ACTivate
ACT Health, Physical Education, Sport & Outdoor Education Conference
Friday 9 October, 2015

Proudly supported by the Australian Institute of Sport
Be part of the second annual ACTivate 2015 conference at the Australian Institute of Sport (AIS), ACT

This exclusive one-day conference for F-12 teachers of health, physical education, sport and outdoor education brings together leading professionals and cutting edge strategies and practice in a series of workshops designed to build knowledge and skills that will engage and enrich student learning.

Participants will take part in 4 sessions chosen from a pool of 44 possible electives targeting Early Childhood (F-3), primary health and physical education (PE), Years 7-10 Health and PE, ICT in HPE, Curriculum Innovations, Outdoor Education, Inclusive practice, Thinking through sport, HPE and Sport and Senior PE, Exercise Science and Sport Studies.

They’ll also receive a web link at the end of the conference to access teaching resources from over 40 conference workshops and the keynote address.

For participants wanting to deepen their knowledge of Higher Order Thinking Skills (HOTS), Brain training, or Maximising student learning in senior PE and exercise science there will be three ACTivate Masterclasses held on Thursday, 8 October 2015 between 1pm and 4pm at the AIS.

Get on board, be inspired, and join us at the Australian Institute of Sport (AIS) Address: Leverrier St, Bruce ACT 2617.

5 hours TQI (ACT) and BOSTES (NSW) is currently being processed for ACTivate 2015 delegates.

SYNERGY 2015 Sponsors

Conference Organiser: Peak Phys Ed
Gold Sponsor: Australian Institute of Sport
Conference Partner: Smash Gear

Conference program

Following the success of the inaugural ACTivate conference in 2014, we have listened to feedback and are pleased to present an even larger program in 2015. ACTivate 2015 gives participants the opportunity to cater to their learning needs with the choice of over 40 elective workshops. Four sessions will be held throughout the day, with participants able to choose from one of 11 parallel streams per session to suit their particular curriculum focus. All sessions are interactive and cover both theoretical and practical aspects of HPE, sport and outdoor education. For ICT workshops, please ensure you bring along your own device, such as a laptop, iPad or Smartphone and internet connectivity if possible. Participants will be provided with a list of apps, programs or other requirements for their relevant sessions prior to the conference.
Featured Presenters

Over 40 dynamic presenters from the ACT, NSW and VIC will showcase and share their expertise, skills and knowledge of physical activity, health, physical education, sport and outdoor education. Here is a snapshot of some of our invited presenters for 2015:

**Chris Nunn**

Keynote address: ‘The physical activity challenge – Attitude!’

Chris is currently the Chair of the School Sport ACT Council and an experienced performance manager for the Australian Paralympic Committee. In addition to representing Australia at the Commonwealth Games (Brisbane) and the Olympic Games (Los Angeles) Chris was the former Head Coach for the Australian Athletics Team at Sydney 2000 Paralympics. Chris coached Glynis Nunn to gold at the LA games in the women’s heptathlon. Chris, a passionate physical education teacher went on to become one of Australia’s most successful coaches with accolades including: Australian Coaching Council Eunice Gill Award (1996); Confederation of Australian Sport Dawn Fraser Award; Australian Paralympic Coach of the year (1998); Australian Sports Medal and the Order of Australia Medal in 2002. He has also been the Chairman of the Athletics Committee of the International Sports Organisation for the Disabled.

**Janice Atkin**

Janice Atkin has worked as a curriculum consultant for the past 14 years, initially with the NSW Department of Education and most recently with the Australian Curriculum, Assessment and Reporting Authority (ACARA). She has also worked in consultancy roles for a range of not-for-profit organisations. Her projects have included managing the development of the Australian Health and Physical Education curriculum and providing curriculum support and professional development to all NSW government schools.

**Michael Ha**

Michael Ha is a PE teacher and the ICT Coordinator at an Independent School in NSW. His current role includes being a committee member of Digital Learning & Teaching Victoria, an authorised Google Education Trainer, and a Microsoft Innovative Educator. He is also the co-host of the web-show ‘Teach Tech Play’. Michael has a passion in understanding and implementing essential educational technology strategies that teachers and students require in the 21st Century to enhance learning outcomes.

**Lee Anton-Hem**

Lee Anton-Hem has more than 20 years’ experience as a Physical Education specialist. She currently lectures pre-service primary and secondary health and physical education teachers at university level in addition to teaching primary students part-time in her school. Lee has written several resources for teachers including the ‘Fit for Life’ textbook series, FMS and Literacy and developed Hip Hop resources. In 2008, Lee was awarded an Australian Learning and Teaching Council Citation for Outstanding Contribution to Student learning and has won numerous other teaching awards in the tertiary sector.

