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JUNE 2012

Four weeks to go 'til end of term and things are hotting up, despite the weather going in the opposite direction!

We have received numerous enquiries from teachers about our upcoming **Professional Development** sessions and rest assured these are all locked in.

All schools will receive detailed information at the start of next term but if you don't want to miss out ensure these dates are set aside in your planners. **Keep your eyes open!**



Free image from <http://www.freedigitalphotos.net>

❖ **September 6th (4 – 8 pm):**
HHD & OES
 "Double Header" – Teacher Exam Prep

❖ **September 11th (4 – 8 pm):**
PE
 "Blockbuster" – Maximising Exam Prep

❖ **November 9th (Whole Day):**
Health
 Collaboration Conference Years 7 – 12

Our thoughts are with the students and staff at **Mowbray College** as they handle the stress & disruptions associated with their school's uncertain future.

At Peak Phys Ed we would like to do our bit to help and will assist VCE PE students by offering them **FREE** entry to our end of year exam revision sessions held across the State. All they need to do is present their Mowbray school ID at registration to access the program as our guests!

Closest venues & dates :

4 th Sept	6 - 9 pm	MacKillop College (Werribee)
8th Oct	6 – 9 pm	Keilor Downs College (Keilor)

Full student revision program available at peak website:
<http://www.peakphysed.com.au/students/events-and-programs/exam-revision.aspx>

What about the teachers? We will assist PE, Health & Outdoor Ed teachers by loading their profiles & CV's **FREE** of charge on our website to enable other schools to learn about their availability, interests, teaching strengths & educational contributions. In addition **we will provide them with FREE entry to any of our teacher PD sessions running this year.**

Speaking of exam revision.....

We have received heaps of "early bird" orders for the Peak Phys Ed Practice Exams which basically provides teachers with a 25% discount if you order and pay before June 30. **You can get 2 PE practice exams, including a London 2012 Olympic version for only \$150.**

More info :
<http://www.peakphysed.com.au/teachers/peak-practice-exams.aspx>

We are also starting to get considerable interest from Health and Outdoor Ed teachers given recent sign ups to the site. Some of these have asked if Peak Phys Ed would consider providing practice exams for HHD & OES.

Given our strong commitment to supporting teachers in PE and affiliated areas we have asked several experienced and respected educators in their fields to form writing teams who will produce high quality practice exams in both HHD & OES – more details to follow!

We now have over 100 members who have taken out a 12 month membership*, and over 3000 “friends” and regular users.

Why become a member?

*Membership lasts 12 months from time of payment being received!

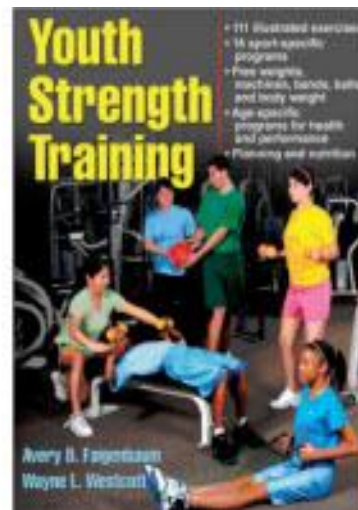
- ➔ \$50 discount to all Peak Phys Ed Professional Learning sessions (Blockbuster sessions, Outdoor Ed, Health & annual Discovery Conferences)
- ➔ 20% discount on all resources produced by Peak Phys Ed (Practice Exams, Assessment Tasks, etc..)
- ➔ Access to secure website providing regular trade discounts 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

Next \$200 prize draw to occur June 15th!

GOT SOMETHING TO SAY, REQUEST OR SHARE

Contact us :

www.peakphysed.com.au/contact-us.aspx



Not a member yet - what are you waiting for?

“The AFL has produced three new DVD resources”

More info: Steve.Teakel@aflvic.com.au

The AFL has produced three new DVD resources:

- ❖ AFL Skills Guide
- ❖ Kicking for Coaches
- ❖ Kicking for Players

Some great resources available the AFL Community Club website

aflcommunityclub.com.au

Each of the DVD’s covers the technical aspects as well as providing activities for coaches and players to use for skill development. The cost of each DVD is \$15 including postage.

	<p>Steve Teakel Coaching Development Manager AFL Victoria Visy Park Gate 3 Royal Parade CARLTON NTH VIC 3054 GPO Box 4337 Melbourne VIC 3001 Ph: (03) 8341 6015</p>
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Long recognized as leading authorities on strength training, **Faigenbaum** and **Westcott** guide you in designing efficient, enjoyable, and productive programs for kids of varying abilities in elementary school (ages 7 to 10), middle school (11 to 14), and high school (15 to 18).

