Be part of the SYNERGY 2015 conference

This exclusive one-day conference for K-12 PDHPE and Sport Educators 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 (K-3), Primary PDHPE, Years 7-10 PDHPE, ICT in PDHPE, Curriculum Innovations, Inclusive practice, Thinking through sport, PDHPE and Sport and Stage 6 PDHPE.

Participants will also receive a web link at the end of the conference to access teaching resources from all 44 workshops.

For participants wanting to deepen their knowledge of Higher Order Thinking Skills (HOTS), Brain training, or Maximising student learning in Stage 6 PDHPE, there will be three SYNERGY Masterclasses held on Sunday, 19 July 2015 between 1.00pm and 4.00pm.

Get on board, be inspired, and join us at the Sydney Academy of Sport and Recreation, Wakehurst Parkway, Narrabeen for SYNERGY 2015.

BOSTES PD ACCREDITATION is currently being processed for SYNERGY 2015 attendees.

SYNERGY 2015 Sponsors

Gold Sponsor: Sport & Recreation
Silver Sponsor: Smash Gear
Conference Partner: Australian Institute of Sport

Venue

Sydney Academy of Sport & Recreation

The Sydney Academy of Sport & Recreation combines cutting edge facilities and programs with the convenience of being close to the city, making it a must for schools looking to provide outstanding learning opportunities with programs designed to supplement and value-add to the curriculum.
Conference program

SYNERGY 2015 gives participants the opportunity to pathway their learning needs with the choice of 44 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 PDHPE and Sport Education. For ICT workshops, please ensure you bring along your own device, such as a laptop, iPad or Smartphone.

Featured Presenters

Over 40 dynamic presenters will showcase their expertise, skill and knowledge of PDHPE and Sport Education. Presenters include:

**Professor Phil Morgan (University of Newcastle)**

Professor Morgan is deputy director of the University of Newcastle Priority Research Centre for Physical Activity and Nutrition and lecturer in the School of Education. He graduated from the University of Newcastle with a University Medal in 1997 and his PhD focused on primary school physical education won both local and national awards. His research program is focused on the impact of school- and community-based interventions to promote physical activity in child, adolescent and adult populations. His work in teaching, research and the community has been recognised with national and international awards including 12 university teaching excellence awards and 7 national/international research awards.

**Dr Dean Dudley (Macquarie University)**

A leading educator and researcher, Dr Dean Dudley is recognised for his evidence-based approaches to health and physical education pedagogy and policy. He is a Senior Lecturer of Health and Physical Education at Macquarie University and former Head Teacher of Health and Physical Education in NSW high schools. In 2012 he was the Churchill Fellow in Health, Medicine and Education and served as an Expert Consultant to UNESCO on the Quality Physical Education Guidelines published this year. Since 2013, he has also served as the Australian Delegate to the International Federation of Physical Education.

**Janice Atkin (Consultant)**

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. 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 (Penleigh & Essendon Grammar School)**

Michael Ha is a Physical Education teacher and the ICT Coordinator at an Independent School in Melbourne, Australia. 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.
SYNERGY Masterclasses

Deepen your knowledge and understanding of key areas at three pre-conference Masterclasses. Held on Sunday 19 July between 1.00pm and 4.00pm, each Masterclass will be run by leading educators and will focus on shared innovation and ideas designed to have great application back at school.

Masterclass A: Higher order thinking skills (HOTS) and fostering improved numeracy and literacy in PDHPE.
Conducted by Rachael Whittle (Primary & Secondary)

Masterclass B: Training the brain to promote improved decision-making, coordination and movement. (PRAC)
Conducted by Lee Anton-Hem (Primary & Secondary)

Masterclass C: Maximising student learning in Stage 6 PDHPE.
Conducted by Rob Malpeli (Secondary)

Organisers

Conference Directors: Rosemary Davis, Sport & Recreation; Rob Malpeli & Dr Amanda Telford, Peak Phys Ed Directors.

Organising committee: Dr Dean Dudley, Senior Lecturer, School of Education, Macquarie University; Carolyn Duggan, Sport & Recreation; Rosemary Davis, Sport & Recreation; Rob Malpeli & Dr Amanda Telford, Peak Phys Ed Directors.