**Rachael Whittle**

Rachael Whittle is a passionate and experienced senior-secondary physical education teacher, having taught in co-educational and all girls schools for many years. She has worked extensively with the Victorian Curriculum and Assessment Authority (VCAA) on the development of VCE physical education curriculum and assessment. Rachael is a member of the review panel for the current VCE Physical Education course. She has also authored VCE Physical Education and Years 7 - 10 Health and Physical Education (Fit for Life) textbooks. Rachael has delivered dynamic professional learning to teachers across Australia. Rachael teaches into Health and Physical Education degrees within several Victorian Universities and currently completing her PhD.
The ACTivate Masterclasses

Deepen your knowledge and understanding of key areas at three pre-conference Masterclasses. Held on Thursday 8 October between 1pm and 4pm, each Masterclass will be run by leading educators and will focus on shared innovation and ideas designed to have great application back at school.

<table>
<thead>
<tr>
<th>Masterclass A: Higher order thinking skills and fostering improved numeracy and literacy in HPE.</th>
<th>Masterclass B: Train the brain to promote improved decision-making, coordination and movement.</th>
<th>Masterclass C: Maximising student learning in senior PE and exercise science.</th>
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<tbody>
<tr>
<td>Conducted by Rachael Whittle (Primary &amp; Secondary)</td>
<td>Conducted by Lee Anton-Hem (Primary and JNR Secondary)</td>
<td>Conducted by Rob Malpeli (Secondary)</td>
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Registration Fee

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<thead>
<tr>
<th>Conference &amp; Masterclass Bundle</th>
<th>Delegate</th>
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<tr>
<td>Conference only Friday 9 October</td>
<td>$295</td>
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<td>Masterclass only Thursday 8 October</td>
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<td>Conference &amp; Masterclass Bundle</td>
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Trade Display and Prize Draws

A range of resources, technology, programs and equipment will be on display in the trade display area, trade displays will run during the morning tea and lunch breaks in the main arena. Delegates participating in the trade treasure hunt have the opportunity to go into the draw to win thousands of dollars’ worth of prizes including the chance to win $1,000 CASH in a treasure chest at the end of the conference. You must be present to win the cash at the end of the conference by opening the treasure chest with your key. Details will be provided on the day.

For a full description of all Peak Phys Ed conferences, membership benefits, events, consultancy, and other services, newsletters and resources check out www.peakphysed.com.au
### ACTivate 2015 HPE, Sport & Outdoor Education Conference

**Friday 9 October 2015 – Australian Institute of Sport (AIS) – Leverrier Street, Bruce, ACT 2617**

<table>
<thead>
<tr>
<th>Session A</th>
<th>9.40-10.40 am (60 min)</th>
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<tbody>
<tr>
<td>A1</td>
<td>Design &amp; development of meaningful assessment tasks in Exercise Science - Jenny Hall</td>
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<tr>
<td>A2</td>
<td>Lifestyle physical activity in the new Australian HPE curriculum: Practical teaching and assessment ideas - Dr Amanda Telford</td>
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<td>A3</td>
<td>Relationships &amp; Sexual Health Education 1 - Tim Bavinton</td>
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<td>A4</td>
<td>Effective use of iPads in HPE - Michael Ha</td>
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<td>A5</td>
<td>Leading body positive conversations like you've never seen it before - Rob Malpeli &amp; Kathy Tesser</td>
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<td>A6</td>
<td>Wet weather and minor games you've never seen it before - Deb Gordon</td>
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<td>A7</td>
<td>Crossing the midline-activities for pre-school to year 6 - Karen Burton</td>
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<td>A8</td>
<td>Silver bullets &amp; other team building ideas - Jan Simpson</td>
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<td>A9</td>
<td>Give F-2 kids the best start with Right Start-Easy FMS ideas to use at school - Jan Atkin</td>
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<td>A10</td>
<td>Harnessing the potential of physical activity to improve learning enhance movement - Lee Anton-Hem</td>
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**Session B**

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**Transition to session C** (10 mins)

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**Session D**

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Register your email at each trade to go into a major prize draw at 4pm including $1,000 cash prize

4pm Conclusion & prize draw (including $1,000 cash prize)

Visit peakphysed.com.au for more information.
Elective Descriptions: Session A

Design and development of meaningful assessment tasks in Exercise Science

A1  This hands on session will share ideas around designing quality assessment tasks (identifying learning intentions and success criteria) investigate effective questioning techniques that allow for differentiation in both theoretical and practical aspects of the course. Part of the session will cover how to provide meaningful and effective feedback to improve teaching and learning. Teachers are encouraged to bring along an assessment task/marking rubric to review and apply new ideas as means of improvement.