Focuses first on broad-based, balanced muscle development, and then moves into comprehensive, sport-specific strength-training programs.

Choosing a pedometer for your school by Associate Professor Amanda Telford

I get a lot of emails from phys ed teachers asking what pedometer should they purchase so thought I would share this with you. There are a lot of new whiz bang pedometers on the market claiming to measure all sorts of things and you can pay hundreds for some of the accelerometer hybrid pedometers. I personally own pedometers ranging from \$29 to \$500 each but my favourite pedometer, that I wear most is one of the cheapest models. This is also the model I recommend for school use in physical education, health classes or for workplace 10,000 step challenges etc.

The pedometer I am referring to is the good old Yamax Digi-Walker (SW700), but there are loads of different models of Yamax pedometers.

The SW700 model is very cheap even at retail prices (about \$29-35) and gets cheaper the more units you buy for your school.

This pedometer has been used for many years in research in field-based and laboratory settings because it has repeatedly been shown to be one of the most accurate (valid) measures of steps, with an accuracy rating of 99%.

Many of the pedometers rebadged by organisations such as 10,000 steps and the Heart Foundation are often a Yamax Digiwalker SW700 because they can measure steps, distance covered and calories. If you buy a pedometer from an organisation always ask what model it is so you can have a look online at the reviews before ordering two or three class sets of them. For most of the sorts of activities you would do in a physical education class the SW700 model would suffice and is an inexpensive option to replace when lost or broken.

Don't forget to also invest a few more dollars and always get the optional safety straps to minimise students losing pedometers. You can get nice little storage cases for class sets at Bunnings or any hardware store in the area where they sell storage containers for nails and screws.

If you wanted a pedometer for personal use and are prepared to spend a little more the link provided below has some really good prices at the moment for the CW700 (under \$50), I have paid well over \$75 for this model because unlike the SW700 the CW700 can store your data for 7 days.

www.pedometersaustralia.com.

Happy stepping!

VCAA is seeking teacher feedback on the current VCE Physical Education Study Design via an online survey.

This is part of the normal processes undertaken by VCAA to monitor the progress of the study design. Questions focus on aspects such as the sequence, the clarity and workload of the study design as well as some of the specific changes made in the last review process including the introduction of detailed studies in Units 1 and 2 and the training program in Unit 4.

All VCE Physical Education teachers should provide feedback and both positive and negative reflections about the VCE Physical Education Study Design.

Nerida Matthews, Curriculum Manager for HPE is more than happy to hear from teachers with any questions or concerns they may have regarding the current Study design.

Email: matthews.nerida.a@edumail.vic.gov.au

The survey is accessible from the VCE Physical Education study home-page : <http://www.vcaa.vic.edu.au/vce/studies/physicaledu/phyeduindex.html> and is open NOW until Friday 29th June 2012. **Just look for the evaluation questionnaire link below.**

The screenshot shows the VCAA Curriculum page for Physical Education 2011. On the left, there is a navigation menu with links for VCE (Victorian Certificate of Education), VET (Vocational Education and Training), and VCAL (Victorian Certificate of Applied Learning). The main content area is titled 'Curriculum' and lists several documents:

- [Study Design](#) (November 2010, PDF - 515KB)
Details on areas of study, outcomes and assessment for Physical Education Units 1-4: 2011-2014.
 - [Study Design Errata](#)
As published in the *VCAA Bulletin*, August 2010, p.9.
- For details of how to purchase a hardcopy of the VCE Physical Education Study Design, please refer to [Publications](#)
- [Resources](#) (updated February 2012, DOC - 275KB)
- [Study Summary](#) (November 2010, DOC - 47KB)
- [Summary of the VCE Physical Education Study Design for 2011-2014.](#)
- [Study design evaluation questionnaire](#)
This questionnaire will collect feedback on the study design since implementation in 2011. The questionnaire will be open until 29 June 2012.

A red oval highlights the 'Study design evaluation questionnaire' link and its description. At the bottom right of the page, there is a 'Back to Top' link.

Our ICT “guru” Dr Amanda Benson has been out road testing heaps of anatomy apps, trawling through websites & reviewing software that teachers can use with their students to better understand how the body works. Additionally she has asked teachers what they use and what they want and found gaps which she has quickly been able to suggest solutions to!!

Basic anatomy is vital when students want to take their understanding of PE & Health concepts to the next level and schools tend introduce “elective” or “sports science” options at Years 9 and 10 which see this happening.

Amanda has gone step further and provided information that satisfies some of the anatomy requirements of most senior PE courses taught across Australia.

Check out the excerpt from her most recent report!