Registration Fee

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<th>Delegate</th>
<th>Pre-service teachers</th>
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<tr>
<td>Conference and Masterclass Bundle</td>
<td>$395</td>
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<td>Conference only Monday 20 July</td>
<td>$295</td>
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<td>Masterclass only Sunday 19 July</td>
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Early Bird Prize Draw

Register and pay before 30 April 2015 to go into the draw to win one of the following:

- A Sports Science Education Program at Sydney Academy of Sport and Recreation for up to 20 students ($1000)
- Complimentary AIS tour and 2 lectures as part of School Sport Camps ($750)
- $250 worth of Smash Gear-Peak Phys Ed Sporting equipment
- iPad mini ($300 value)
- Complimentary registration for ‘ACTivate’ Health and PE Conference at the Australian Institute of Sport (Oct 9, 2015) valued at $275
- $200 worth of Cengage Publishing PDHPE resources.

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
Complete your SYNERGY experience. Book a meal and accommodation package on Sunday, 19 July 2015 at the Sydney Academy of Sport and Recreation, Narrabeen.

**SYNERGY PACKAGES**
Includes accommodation, dinner, screening of ‘That Sugar Film’ and breakfast

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<td>Single</td>
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**PRE-CONFERENCE DINNER ONLY**
Includes appetisers, 2-course meal and movie screening

$35pp

**MOVIE SCREENING**
An exclusive screening of ‘That Sugar Film’ will be shown after dinner. This is an entertaining and informative documentary that follows Damon Gameau as he embarks on a unique experiment showcasing the effects of a high-sugar diet.

The film will challenge your view of ‘healthy eating’ and uncover some of the hidden secrets of the sugar industry.

**HOW TO BOOK**
To reserve your place call 13 13 02.
# SYNERGY 2015 Conference Program

**Monday 20 July 2015 – Sydney Academy of Sport & Recreation – Wakehurst Pkwy, Narrabeen, NSW**

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<td>A2</td>
<td>Sport dance</td>
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<td>Physical activity for everyone</td>
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<td>Developing higher order thinking skills (HOTS)</td>
<td>A5</td>
<td>App-Tastic</td>
<td>A6</td>
<td>NSW conceptual model for physical literacy</td>
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<td>Inclusion – pretty easy when you think about it</td>
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<td>Fitness infusion for improved active learning</td>
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<td>Resistance training for adolescent health and wellbeing</td>
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<td>Perceptual motor programs (PMP): Getting started</td>
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<td>Promotion of school sport and physical activity</td>
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<td>What’s your poison? Teaching students about alcohol &amp; drugs</td>
<td>B4</td>
<td>Sexual health &amp; inclusive practice</td>
<td>B5</td>
<td>Skype &amp; all that ICT stuff</td>
<td>B6</td>
<td>The amazing race</td>
<td>B7</td>
<td>Engaging students with Autism Spectrum Disorder (ASD) in Physical Education</td>
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<td>Understanding and assessing conflict in sport: A practical and pedagogical physical education approach</td>
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<td>Improving &amp; monitoring fitness levels &amp; physical abilities using ICT and other strategies</td>
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<td>Improving performance: How athletes plan and train for improved performance</td>
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<td>C1</td>
<td>K-6 Games with limited equipment in a confined space</td>
<td>C2</td>
<td>Maximising participation, improving literacy &amp; numeracy &amp; increasing fun in your PDHPE classes</td>
<td>C3</td>
<td>Embracing the ‘F word’</td>
<td>C4</td>
<td>A bag of tricks to engage students</td>
<td>C5</td>
<td>Flipping the classroom</td>
<td>C6</td>
<td>Implementing curriculum renewal. What does the Australian Curriculum mean for PDHPE teachers?</td>
<td>C7</td>
<td>Making PDHPE classes inclusive and meaningful for all students</td>
<td>C8</td>
<td>The grammar of games &amp; sports</td>
<td>C9</td>
<td>Implicit beliefs about ability &amp; motivation for sport</td>
<td>C10</td>
<td>Wet weather strategies, suggestions and sports</td>
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<td>Deconstructing HSC questions &amp; marking criteria to assist students towards Band 6 in PDHPE</td>
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<td>Cindy Waldock NSW</td>
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<td>D1</td>
<td>Fundamental movement skill development &amp; assessment in children</td>
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<td>Fundamental motor skills &amp; the brain</td>
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<td>Relationships &amp; sexuality</td>
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<td>What’s the aim of the game? Lifelong participation in physical activity as a learning outcome in Years 7 - 10</td>
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<td>Using ICT to facilitate better workflows &amp; outcomes in PDHPE</td>
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<td>PERMA – What the 7</td>
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<td>A practical look at how to cater for all students</td>
<td>D8</td>
<td>Speedminton: Re-inventing school racquet sports</td>
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<td>Energizers &amp; warm-ups with no equipment for students ranging from Years 3 - 10</td>
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**9am-9:40am Welcome:** Dr Amanda Tellford & Rob Malpeli | **Keynote address:** Evidence-based strategies to engage children in physical activity and sport, Professor Phil Morgan (University of Newcastle)

