.com/watch?v=o\\_LGi-gcRIg&feature=related](http://www.youtube.com/watch?v=o_LGi-gcRIg&feature=related) – Netball

[http://www.youtube.com/watch?v=xWkO149\\_bBg](http://www.youtube.com/watch?v=xWkO149_bBg) - Hockey

4. Assessment of Fitness

<http://www.youtube.com/watch?v=zeKHw-K5FuQ> - The Yo-Yo Fitness Test- Running.mov

<http://www.youtube.com/watch?feature=endscreen&v=y3GIKQoEI8k&NR=1> - 30 Marine Corps Pullups (protocols!)

Worth a look –  
these articles  
featured in  
recent  
media.....

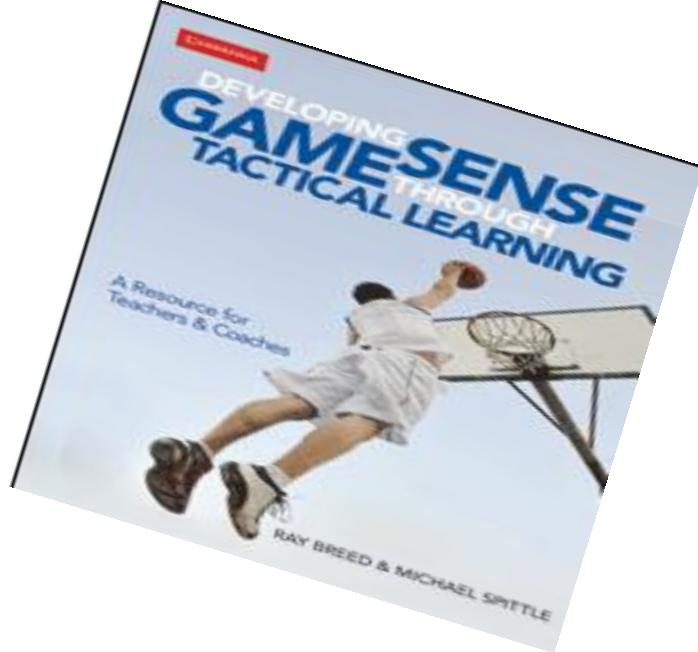
If the technology is so good, why is golf so damn hard? :

<http://www.esquire.com/features/technology-golf-hard-0400>(Great for Unit 1 detailed study)

Injury prevention – great site : <http://www.stopsportsinjuries.org/>

Dietary periodisation : <http://www.pponline.co.uk/encyc/dietary-performance-enhancement-31178>

7 signs of Type II diabetes – Barbara Brody : <http://www.womansday.com/health-fitness/conditions-diseases/7-signs-of-type-2-diabetes-125067>



### Game Sense:

about game sense PD and practitioners. We have used **Ray Breed** at Discovery for the last 3 years and he is brilliant – he has also co-authored a fantastic teacher resource with **Michael Spittle**: **Developing Game Sense through Tactical Learning - A Resource for Teachers and Coaches** – Cambridge Publishing.

We received multiple requests from teachers

**Good Link :** [http://www.ausport.gov.au/participating/coaches/videos/coaching\\_children/game\\_sense\\_part\\_3](http://www.ausport.gov.au/participating/coaches/videos/coaching_children/game_sense_part_3)  
(Great series of videos)

**Speaking of Resources: New Outdoor & Environmental Resources available at Peak Phys Ed website.** Simply create own free account (top right hand corner) with own password and then go to **“Teachers”** ->> **“Teachers Resources”** - you will also find heaps of **FREE P.E. resources too!**

**RMIT** (formally Phillip Institute of Technology) is searching for all past PE & HM graduates for a new initiative led by Associate Professor Amanda Telford (Program co-ordinator of PE degree) and Associate Professor Noel Lythgo (Program co-ordinator of Exercise Science degree). The initiative is called **'RMIT grads -Where are they now?'** RMIT would really like all past graduates of Physical Education and Human Movement to complete the template so it can be put up on a wall outside the gymnasium for current, past and future students to see. No matter what field you are in now whether you are a teacher, exercise scientist, dentist, ambulance officer, small business owner we would love to hear from you. Please forward this to friends or colleagues who may not be on the network and in a non-school related role.

Please email [amanda.telford@rmit.edu.au](mailto:amanda.telford@rmit.edu.au) as soon as possible for a template to be sent out to you!