Muscle Structure and Contraction

Aspects of these sites relate to both the anatomy and physiology of the muscle.

- Sarcomere shortening animation
http://highered.mcgraw-hill.com/sites/0072437316/student_view0/c4chapter42/animations.html#
- Actin & Myosin
http://www.wiley.com/college/pratt/0471393878/student/animations/actin_myosin/
- Sliding Filament Animation
<http://www.blackwellpublishing.com/matthews/myosin.html>

The Virtual Heart <http://thevirtualheart.org/>

You are provided with 3D images of the heart as well as more in-depth information about the rhythms, anatomy and a tour of a virtual museum.

Anatronica <http://www.anatronica.com/systems.html>

Interactive 3D anatomy for all the body systems. The online version is free and enables you to rotate to get views from all anatomical places. There is also an android™ app available to use on the move and a quiz.

Build-A-Body SpongeLab http://www.spongeLab.com/game_pages/BAB.cfm

SpongeLab is a global science community that has digital science content. This is an interactive drag and drop game where students build the human body by selecting the appropriate parts for each body system. If you also happen to teach biology or chemistry there are other games that may be useful such as Animal Anatomy, Biochem Gems, Build-a-cell, Build-a-plant, build-a-tree, Cell Comparison, Knowledge Mine, Transcription Hero. There is a Build-A-Body iPad™ 'app' available.

BioDigital Human <https://www.biodigitalhuman.com/default.html>

This site allows you to explore the body in 3D to look at the anatomy, health conditions and their treatments. It is possible to zoom and orientate the skeleton as well as complete a quiz.

Inner Body <http://www.innerbody.com/html/body.html>

This website enables students to explore the different body systems by looking at diagrams, animations and descriptions of the different regions.

HealthLine Body Maps <http://www.healthline.com/human-body-maps>

You can look at each of the body systems layer by layer from a 360° view to obtain an understanding of how the body is comprised. To obtain more information students just need to mouse over the region.

© Amanda Benson, 2012

Amanda’s whole “anatomy” exposé click this link to the peak website:

<http://www.peakphysed.com.au/f.ashx/Issue-5-Anatomy-Benson-AC.pdf>

Here are some great **FREE** apps sent through by Jarrod Waight (Kardinia International College) – “Gold” as we head into the training program design and implementation.

TimeMotion takes the hassle out of conducting time-motion studies. For sport science or coaching students, doing a time-motion study can be a real chore. TimeMotion allows you to record the activity profile of any sports person live during the event, or analyse an existing video stored in your photo library

<http://itunes.apple.com/au/app/timemotion/id406788440?mt=8>

Dartfish EasyTag Panels can contain from 9 to 30 buttons each of which can be set to time stamp a fixed, user-defined duration which allows a single button tap to record an event. Buttons can also be set to be open duration which is ideal for recording the length as well as frequency of phases of play.

<http://itunes.apple.com/au/app/dartfish-easytag/id369126115?mt=8>

RunKeeper uses the GPS technology found in the iPhone to track your fitness activity, giving you comparable results to an expensive GPS watch. Track how far you went, how long it took, what your pace/speed was, how many calories you burned, and the path you traveled on a map. Once your activity is completed, the data is synced to the RunKeeper website (www.runkeeper.com) where you can view a history of all of your activities, and cumulative totals of all of your vital stats. You can also share your progress with friends by posting your activities to Facebook and Twitter.

<http://itunes.apple.com/au/app/runkeeper/id300235330?mt=8>

Fitness Pro Features

- 450+ exercises photo's with reference
- photo's of real people (no drawings)
- search option for fast finding your exercise
- possibility to create your own workout schemes
- various build-in routines to get you started
- simple and easy logging
- advanced log graphs and log results
- track and map your runs
- share your runs with friends with the free online portal

With an exercise library with over 450 exercises you will always find the exercise that suits your needs. Just tab a category, browse through all exercises or quickly search for a specific exercise. Tab the exercise to get a helpful picture showing you how to perform the exercise.!

<http://itunes.apple.com/au/app/fitness-pro/id336826731?mt=8>

Running Log Records your workouts and rest days, and see your history and trends on the visual calendar and summary.

Record:

- * distance (km/mi)
- * duration
- * effort level
- * type of run (cross country, intervals, race, etc. - choose from 15!)
- * group runs
- * rest days

Associated icons appear on the calendar to give you a clear picture of your workout trends. View weekly or monthly totals below the calendar. A summary screen provides statistics for the current month and grand total, including distance, duration and pace totals and averages. The summary screen also displays a scrollable list of all notes and data entered to date

Unit 4 PE overview.... It is essentially concerned with enhancing physical performance and because so many P.E. students are either training or involved in coaching, they should be able to make strong links to coursework. Students will need to understand all aspects of games analysis and actually conduct one on their own class during practical sessions in order to select the most relevant fitness components and then justify selection of specific fitness tests which they will undergo themselves.