**10.50am-11:30am:** Morning tea & trade display (40 min)

**12.40-1.30pm:** Lunch, trade display & networking (50 min) – Register your email at each trade to go into a prize from each trade display partner to be drawn at 4pm*

**4pm Conclusion & prize draw**
**Elective Descriptions: Session A**

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

**A1** 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 (NSW)
Consultant
PRIM PRAC

**Sport dance**

**A2** 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 (VIC)
Consultant
PRIM & JNR SEC PRAC

**Physical activity for everyone**

**A3** Discover multiple strategies to increase physical activity times of students during PDHPE lessons. Based on a 2 year study conducted with the University of Newcastle, participants will learn how to achieve increased physical activity time for individuals, including novelty games, ‘active’ roll marking, pedometers and trackers, fitness infusion and active waiting.

Gemma Lawton & Debbie Cougle (NSW)
Hunter New England Population Health NSW
PRIM & SEC

**Developing higher order thinking skills (HOTS)**

**A4** Higher order thinking skills is implicit in the PDHPE curriculum. In this session, participants will learn a range of activities to develop literacy, numeracy and higher ordering thinking in PDHPE. They’ll come away with teaching ideas as well as resources and activities that can be implemented on their return to school.

Rachael Whittle (VIC)
Consultant
UPPER PRIM & SEC

**App-tastic**

**A5** How do you turn your iPad into an effective teaching and learning tool? This hands-on workshop explores the various apps and online tools available to enhance student learning. Participants will gain a deeper understanding of the pros and cons of iPads and apps in general and leave with tools and strategies they can use to support classroom learning. Please bring your own device.

Michael Ha (VIC)
Penleigh & Essendon Grammar School
UPPER PRIM & SEC

**NSW conceptual model for physical literacy K-10**

**A6** Physical literacy is newly recognised as central to promoting health and physical activity in NSW schools. But how does the model work? This workshop will set out to explain the concept of physical literacy and then present a unique conceptual model of observed physical literacy to assist teachers in designing future assessment protocols.

Dr Dean Dudley (NSW)
Macquarie University
PRIM & SEC
### Elective Descriptions: Session A

#### Inclusion - pretty easy when you think about it!

<table>
<thead>
<tr>
<th>A7</th>
<th>Be ready to move and think on your feet in this practical workshop that explores the idea of inclusion in sport and PDHPE 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.</th>
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<tbody>
<tr>
<td>Peter Downs (ACT)</td>
<td>Manager, Play by the Rules</td>
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#### Making Every Moment Count

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<th>A8</th>
<th>Would you like to increase or improve student engagement in your lessons while at the same time improving their mental health and wellbeing? Mindfulness training helps people of all ages to learn more effectively, think more clearly, perform better and feel calmer. This workshop will provide educators with an innovative practical technique for use in their classrooms. Teachers will leave this session with increased knowledge and understanding around mindfulness, as well as examples of mindfulness practice to use with their students that are linked to PDHPE syllabus content.</th>
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<td>Nicky Sloss (NSW)</td>
<td>AIS Consultant</td>
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#### Fitness infusion for improved active learning

