



# ACHPER SA & SACPSSA PRIMARY HPE CONFERENCE

## 2023 PROGRAM

MON 25TH SEPT  
THE LIGHTS

REGISTER ONLINE

^ [ACHPERSA.COM.AU](http://ACHPERSA.COM.AU)



ACHPER SA Partners:



# YOU ARE INVITED!

You are invited to attend the ACHPER SA / SACPSSA South Australian Primary HPE Conference to be held at The Lights Community and Sports Centre on Week 10, Monday 25th September 2023. The Conference will be professionally stimulating, enjoyable and supportive of those who work in education and community settings. The program provides a range of sessions that are of importance to Health Educators, Physical Educators, Sport Educators and Wellbeing Educators, as well as classroom teachers, recreation/sport/health professionals, sport coaches and school counsellors.

This engaging Conference will offer best practice strategies and programs to help you to effectively engage your students in Health and Physical Education / Physical Activity / Wellbeing. Join us for lots of innovative ideas and practical tips to enhance your ongoing work.

ACHPER SA continues to innovate, refresh and ensure our relevance to you. Did you know we have 100% satisfaction from delegates from the last 10 years of all Conferences.

This Conference includes a range of new topics & presenters to share expertise and challenge your practice. We also encourage you to consider the many benefits of joining us as an ACHPER member. We look forward to seeing you at The Lights Community and Sports Centre on Monday 25th September for this high quality professional learning event.

# ACHPER SA / SACPSSA PRIMARY HPE CONFERENCE

# PROGRAM OVERVIEW

**8.45am - 9.00am: Sign in & Trade Exhibits**

**9.00am - 10.00am: Keynote: Dr Zali Yager**

**10.15am - 11.15am: Session 1**

- 1.1 Helping Your Students Embrace Their Bodies - Zali Yager
- 1.2 Using Game Performance Assessment Instruments in PE - Scott Hughes
- 1.3 Teaching Athletics Using Games-Based Activities - Heath Wingard
- 1.4 Move Learn Grow Program - Tracey Cramond & Kelly Kroeger

**11.15am - 11.45am: Morning Tea & Trade Exhibits**

**11.45am - 12.45pm: Session 2**

- 2.1 Empowering All Students to Thrive - Jo Ritson
- 2.2 Squash Stars Primary Schools Program - Rick Baldock
- 2.3 You Are Not Just a Junior Primary/Primary PE teacher! - Tristan Lorensini
- 2.4 Using SEQTA for Planning, Assessment and Communication - Rosie Petrilli

**12.50pm - 1.50pm: Session 3**

- 3.1 The 3 P's to Purposeful PE Planning: Plan, Prepare, Perform - Jo Ritson
- 3.2 Designing Play Practices - Wendy Piltz
- 3.3 Hot Shots Tennis for Reception - Year 4 Students - Mark Bowman
- 3.4 NIP it in the Bud: Providing Early Support for Emerging Mental Health Concerns - Aislinn Whittenbury
- 3.5 How to Teach the Skills & Fun PE Games of AFL - Dave Reynolds

**1.50pm - 2.30pm: Lunch & Trade Exhibits**

**2.30pm - 3.30pm: Session 4**

- 4.1 Practicality in PE - Matt Whitford
- 4.2 Cricket Indoor 4's - High Engagement and High Energy - Michael Cormack
- 4.3 Pickleball: Why is it Growing so Fast? - Andrew Reilly
- 4.4 Fundamental Fitness Through Dance - Rebecca Williams

**3.30pm - 4.30pm: Conference Networking (Free)**





# SACPSSA

ACHPER SA acknowledge the ongoing, successful partnership with SACPSSA. Thank you to SACPSSA for covering the registration fee for Catholic Primary teachers to attend the Primary Conference



## Category Information

The conference elective sessions program (sessions 1 to 4) are listed on the following pages of this conference program. A summary of these is indicated by session number below in categories to assist identification of relevant sessions. Please ensure you submit your session preferences when you register online.

**Key:** EY = Early Years  
PY = Primary Years  
C = Classroom Teacher

W = Wellbeing/Health Education  
SC = Sports Coach

### Early Years R-2 (EY)

1.2, 1.3, 1.4  
2.1, 2.3, 2.4  
3.1, 3.2, 3.3, 3.4, 3.5  
4.1, 4.4

### Primary Years 3-6 (PY)

1.1, 1.2, 1.3, 1.4  
2.1, 2.2, 2.3, 2.4  
3.1, 3.2, 3.3, 3.4, 3.5  
4.1, 4.2, 4.3, 4.4

### Classroom Teachers (C)

1.1, 1.4  
2.1, 2.2, 2.4  
3.1, 3.4, 3.5  
4.2, 4.3, 4.4

### Sports Coaches (SC)

1.2, 1.3  
2.1, 2.2  
3.2, 3.3, 3.5  
4.1, 4.2, 4.3

### Wellbeing/Health Education (W)

1.1  
2.1  
3.4





You're invited to join ACHPER SA!