Pre-test results will be compared to norms to determine strengths and weaknesses which will then form the basis for a training program students will design and undertake themselves in and out of school. Two training methods must be chosen and in order for students to maximise their understanding and performance in this area they will need to familiarise themselves with a variety of training methods and how the **SIDOF** principles are applied – specificity, intensity, duration, overload and frequency.

As a result of training, chronic adaptations will be evident at the cardiovascular, respiratory and muscular systems but be reliant on the type of training undertaken and factors such as duration, initial fitness levels, recovery strategies, diet and students being able to manage/balance their training loads and school work.

Students should set realistic goals and understand that the training done as part of Unit 4 is only meant to give them a “taste” for what is involved.

Better students will be able to extrapolate what changes would have occurred had training continued for 20+ weeks and what advantages these changes would bring performers. It is important that students can reflect on their training as part of Unit 4 and critique the effectiveness of their selected methods, application of principles and other factors influencing their performances. To do this effectively, students must not only have a clear picture of what they’re going to be asked to do, but importantly record each training session in terms of what they did physically and how they felt psychologically.

Students should know what key knowledge they are going to cover during each week of Unit 4 as provided by their teacher (**microcycles**); how these are linked to broader content areas (**mesocycles**) and each area of study (**macrocycles**). Great information on how they are going to be assessed and what their teachers are going to be looking for in terms of application of knowledge is available at the VCAA website (<http://www.vcaa.vic.edu.au>) and should be used prior to each SAC.

Students across the State should be entering Unit 4 with a “big picture view” of what they are going to be expected

to achieve at the end of 16 weeks of coursework.

It is worth noting that the 4 week “transition” at the end of the year actually coincides with the period students are moving from coursework to exam preparation.

BREAKING NEWS re: ANTI-DOPING!!!!

The World Anti-Doping Agency has issued a revised draft code inserting a proposed Olympic ban for serious doping offenders from January 2015.

http://au.eurosport.com/olympic-games/london-2012/2012/wada-propose-ban_sto3296274/story.shtml

Great resource from Hockey Australia related to coaching and communication:

<http://www.peakphysed.com.au/f.ashx/Hockey-Australia-Communication-Resource-What-you-say-Matters-.pdf>

The following table displays the training diary for a Year 12 student planning to represent Australia at the next World Championships....

20 Week Preparation for World Junior Athletics Competition – 800m runner																					
Month	August						September				October				November			December			
Macrocycle	Conditioning & Preparation						Tapering				Compete	Conditioning & Preparation		Tapering	Compete	Recovery					
Competitions							Vics Champ ionship					Aus Champs					World Champs				
Mesocycle	Build O2 capacity		Speed Endurance				Quality	Tapering				Leg Speed	Quality	Tapering			Transition				
Microcycle weeks	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	

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

1. Phelps using hyperbaric chamber to aid recovery : Rachel Cohen
<http://sports.yahoo.com/top/news?slug=ap-phelps-hyperbaricchamber>
2. Effect of hydrotherapy on recovery from fatigue : Vaile J, Halson S, Gill N, Dawson B
<http://www.ncbi.nlm.nih.gov/pubmed/18058595>
3. Fitness Testing : Netball : Tania Ashfield. Includes : Characteristics of Successful Athletes, Energy Requirements, Fitness Assessments - A Review of the Literature, Fitness Testing Procedures
<http://physiotherapy.curtin.edu.au/resources/educationalresources/exphys/98/netball.cfm#energy>
4. Life's a Beach : James Podsiadley
http://www.geelongadvertiser.com.au/article/2012/05/10/325071_footy-columnists.html (thanks Jarrod Waight from Kardinia International College)

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



Interested in becoming a Community Coach?

Metropolitan training courses starting T3 have been announced and are fully endorsed by the Australian Sports Commission. For more information go to:

[http://www.peakphysed.com.au/f.ashx/AASC-Coach-Training-2012-Term-3-Brochure-Metro-\(2\).pdf](http://www.peakphysed.com.au/f.ashx/AASC-Coach-Training-2012-Term-3-Brochure-Metro-(2).pdf)

or phone Jo Duncan (03) 8698 7711

Speaking of Resources: Simply create your own free account at peakphysed.com.au (top right hand corner) with own password and then go to “Teachers” ->> “Teachers Resources” - you will also find heaps of FREE resources!