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<th>A9</th>
<th>Learn how to mix it up in the classroom and increase engagement with this fun, active workshop. Based on a four-year study on physical activity in adolescents, participants will discover how to implement active learning through minor games and fitness infusion. They’ll learn the how-to of fitness fusion as well as plenty of activities to limit downtime in practical lessons and enhance ‘Active Learning Time’.</th>
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<td>Brett Marchant (NSW)</td>
<td>Hunter New England Population Health NSW</td>
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#### Resistance training for adolescent health and wellbeing

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<th>A10</th>
<th>Discover the benefits of resistance training (RT) in adolescents in this workshop that looks at the evidence supporting RT Training in school sport and PDHPE programs. Participants will consider the safety issues as well as learn strategies for motivating students and delivering a school-based program. They’ll also participate in an interactive RT session with time for Q and A throughout.</th>
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<td>Jordan Smith (NSW)</td>
<td>University of Newcastle</td>
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#### Making day to day learning exciting

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<th>A11</th>
<th>How can you add variety to classroom teaching and reach less engaged students? How do you motivate students to perform better? This interactive session will teach just that. Learn tried and true teaching strategies that can bring your lessons to life and engage and motivate students to learn no matter their ability. Geared towards Stage 6 content, the ideas for making day-to-day learning exciting can be applied across all areas of PDHPE.</th>
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<td>Sarah Clifton &amp; Natalie Porter (NSW)</td>
<td>Barker College</td>
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<td>SEC STAGE 6</td>
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Elective Descriptions: Session B

Perceptual Motor Programs (PMP) – Getting started

**B1** Learn how to develop student’s perceptions and understanding of themselves through movement in this beginners’ workshop on Perceptual Motor Programs. Shown to improve PE skills, problem solving, confidence, memory, language and body rhythm, participants will learn the basics, including its background, how to get PMP started at their school, activities, equipment and resources.

Kathy Tessier (VIC)
Active Approach
EARLY YRS, PRIM PRAC

Promotion of school sport and physical activity

**B2** This workshop focuses on how to engage school executive in the value of sport and physical activity in the school and plan strategies to engage staff and students in program review and improvement. Participants will explore the School Physical Activity Review tool and associated support resources developed from the School Sport Unit.

Sharon Starkey (NSW)
School Sport Unit,
NSW Department of Education and Communities
PRIM PRAC

What’s your poison? Teaching students about alcohol & drugs

**B3** PDHPE plays an important role in educating students on the effects of alcohol and other drugs on their body, brain and behaviour. In this workshop, participants will be shown a range of resources and activities, including science-based information on alcohol, performance enhancing drugs and drug abuse and addiction, to better support their teaching and better equip students to make healthy decisions.

Meleah Zanos (VIC)
Lauriston Girls’ School
SEC

Sexual health and inclusive practice

**B4** Research shows that schools that support inclusion and social relationships have a positive impact on student health and academic outcomes. In this workshop, participants will learn the benefits of an inclusive approach and use judgement, evaluation and reflection to take part in a number of practical activities to create awareness of inclusive language in a variety of school scenarios.

Kim Rodenburg (NSW)
NSW DECS
SEC

Skype and all that ICT stuff

**B5** Discover the importance of ICT in creating positive outcomes for teacher and students alike in this informative workshop delivered via Skype by Andy Vasily, part of the #physed community and creator of Sportfolio, a PE-styled journal app that can store self and peer assessments, reflections, photos and awards. Participants will learn how to use Sportfolio, as well as a host of other apps designed to broaden their teaching horizons.

Andy Vasily (China)
Nanjing International School of China
Facilitator: Michael Ha
PRIM SEC

The amazing race

**B6** 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 (VIC)
Consultant
PRIM & JR SEC PRAC
Engaging students with Autism Spectrum Disorder (ASD) in Physical Education

B7 Despite its benefits, students with autism often avoid sport and PDHPE due to poor muscle tone, poor coordination and lack of awareness of their body in space. In this workshop, participants will gain an understanding of Autism Spectrum Disorder and the practical strategies that can be implemented to improve student engagement and participation in PDHPE and sport and in the wider community.

Lara Cheney & Craig Smith (NSW)
Autism Spectrum Australia
PRIM & SEC

Understanding and assessing conflict in sport - A practical and pedagogical physical education approach

B8 How does conflict in sport reflect conflict in real life and what lessons can be learnt? In this session, participants will examine the phenomena of conflict in sport to reflect on how many sports and games are a microcosm of human conflict. Participants will also re-enact several games in order to better understand how we deal with conflict and how this has evolved into the types of sports and games we play.