Jenny Hall
Canberra Girls Grammar School
Exercise Science

Lifestyle physical activity in the new Australian HPE curriculum Practical teaching and assessment ideas

A2  Based on the brand new ‘Fit for Life’ textbook, workbook and teacher book series for the HPE Australian Curriculum this session will showcase loads of fun, engaging and creative teaching and assessment ideas encouraging students to participate in lifestyle physical activities. This session will showcase a range of strategies to link theory to your practical classes and active homework that will appeal to a wide range of students from the ‘sporties’ to the ‘couch potato screenies’.

Dr Amanda Telford
Peak Phys Ed
7-10 HPE AC
## Elective Descriptions: Session A

### Relationships & Sexual Health Education 1

**A3** Educators from Sexual Health and Family Planning ACT (SHFPACT) will present on this important area of health education and health literacy, exploring the knowledge, skills and attributes of effective sexuality educators, thinking holistically across student learning needs and curriculum outcomes, and addressing questions from participants on tackling tricky issues. This workshop will particularly suit teachers who are new to the role of teaching sexuality and relationships education, or who are looking to refresh their understanding of the basics.

Tim Bavinton  
SHFP ACT  
UPPER PRIM & SEC

### Effective use of iPads in HPE

**A4** Video game consoles are considered one of the causes of increased sedentary behaviour and decreased physical activity. Does implementing technology in a PE classroom have a similar effect? This workshop addresses the place of the iPad in PE, and in particular, how to successfully integrate this interactive device into the PE classroom without compromising Academic Learning Time – Physical Education (ALT-PE). Participants will walk away with strategies to implement the iPad in the classroom without much fuss.

This is a hands-on workshop and participants will be required to bring their iPad and have purchased and installed a set of apps prior to the workshop. Delegates will be provided with a list of apps, etc. to source prior to the conference.

Michael Ha  
Newington College  
ICT

### Leading body positive conversations with young people

**A5** Teachers are important role models for positive body image and can play a key role in influencing student attitudes and behaviours. Providing this sort of guidance can be daunting, especially in an area which requires caution around the use of language and navigation through a myriad of misinformation about health, body size and shape. Through this session participants will gain practical skills to lead and influence body image discussions with students individually and in group settings in a safe, supportive and constructive way. Participants will explore the concept of teachers as ‘role models for positive body image’ and how to integrate this into their professional practice.

Lucinda Kershaw  
Mental Illness Education ACT  
JNR SEC

### Wet weather and minor games like you have never seen it before

**A6** Get inspired in this fun workshop. Participants will be shown lots of wet weather strategies they can put in place when in a confined space or sharing the space with multiple classes to ensure indoor time is fun and active. They’ll also learn creative ideas and activities that will enhance problem solving, teamwork and effective communication.

Rob Malpeli & Kathy Tessier  
Peak Phys Ed  
UPPER PRIM & SEC PRAC
## Elective Descriptions: Session A

### Crossing the midline – activities for pre-school to Year 6

**A7** Crossing the mid-line is one of our early developmental stages. Participate in quick fun mid-line tasks and challenge your footwork with dome and ladder coordination activities.

**Deb Gordon**
Harrison School
**PRIMARY PE**

### Silver bullets and other team building ideas

**A8** You are invited to play, encounter adventure and challenge in an atmosphere of safety and support. The thrill of seeing a group of people come together quickly, to build trust, begin to solve problems, laugh and feel a sense of belonging to their team is rewarding for teachers facilitating the activities, and for those participating. Be prepared to join in the fun!

**Karen Burton**
University of Canberra
**UPPER PRIM & SEC PE PRAC**

### Give F-2 kids the best start with Right Start-Easy FMS ideas to use at school

**A9** Children in their early school years deserve to receive the Right Start within vibrant learning environments that stimulate movement. In this practical session, we explore ways to build fundamental movement skills that lay the foundation for sport specific skills in a fun and ‘entertraining’ way for the modern child!

**Jan Simpson**
MPowerdome
**EARLY YEARS PE**

### Harnessing the potential of physical activity to improve learning and enhance movement

**A10** How do you harness the benefits of physical activity in an increasingly crowded primary school curriculum? Discover the latest findings on exercise and the brain and explore whole school approaches to increasing student physical activity levels in this hands-on workshop. Participants will also come away with practical ideas on how to incorporate structured physical activity in their student’s school day.