Dr Dean Dudley (NSW)
Macquarie University
UPPER PRIM & SEC PRAC

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

B9 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 play when space is limited.

Karen Burton (ACT)
University of Canberra
UPPER PRIM & SEC PRAC
(Repeated D10)

Improving & monitoring fitness levels and physical abilities using ICT and other strategies

B10 Targeting upper primary school students, this workshop is designed to improve student skill, knowledge and attitudes towards physical activity. Participants will learn how to boost student fitness levels and physical ability using ICT and other strategies, while developing student confidence, wellbeing and social and emotional health.

Narelle Eather (NSW)
Newcastle University
SEC PRAC

Improving performance: How athletes plan and train for improved performance

B11 Focusing on Option 4 of the Stage 6 PDHPE course, this session explores how athletes train for improved performance. Participants will discuss the key areas of training, planning, and ethical issues associated with improving performance and be shown a number of teaching and assessment resources that will assist with course delivery. The session will also include mind mapping strategies that can be used to enhance students understanding.

Jay Tregonning (NSW)
The Illawarra Grammar School
SEC STAGE 6
## Elective Descriptions: Session C

### K-6 Games with limited equipment in a confined space

C1 - Develop skills to get students moving quickly and efficiently during fast and energised games indoors. Participants will learn multiple ways they can teach students about moving safely in a confined space as well as increasing the repertoire of activities they can run with when lacking space or equipment.  

**Cindy Waldock (NSW)**  
Assistant Principal, Wheeler Heights Public School  
PRIM PRAC

### Maximising participation, improving literacy & numeracy and increasing fun in your PDHPE classes

C2 - Discover how to make numeracy and literacy fun, active and engaging in this practical workshop for PDHPE. Participants will learn multiple physical activities for reinforcing numeracy and literacy while exploring ways to modify activities to achieve different educational outcomes. They’ll also learn how to adapt activities to meet different stages of learning.  

**Wendy Lee (NSW)**  
Assistant Principal, Mowbray Public School  
PRIM PRAC

### Embracing the ‘F word’

C3 - The idea that learning from failure is key to student achievement and motivation at school, forms the basis for this interactive workshop taken from ReachOut.com’s most popular classroom resource in the Wellbeing@School Series. Participants will apply Carol Dweck’s work on fixed and growth mindsets and be given a toolkit of activities and resources to take back to the classroom. They’ll also get access to future online tools developed by ReachOut.com.  

**Sarah Jackson (NSW)**  
Inspire Foundation  
PRIM & SEC

### A bag of tricks to engage students

C4 - Increase your ‘bag of tricks’ when the unexpected happens in this practical workshop for K-6. Participants will expand their resources and learn how to actively engage students through fun and interactive games and activities. They’ll also take part in a series of initiatives and games that can be used to motivate, improve communication, develop teamwork and enhance problem-solving skills.  

**Andrea van Eyssen & Matthew Duggan (NSW)**  
Sport and Recreation, Office of Sport  
PRIM & SEC PRAC

### Flipping the classroom

C5 - With the rapid growth of new technologies and teaching methods, integrating and understanding ICT has never been more important for student engagement and performance. This hands-on workshop will demonstrate the influences of ICT and teach participants strategies on how to ‘flip’ their PDHPE classroom as well as explore the use of Google Apps for Education.  

**Michael Ha (VIC)**  
Penleigh & Essendon Grammar School  
UPPER PRIM & SEC
**Elective Descriptions: Session C**

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

*C6* What does the developing Australian Curriculum mean for Years 7-10 PDHPE teachers? In this session, participants will be given practical ideas for reviewing current PDHPE 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.

*Janice Atkin (NSW)*
Consultant
SEC

**Making PDHPE classes inclusive and meaningful for all**

*C7* Discover a multitude of practical strategies you can use to meet the learning needs of students with disability in this invaluable workshop. Participants will also explore the need for teacher flexibility in providing rigorous, relevant and engaging learning and assessment activities and how these can be achieved in schools.