**Janice Atkin**
Consultant
**PRIM PRAC**

### Sport Dance

**A11** Learn how to successfully engage and motivate students through dance in this fun and energetic session that teaches simple, yet effective techniques to get students up and moving. Participants will also be shown some easy hip hop moves you can take back to the classroom to engage students in dance and rhythmical movement sessions.

**Lee Anton-Hem**
Consultant
**PRIM & JNR SEC PE PRAC**
Elective Descriptions:
Session B

Sports Development and Sports Studies: More than the Nuts and Bolts

B1 A variety of teaching and assessment strategies will be provided throughout this session which encourages delegates to share their own experiences and contribute to discussions around possible improvements moving forwards. It is hoped that groups of schools can expand on current moderation trends in an effort to bring about systematic improvements across all modules offered in this course.

Promotion of school sport and physical activity

B2 Educators from Sexual Health and Family Planning ACT (SHFPACT) will look at the interaction of the law and ethics in the area of sex, sexuality and relationships, providing some useful tools and links to practical resources to deliver effective relationships education built on a focus of ethical sex, and briefly review recent research with young people about pornography and sexting.
Elective Descriptions: Session B

Drugs in sport – what you and your students need to know

B3 Engaging students in drug education activities assists them to make healthy and safe choices, identify risky situations, and develop strategies to prepare them for challenging situations. Young people are faced with many influences to use drugs, and the sporting arena is no exception. This presentation looks at the health consequences of doping, the sport (sanctions), and social consequences of doping and what happens when an athlete has a drug test. You will learn how to obtain free and current resources from ASADA.

Karen Burton
University of Canberra
SEC HPE

Unleash the power of the iPad in HPE

B4 The possibilities of what can be achieved using technology in Health and Physical Education is endless. If you want to push the boundaries of how technology can be implemented in (and out) of your classroom and to change your mindset of experimenting with technology, then this workshop is for you. You’ll see the power of socrative, padlet, augmented reality, ubersense and app smashing to name a few. This session focuses on iPads although android devices will also work. This workshop is targeted towards HPE teachers and coaches.

Steve Kapsalis
Wenona School
ICT

Developing your students Higher Order Thinking Skills (HOTS) in your HPE program

B5 This session will look at how different taxonomies can be applied to develop higher order thinking skills in health and physical education. A review of Bloom’s, SOLO and Surface and Deep learning taxonomies will allow teachers to create student learning objectives that result in the development of higher order thinking skills.

Rachael Whittle
Consultant
7-10 HPE

Fundamental movement skills and the brain

B6 This practical workshop provides an innovative approach to teaching essential movement skills for F-6 HPE students. Highlighting the important role the brain plays in establishing movement skills, participants will learn fun and engaging activities they can incorporate into their teaching to develop rhythm and coordination.

Lee Anton-Hem
Consultant
PRIM PE PRAC

Six Elements of Movement – a holistic approach to physical activity and wellbeing

B7 This interactive workshop will encourage participants to explore and share ‘what works’, acknowledge and discuss what is challenging and keep the essence of the physical activity alive in your teaching. An engaging practical session which will focus on the experience of the participants and draw key developmental learning such as mindfulness and focus attention back into the classroom setting.

Paul Jeffrey
Bluearth
PRIM & SEC PE PRAC
Elective Descriptions: Session B

Getting started with Outdoor Education and challenge activities

B8 The aim of this session is to cover some of the basics for teaching outdoor challenge and adventure activities in the context of the new Australian Curriculum for primary and secondary school teachers. The session will showcase examples of programs, learning experiences, places to go and ways to get started when teaching it as well as the qualifications and training needed. Other experienced outdoor educators will be on hand to share ideas and resources. Bring your ideas and resources along as well to share.

Kathy Mann
University of Canberra & ACTOEA
OUTDOOR ED

Fun fitness frenzy activities and resources to make fitness meaningful for all

B9 Explore a variety of fitness activities to make Cross Country and Fitness units fun for all learners, not just the ‘sporty’ students or ‘runners’ in your class. This session will be tailored to the new Australian Curriculum for HPE. Leave no student behind.

Joy Terry
Canberra Institute of Technology
PRIM & SEC PE PRAC

Speedminton – reinventing school racquet sports

B10 Speedminton is a cross between tennis, squash and badminton and this hybrid game is sure to excite and engage students. You don’t need a net and it can be set up in any open space with students using racquets to hit a modified shuttlecock known as a ‘speeder’. More than 500 schools nationally have adopted Speedminton as part of their sport and PE program and love it as it is an all-age sport with emphasis on fun. Looking for something new to include in your school program that can be played on any surface and anywhere – sign up for this one!

Geoff Bannister
Speedminton Australia
PRIM & SEC PE PRAC

Rugby Union - Rugby 7’s

B11 Illustration of the various 7’s Carnivals run by Brumbies, the many pathways from competing for your school all the way to Olympic games and National team representation. This session will include a discussion on teacher and school support from Brumbies, safety of rugby 7’s for participants and dispelling the myths. Get active whilst participating in a range of rugby 7’s related skills, modified games and game sense/strategies approaches to teaching this fun and exciting sport.

Daniel Hooper
ACT Brumbies
UPPER PRIM & SEC PE PRAC
Elective Descriptions: Session C

Exercise Science: Great theory and practical strategies to get the most out of the course and students

**C1** Teachers will be taken through suggested timelines, practical activities and assessment ideas to support effective teaching and learning. Delegates will leave with an expanded ‘toolkit’ which they can put to immediate use upon returning to school.

TBC SENIOR PE & EX SCI

Building effective pedagogies in the new HPE curriculum

**C2** This session will look at the new Australian Curriculum for Health and Physical Education to unpack key elements needed for implementation through the identification of focus areas, general capabilities and cross-curriculum priorities and how these can be embedded in an effective pedagogical approach to teaching and learning in Health and Physical Education.

Rachael Whittle
Consultant
SEC HPE AC
Elective Descriptions: Session C

Drug education and the Australian Curriculum

C3 Need new ideas and engaging resources to teach ‘Alcohol and other drugs’ in the new Australian Curriculum’, then this session is for you. You will be provided with up to date information and learning activities that will leave your students better equipped to make the right choice. Not only designed to provide Year 7 – 10 Health Education teachers with valuable lesson ideas, you will also further develop your knowledge and understanding of the Australian Curriculum through meaningful mapping activities.

Claire Stonehouse
Deakin University
7-10 HEALTH ED AC

Improve your workflow with Google Apps for education

C4 PE and digital technology are two entities that are often perceived to be polar opposites, and at times contradict each other. Incorporating technology into your HPE classroom is much more than apps, apps, and apps. In this hands-on workshop, participants will explore various Google Apps For Educations (GAFE) tools that allow you to seamlessly and effortlessly enhance learning within your school. For some Google Apps for Education simply offers a more efficient way of doing what is already being done, while for others the idea of collaborating and moving to the cloud is a game changer. Google can revolutionise the way we collaborate and communicate in and out of the classroom. From conducting surveys, to creating digital workbooks, to managing learning goals, to sharing presentations, to developing digital community, this presentation will be jam packed with practical samples and examples to create a better teaching and learning workflow, and reinvent assessment and feedback in HPE.

This is a hands-on workshop and participants will be required to bring their laptop and have a Google account.

Michael Ha
Newington College
ICT SEC

The Safe Schools Coalition Project - Creating safe and inclusive school communities

C5 Safe Schools Coalition Australia is a new national program, dedicated to making schools safer and more inclusive for same sex attracted, intersex and gender diverse young people. Teachers will explore how to effect change thus ensuring that every student and every teacher in every school has access to a safe and inclusive learning environment. Successful strategies and case studies will be discussed.

SHFP ACT
INCLUSIVE PRACTICE

Energizers and warm-ups with no equipment for students ranging from Years 3-10

C6 What to do when your planned lesson can’t go ahead? In this energetic workshop, discover a host of fast-paced and fun games and activities students can play when the weather turns nasty and there is no equipment at hand. Participants will learn group and individual games and activities as well as what to do when space is limited.

Karen Burton
University of Canberra
UPPER PRIM & SEC PE PRAC
Elective Descriptions: Session C

Fundamental Movement Skills – F-3 & LaunchPad (0 -12 year olds)

C7 An introduction to Gymnastics Australia’s fundamental movement initiative ‘LaunchPad’. This workshop will include examples of safe yet challenging gymnastics activities that can be done with minimal equipment in a school environment. Aimed at taking the fear out of delivering this fundamental and enjoyable sport, this workshop will also offer teachers links to fantastic, easy-to-use resources available through Gymnastics Australia. Participants will be encouraged to get active in this workshop!

Naomi Nye & Mandy Barras
ACT Gymnastics
PRIM & LOWER SEC PE PRAC

OMG what do I do? Managing a crisis in the field

C8 When things don’t go as planned out in the field, what should the teacher in charge do? Be prepared for playing out a scenario, as we go through a process of crisis management of our own. Bring a hat and be ready for anything!