*Sarah Humphries (NSW)*
BOSTES
UPPER PRIM & SEC PRAC

**The grammar of games and sports**

*C8* What if sport and games were just examples of key concepts that underpin all games and sports and not content in themselves? Welcome to the grammar of games and sports. This session will explore this concept in detail and demonstrate how using this model can transform the way games and sports are taught, viewed, learnt and assessed in school and coaching settings.

*Greg Forrest (NSW)*
University of Wollongong
PRIM & SEC PRAC

**Implicit beliefs about ability & motivation for sport**

*C9* How do implicit beliefs about athletic ability affect goal adoption and achievement in sport? This session will present an overview on the research on implicit beliefs ability within sport and physical education. It will also provide participants with strategies to promote adaptive implicit beliefs that maximise motivation and facilitate positive youth development.

*Stewart Vella (NSW)*
University of Wollongong
PRIM & SEC

**Wet weather strategies, suggestions and sports**

*C10* 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 (VIC)*
Peak Phys Ed
UPPER PRIM & SEC PRAC

**Deconstructing HSC questions and marking criteria to assist students towards Band 6 in PDHPE**

*C11* Learn teaching strategies to assist students achieve a Band 6 response in the HSC examination. By deconstructing the examination rubric and marking criteria, this workshop will examine the qualities of a Band 6 response in PDHPE and show participants how to recognise the differences between low and higher order responses in order for them to achieve the best result.

*Danielle Simpson (NSW)*
Consultant
SEC Stage 6
## Elective Descriptions: Session D

### Fundamental movement skill development and assessment in children

<table>
<thead>
<tr>
<th>D1</th>
<th>Cardiorespiratory fitness and healthy weight status are just some of the health benefits associated with fundamental movement skill competency. In this hands-on workshop, participants will learn effective methods for developing and assessing fundamental movement skills in children as well as strategies, activities and ideas for teaching these skills.</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Kristen Cohen (NSW)\nUniversity of Newcastle\nEARLY YEARS PRIM PRAC</td>
</tr>
</tbody>
</table>

### Fundamental motor skills and the brain

<table>
<thead>
<tr>
<th>D2</th>
<th>This practical workshop provides an innovative approach to teaching essential movement skills in K-6 PDHPE. 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.</th>
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<tbody>
<tr>
<td></td>
<td>Lee Anton-Hem (VIC)\nConsultant\nPRIM PRAC</td>
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### Relationships and sexuality

<table>
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<tr>
<th>D3</th>
<th>How do you maximise student engagement and understanding when teaching sex education? Find out how in this presentation designed to help make ‘sex ed’ fun and dispel the myths and misconceptions of relationships and sexuality education. The session will address the questions young people regularly ask and explore the curriculum. Participants will also be given materials to support their teaching.</th>
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<td>Meleah Zanos (VIC)\nLauriston Girls’ School\nSEC</td>
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</table>

### What’s the aim of the game? Lifelong participation in physical activity as a learning outcome in Years 7 - 10

<table>
<thead>
<tr>
<th>D4</th>
<th>This session focuses on how teachers can make lifetime participation in physical activity a learning outcome in PDHPE in Years 7-10. Participants will reflect on the aim of their teaching and be shown strategies to develop student expertise in movement skills, physical activities and movement concepts; laying the foundation for lifelong exercise to be realised.</th>
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<td>Rachael Whittle (VIC)\nConsultant\nSEC</td>
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### Using ICT to facilitate better workflows and outcomes in PDHPE

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<tr>
<th>D5</th>
<th>How does integrating technology into the PDHPE classroom improve teacher efficiency or foster learning? In this engaging session, participants will get an overview of the benefits of ICT in facilitating better workflows. They’ll explore a wide range of tools and be introduced to various online apps to enhance teaching and learning.</th>
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### PERMA – What the..?

<table>
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<tr>
<th>D6</th>
<th>Discover how to improve student engagement in PDHPE with Positive Psychology. In this workshop, participants will find out about the PERMA scientific model of happiness and how to apply it to online and offline contexts. They’ll learn the 5 PERMA elements of Positive emotion, Engagement, Relationships, Meaning and Accomplishment and how to introduce these into classroom learning.</th>
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Elective Descriptions: Session D

A practical look at how to cater for all in students
D7 How can PDHPE be taught to better cater for all? In this hands-on workshop, participants will reflect on how practical lessons in PDHPE are taught and come up with ways they can be adapted to suit all abilities and levels of skill. Through planning and lateral thought, they’ll learn how to modify any activity or game to suit all students and encourage greater participation and inclusion.