Caleb Baker & Kathy Mann
ACTOEA
OUTDOOR ED

Everyone matters – A practical look at how the Australian Curriculum for HPE can cater for all

C9 The Australian Curriculum presents a wonderful opportunity to re-think how we teach HPE to better cater for all. Catering for the vast array of abilities in practical classes can be a little daunting sometimes, yet with a little planning and some lateral thinking it can easily become second nature. This practical session will look at how any activity or game can be modified to better include all students, regardless of ability.

Kathy Tessier
Consultant
PRIM & SEC PE INCLUSION
AC PRAC

Introduction to coaching basic tennis skills, group organisation and planning

C10 This fun and interactive session covers basic sport skills, group organisation, planning, child development, safety aspects, modified games and activities used to teach Tennis. You will learn about: MLC Tennis Hot Shots, fun tennis games and activities, the teaching of fundamental skills for tennis, providing a fun and enjoyable atmosphere for beginners in tennis and game-based coaching strategies.

Anthony Okines
ACT Tennis
UPPER PRIM & SEC PRAC

Hockey in the high school setting: fun, fast, dynamic

C11 How can you teach hockey in a manner which maximises both participation and safety? This session will take you through a range of activities for developing game sense within the context of striking sports like hockey. The session will cover a range of fun and easy activities that will develop students hand eye co-ordination, striking and cognitive skills.

Mandy George
Game Development Coordinator, Hockey ACT
SEC PE PRAC
Elective Descriptions: Session D

Sports Ability 2 – What’s new in modified and inclusive activities

D1 The Sports Ability inclusive games program includes equipment for a variety of inclusive games, resource materials, suggested modifications for all abilities and hands-on training. This interactive session will provide great new ideas, resources and strategies enabling teachers to better incorporate modified and inclusive practices into their teaching toolkit. It aligns well with the Senior PE unit ‘Modified Sports’ and could also be applied in other units as stimulus material within this course.

Respectful relationships

D2 This session is designed to address gender based violence and how to build respectful relationships. This interactive and engaging session will also explore the issues of sexualisation and the how and why of effectively addressing this in the health education classroom. Claire will showcase a range teaching resources based on the new Australian HPE curriculum for this area including the ‘Fit for Life’ series.

TBC

SEC PE & SPORTS STUDIES

Claire Stonehouse
Deakin University
SEC HEALTH AC
Elective Descriptions: Session D

Fit for Life: Safety in the Australian Curriculum classroom & practical ideas

Rob will take participants through the key elements being healthy, safe and active in the focus area of ‘safety’. A multitude of teaching strategies, ideas and classroom activities will be presented during this highly interactive session. The session will be jam packed with activities supported by the ‘Fit for Life’ series based on the new Australian HPE curriculum.

Social media and professional learning networks

Thousands of #physed teachers from all over the world are already using social media to share ideas, collaborate and learn together to improve their physical education programs. You don’t always have to re-invent the wheel and there are many teachers around the world willing to connect and share their knowledge with you. This session will introduce teachers to the benefits of using social media in #physed and as a means of developing an online Personal Learning Network (PLN). Participants will be given an overview of the basics of using social media, how to go about setting one up, and engaging in an ever-growing global community of HPE teachers.

This is a hands-on workshop and participants will be required to bring their laptop.

Implementing curriculum renewal. What does the Australian Curriculum mean for HPE teachers?

What does the developing Australian Curriculum mean for Years 7-10 HPE teachers? In this session, participants will be given practical ideas for reviewing current HPE programs, teaching and assessment practices. They’ll explore the new Health and Physical Education Curriculum and how it can be used as a platform to reinvigorate learning in the classroom.

Physical activities and cultural practices using traditional and contemporary indigenous games

Indigenous perspectives in physical education are largely absent from Australian school curriculums. John’s research looked at how Indigenous students (Year 7 to 10) experience PE and why they experience it the way they do. John will demonstrate how to respectfully incorporate contemporary indigenous games into mainstream HPE programs.
Elective Descriptions: Session D

The Amazing Race

In this workshop, participants will learn a set of unique and practical activities that will get students moving and active without their noticing. Based on the concept of adventure racing, activities are inclusive and support developing teamwork and problem solving skills while giving students an opportunity to improve their cardiovascular fitness.

Lee Anton-Hem (NSW)
Consultant
PRIM & JR SEC PE PRAC

Challenge and Adventure: Activities with Outward Bound

In this session we will interactively explore a range of adventure activities and games and the concept of challenge: social, intellectual, physical and emotional. Adventure activities and games can assist with increasing group interaction, enhancing communication, breaking down self-imposed social barriers, or just having fun! We show you how to create and seize moments that are conducive to the aims of your course and appropriate to the needs of your group. To make those moments count. Come along and be challenged!

Charlotte Ward
Outward Bound ACT
UPPER PRIM & SEC PE PRAC

Inclusion - pretty easy when you think about it!

Be ready to move and think on your feet in this practical workshop that explores the idea of inclusion in sport and HPE for people with a disability. Participants are given a framework in which to work and then encouraged to put into practice physical games and activities that support inclusion and sport for everybody.

Peter Downs
Manager, Play by the Rules
INCLUSION PRAC

The new Bronze eLifesaving program: new opportunities for everyone

RLSSA will to unpack their new Bronze e-Lifesaving program. This on-line interactive program is a must for students undertaking the Senior PE Lifesaving unit (theory). Ideas will also be provided as to how to best support this program with a set of practical activities.

RLSSA
SENIOR PE

Rogaining-A different type of fun running

Rogaining has been described as competition bushwalking, cross-country navigation, a car rally on foot, orienteering on steroids and even an Easter-egg hunt without eggs. If you’d like to find out more about how to get students combining their physical and mental skills, come along and find out more about Rogaining.

Karen Burton
University of Canberra
OUTDOOR ED
The ACTivate Masterclasses

Deepen knowledge and expertise at the ACTivate Masterclasses, held on Thursday 8 October between 1.00pm and 4.00pm. These powerful half-day sessions are designed to deliver innovative learning experiences, ground-breaking strategies and tools that can be applied back at school. Choose from one of three sessions specialising in Higher order thinking skills, Brain training or Maximising student learning in Stage 6 PDHPE.

Delegates can choose to do a Masterclass on its own or add it to their conference program.

**Masterclass A:**
**Higher order thinking skills and fostering improved numeracy and literacy in HPE classes**

This intensive program will guide participants to develop and deepen their understanding and facilitation of higher order thinking skills.

Through specific and practical ways, participants will develop a range of high-quality tasks that challenge and engage critical thinking in students and foster improved numeracy and literacy. In alignment with HPE learning outcomes, the session will focus on effectively constructing tasks that facilitate deep learning across a wide variety of focus areas from HPE.

**Masterclass B:**
**Training the brain to promote improved decision making, co-ordination and movement skills**

This in-depth program takes as its starting point the correlation between brain development and physical education to foster innovation in training, activities and games.

Participants will explore the role physical activity and physical education play in healthy brain development, including the neural networks that benefit movement skills, improved decision making and games strategies. From here, participants will learn practical skills and knowledge to enhance their teaching of skill development and games.

**Masterclass C:**
**Maximising student performance in senior PE and exercise science**

Through theory and practice, participants will develop a greater understanding of areas such as fitness assessments and training outcomes that influence training programs, chronic training adaptations versus performance improvement, and energy systems fuelling sports and activities that can benefit student performance. The use of game analysis and case studies to further enhance the learning process will also be considered.

To attend a Masterclass simply select option A, B or C on your registration form on the ‘Elective Session Sheet’.
Registration Form / Invoice

ACT Health, Physical Education, Sport & Outdoor Education Conference

Friday 9 October 2015, Australian Institute of Sport

ABN: 28423617946

Please complete the registration form and the elective selection sheet and submit via preferred option. Cheque payable to Peak Phys Ed can accompany mailed registrations, otherwise 7-day payment invoices will be issued.

General Information

(please photocopy for additional delegates OR register groups online)

School/Organisation: _____________________________________________________________________________

Mailing address: __________________________________________________________State: _________________
__________________________________________________________ Postcode: _____________

School/Organisation Email: _______________________________________________________________________

Total $: _______________ (please add conference special equipment offer here to your total if applicable)

Business Manager’s Name:  ________________________________________________ Order No: _____________

All schools GST Included in all registration Fees. Pre-service teachers must present a full-time student card
upon registration on the day. Early Bird prices only apply where full payment is received prior to 31 July.
Teacher registration numbers are required for ACT teachers: 5 hours TQI (ACT) and BOSTES (NSW) is
currently being processed for ACTivate 2015 delegates.