Kathy Tessier (VIC)
Active Approach
PRIM & SEC PRAC

Speedminton: Re-inventing school racquet sports
D8 Discover first-hand how easy, fun and effective Speedminton is as a tool to get the whole class active in PDHPE. In this practical workshop, participants will learn how schools can benefit from the game in terms of flexibility, student upskilling and class participation. They’ll also learn the rules of the game and have a hit themselves. Please wear sports attire.

Geoff Banister (ACT)
Speedminton
PRIM & SEC PRAC

Six elements of movement: A holistic approach to physical activity and wellbeing
D9 How do you keep the essence of physical activity alive in PDHPE teaching? This interactive workshop looks at how through discussion and reflection. Participants are encouraged to share their experiences of what works and what doesn’t, including the things that are challenging, and draw key developmental learning such as mindfulness, focus and attention back into the classroom setting.

Paul Jefferey (VIC)
Blueearth
PRIM & SEC PRAC

Energizers and warm-ups with no equipment for students ranging from Year 3-10
D10 Participate in a range of high-energy activities and games that require no equipment in this fun and fast-paced practical session. Participants will be shown a series of individual and team activities that are inclusive, suitable for all ages and development, and can be implemented when a planned lesson can’t go ahead. You’ll also be given a handout that details all the games.

Karen Burton (ACT)
University of Canberra
UPPER PRIM & SEC PRAC (Repeated B9)

Teaching Sport, Lifestyle and Recreation: The whole box and dice
D11 Learn practical activities that really ‘pop’ in this dynamic session that looks at physical activity as an area of study and medium for learning. Participants will gain a greater understanding of theoretical concepts and assessment rubrics as well as how to effectively schedule content. This is a very interactive session so be prepared to think on your feet.

Adrian Eussen (NSW)
Assistant Principal, St Scholastica’s College
SEC STAGE 6
The SYNERGY Masterclasses

Deepen your knowledge and expertise at the SYNERGY Masterclasses, held on Sunday 19 July 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.

Accommodation is available at Sydney Academy of Sport and Recreation on Sunday, 19 July (see page 5).

Masterclass A:
Higher order thinking skills (HOTS) and fostering improved numeracy and literacy in PDHPE 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 PDHPE learning outcomes, the session will focus on effectively constructing tasks that facilitate deep learning across a wide variety of focus areas from PDHPE.

Rachael Whittle
Consultant
Primary and Secondary

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. Participants will need to wear clothing and footwear suitable for practical activities.

Lee Anton-Hem
Consultant
Primary and Junior Secondary (PRAC)

Masterclass C:
Maximising student performance in Stage 6 PDHPE

This comprehensive program takes an exhaustive look at Stage 6 PDHPE coursework and assessments to facilitate greater teaching and maximise student performance.

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.

Rob Malpeli
Peak Phys Ed
Secondary Stage 6 (PRAC)

To attend a Masterclass simply select option A, B or C on your registration form.
Registration Form / Invoice

SYNERGY 2015: NSW PDHPE and Sport Education Conference

Sydney Academy of Sport and Recreation
Monday 20 July 2015

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. Closing date for registrations 13 July 2015.

General Information

(please photocopy for more than six delegates OR register groups online)

School/Organisation: _____________________________________________________________
Mailing address: __________________________________________________________ State: _________________
________________________________________________________ Postcode: _____________
School/Organisation Email: ________________________________________________ Total $: _______________
Business Manager’s Name: ________________________________________________ Order No: _____________

NSW Sport and Recreation VIP School promotional code*: ____________________

*Promotional code must be provided for delegates to register at the discounted rate.

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 registrations made prior to April 30 2015 go into a prize draw.

Delegate One

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Email: ________________________________________________________________

Special Dietary Requirement: ____________________________________________

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Photographs and/or digital images of conference participants will be taken for use in newsletters and/or promotion 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 (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

SYNERGY 2015: NSW PDHPE and Sport Education Conference

Please use the conference program codes to nominate your first, second and third preferences. All delegates will be allocated their first preference, unless a session has been cancelled. Only sessions with fewer than 15 participants will be cancelled.

Sample Selection Sheet

<table>
<thead>
<tr>
<th>Session</th>
<th>1st Preference</th>
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<th>3rd Preference</th>
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<td>A8</td>
<td>A10</td>
</tr>
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<td>B: 11.40am – 12.40pm</td>
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<td>B7</td>
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<tr>
<td>C: 1.40 – 2.40pm</td>
<td>C9</td>
<td>C2</td>
<td>C6</td>
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<td>D: 2.50 – 3.50pm</td>
<td>D11</td>
<td>D4</td>
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Delegate One

Name: ___________________________________________ I do not wish to have photos published □

Sunday 19 July: SYNERGY Masterclasses – 1-4pm
Select one option only. NB. Only required if attending Masterclass

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

Monday 20 July: SYNERGY Conference
Select three preferences per sessions as per sample shown

<table>
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### Delegate Two

**Name:** ____________________________________________________  
I do not wish to have photos published  

**Sunday 19 July: SYNERGY Masterclasses – 1-4pm**  
**Select one option only.**  
NB. Only required if attending Masterclass  

<table>
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### Delegate Three

**Name:** ____________________________________________________  
I do not wish to have photos published  

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Delegate Four

Name: __________________________________________________ I do not wish to have photos published

**Sunday 19 July: SYNERGY Masterclasses – 1-4pm**
*Select one option only. NB. Only required if attending Masterclass*

- Option A: Rachael Whittle
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Delegate Five

Name: __________________________________________________ I do not wish to have photos published

**Sunday 19 July: SYNERGY Masterclasses – 1-4pm**
*Select one option only. NB. Only required if attending Masterclass*

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

**Monday 20 July: SYNERGY Conference**
*Select three preferences per sessions as per sample shown*

<table>
<thead>
<tr>
<th>Session</th>
<th>1st Preference</th>
<th>2nd Preference</th>
<th>3rd Preference</th>
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<tbody>
<tr>
<td>A: 9.50 – 10.50am</td>
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<td>B: 11.40am – 12.40pm</td>
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<td>C: 1.40 – 2.40pm</td>
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<td>D: 2.50 – 3.50pm</td>
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</table>
Delegate Six

Name: __________________________________________________ I do not wish to have photos published □

Sunday 19 July: SYNERGY Masterclasses – 1-4pm
Select one option only. NB. Only required if attending Masterclass

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

Monday 20 July: SYNERGY Conference
Select three preferences per sessions as per sample shown

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Fit for Life authors at the SYNERGY Conference in 2015:

Rob Malpeli
Rob is the series editor and a Co-director of Peak Phys Ed, Rob has co-authored over 25 textbooks

Dr Amanda Telford
Amanda is a Co-director of Peak Phys Ed and academic who has co-authored over 25 textbooks

Dr Dean Dudley
Dean is a Senior Lecturer at Macquarie University

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

Rachael Whittle
Rachael is a dynamic presenter and the Chief examiner of Year 12 Physical Education in VIC
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Our outdoor education programs provide outstanding learning opportunities and are designed to supplement and value add to the curriculum.

Here are some of the programs we offer:

<table>
<thead>
<tr>
<th>Program</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>ROAR</td>
<td>Relationships, Outdoors, Action and Resilience – our signature outdoor education program.</td>
</tr>
<tr>
<td>Future Leaders Program</td>
<td>New 3-day leadership program for primary and secondary students with leadership potential.</td>
</tr>
<tr>
<td>Yarning Together</td>
<td>Develop an understanding of Aboriginal and Torres Strait Islander heritage.</td>
</tr>
<tr>
<td>Eureka Moments</td>
<td>Pan for gold while learning about Australia’s gold rush history.</td>
</tr>
<tr>
<td>Xtreme Challenge</td>
<td>Design and compete in an Xtreme Challenge obstacle course (for PASS students).</td>
</tr>
<tr>
<td>Crossroads</td>
<td>Develop knowledge and skills to lead a healthy, safe and meaningful life.</td>
</tr>
</tbody>
</table>

Key: Primary and Secondary | Primary | Secondary

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