Delegate One

First Name: ___________________________ Surname: ____________________________________________

Email: __________________________________________________________________________________________

Teacher Registration Number: _____________ Special Dietary Requirement: ____________________________

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Email: ______________________________________

Teacher Registration Number: _____________  Special Dietary Requirement: __________________________

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Email: ______________________________________

Teacher Registration Number: _____________  Special Dietary Requirement: __________________________

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Email: ______________________________________

Teacher Registration Number: _____________  Special Dietary Requirement: __________________________

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Teacher Registration Number: ____________ Special Dietary Requirement: __________________________

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## Delegate Six

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Please tick **only one** box per delegate.
Conference Special Offer:
Peak Phys Ed Sporting Equipment

See last page for enlarged image of some kit items

Conference special equipment kit offer
(RRP $220)

Includes:
1x Basketball
1x Netball
1x Soccer Ball
1x Volleyball
1x AFL Football (red)
1x AFL Football (Yellow)
1 set of spot disk markers
1 set of dome cone markers
Duffle bag

Conference special price:
$150 each

Yes Please

Quantity

Please add to your total

Conference Polo Top ($50)

To order a conference polo top please email admin@peakphysed.com.au with your name, school and top size. Pre-ordered polo tops must be ordered and paid for before Friday 7 August, 2015. Collect your pre-ordered conference polo at the conference from the Peak Phys Ed Speaker registration desk. Conference polo tops cannot be purchased on the day.

Sizing Chart

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<tr>
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Photographs and/or digital images of conference participants will be taken for use in newsletters and/or promotional materials. These materials might be used in printed or electronic publications, the internet and other publicly accessible Australian educational websites. Clearly indicate at time of registration if you DO NOT give permission for this to occur.

CANCELLATION POLICY: If you are unable to attend this event, a replacement delegate may be sent in your place at no extra charge. We do not provide refunds for cancellations made more than 7 days after your registration is received therefore the invoiced fee remains payable in full. Should you wish to cancel your registration within the 7 day cooling off period, we will refund your registration fee less an administration fee of $75 per delegate (GST inclusive). Any cancellation must be made in writing and sent by email. Peak Phys Ed will make available conference resources to any delegate who is unable to attend and who has paid in full.
Elective Selection Sheet

ACT Health, Physical Education, Sport & Outdoor Education Conference

Friday 9 October 2015, Australian Institute of Sport

Please use the conference program codes to nominate your first, second and third preferences. Every effort will be made to allocate all delegates to their first preference, unless a session has been cancelled. Conference organisers reserve the right to cancel any session with fewer than 15 delegates 48 hours prior to the conference. In this instance delegates will be provided with an opportunity to attend their next preference on the day.

Sample Selection Sheet

Thursday 8 October 1-4pm: ACTivate Masterclass

Select one option only.
NB. Only required if attending Masterclass

Option A: Rachael Whittle
Option B: Lee Anton-Hem
Option C: Rob Malpeli

I do not wish to have photos published

Friday 9 October: ACTivate Conference

Select three preferences per sessions as per sample shown

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<td>B: 11.30am – 12.30pm</td>
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<td>C2</td>
<td>C6</td>
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<td>D: 2.40 – 3.40pm</td>
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<td>D3</td>
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Delegate One

Name:

Thursday 8 October 1-4pm: ACTivate Masterclass

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NB. Only required if attending Masterclass

Option A: Rachael Whittle
Option B: Lee Anton-Hem
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Friday 9 October: ACTivate Conference

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Delegate Five

Name: __________________________________________________________________________________________

Thursday 8 October 1-4pm: ACTivate Masterclass
Select one option only.
NB. Only required if attending Masterclass

Option A: Rachael Whittle ✓
Option B: Lee Anton-Hem ✓
Option C: Rob Malpelxi ✓

Friday 9 October: ACTivate Conference
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Delegate Six

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NB. Only required if attending Masterclass

Option A: Rachael Whittle ✓
Option B: Lee Anton-Hem ✓
Option C: Rob Malpelxi ✓

Friday 9 October: ACTivate Conference
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Fit for Life authors at the ACTivate Conference in 2015:

**Rob Malpelxi:** Rob is the series editor and a Co-director of Peak Phys Ed, Rob has co-authored over 30 textbooks.

**Dr Amanda Telford:** Amanda is a Co-director of Peak Phys Ed and academic who has co-authored over 30 textbooks.

**Lee Anton-Hem:** Lee is an engaging presenter and a recipient of a National Teaching and Learning Award.

**Claire Stonehouse:** Claire is an experienced author with extensive expertise in drug and sex education.

**Rachael Whittle:** Rachael is an experienced teacher and chief examiner and chief assessor for year 12 PE in Victoria.

SPORTS EQUIPMENT PACK

Basketball synthetic leather
Football synthetic red
Football synthetic yellow
Netball competition quality
Soccer ball synthetic
Volleyball synthetic
Flat spot disks set of 6 colours
Dome markers set 9 of each 6 colours
Duffle bag

ALL THIS FOR ONLY $150

plus GST

AVAILABLE EXCLUSIVELY FROM SMASHGEAR