**If you're not already a member, now is the time to join ACHPER! Starting at \$4.50 per month, pay in monthly or annual instalments - that's just a coffee per MONTH!**

In addition to joining a dedicated group of professionals and being a part of an active and committed organisation, becoming a member of ACHPER means you will receive several member-only benefits including:

- **Discounts** and preferred access to our **Professional Learning events** (accreditation certificates provided) – save up to \$100 per event!
- Access to our **member only resource page** and Facebook groups; we have developed free, member only resources and Facebook groups. These will **save time, effort and reduce your stress levels** as you access quality units of work, lesson plans, support materials & at-home activities. Information is also available for activities ready to ensure your students are active
- Access to information and **discounts on ACHPER resources**
- **Networking**, community building and leadership opportunities
- Share your voice with our **advocacy** and representation
- Monthly **ACHPERTiser** and other communications to keep you up to date with HPE
- ACHPER **lobbies** for our focus areas, and there has never been a more crucial time to promote the role of active and healthy living in the community, and the work our members undertake.

**To become an ACHPER member:**

- Click here to join online
- Click here to download the ACHPER membership form
- Select the Non-Member + ACHPER Membership rate when you register

**Thank you to all of our ACHPER members.**  
Your support and engagement is highly valued.

**Monthly  
Direct Debit  
Option Now  
Available**

**Want to know more?**

- Email [info@achpersa.com.au](mailto:info@achpersa.com.au)
- Call (08) 8363 5700
- Go to [www.achpersa.com.au](http://www.achpersa.com.au) and click on the 'Member Benefits' tab



# KEYNOTE

# DR ZALI YAGER

## BIO

Dr Zali Yager is an internationally-recognised expert in the body image space and the Co-Executive Director of The Embrace Collective, alongside 2023 Australian of the Year, Taryn Brumfitt – a not-for-profit organisation that she co-founded after 18 years in research and academia.

Zali has a Health and Physical Education background, 20 years' experience in teacher education, and is an Adjunct Associate Professor in the Institute for Health and Sport at Victoria University. She has reviewed or been involved in the development of almost every evidence-based body image school program around the world and is known for figuring out 'what works' to create a safer body image environment for young people.

## **KEYNOTE: Building the Foundations of Better Body Image in Primary Schools**

We used to think that body image was only an issue in secondary school, but it's become a primary school problem too. Young people are so much more aware of the pressures around them at a younger and younger age, and over the past two years there has been a doubling of eating disorder presentations, particularly among 5-12 year olds.

So, how do we teach about bodies, food, movement, and health in ways that support our students to accept and appreciate their own and others' appearance? What developmentally appropriate ways can we support our primary school students in building a positive relationship with food and their bodies in ways that will protect them from the pressures around them?

In this keynote, Dr Zali Yager will provide clear guidance on approaches to HPE that can help all kids in all bodies to feel good about themselves, and provide details of new and exciting programs to bring fresh content to your classroom.

# SESSION ONE

## 1.1 HELPING YOUR STUDENTS EMBRACE THEIR BODIES

### **Dr Zali Yager, The Embrace Collective**

The Embrace Kids Classroom program is a free series of lessons and resources that can be integrated into the HPE or wellbeing program at your school, to give Year 5 and 6 students the body image boost they need. This curriculum-aligned, modular program brings the best of the Embrace Kids Film to the classroom, with short, engaging videos featuring famous friends like Chloe Hayden, Amelia Mosely, and Celeste Barber, alongside 18 incredible young people. Film excerpts are accompanied by evidence-based activities, and everything is done for you. In this workshop we will deep dive into the Embrace Kids Classroom Program to give you everything you need to bring this positive program to your school. *EY, PY, C, W.*

## 1.2 USING GAME PERFORMANCE ASSESSMENT INSTRUMENTS IN PE

### **Scott Hughes, St Francis Xavier's School & Flinders University**

Game play should be measured authentically, that is, within the context of actual game-playing situations. In this workshop, delegates will explore the use of various Game Performance Assessment Instruments (Mitchell, Oslin, & Griffin, 1999) to observe and code performance behaviours to assess students in game play, provide information about a player's thinking process, and uncover a valuable source of information for planning the next lesson. *Practical, EY, PY, SC.*

## 1.3 TEACHING ATHLETICS USING GAMES-BASED ACTIVITIES

### **Heath Wingard and an accredited Athletics Coach, Athletics SA**

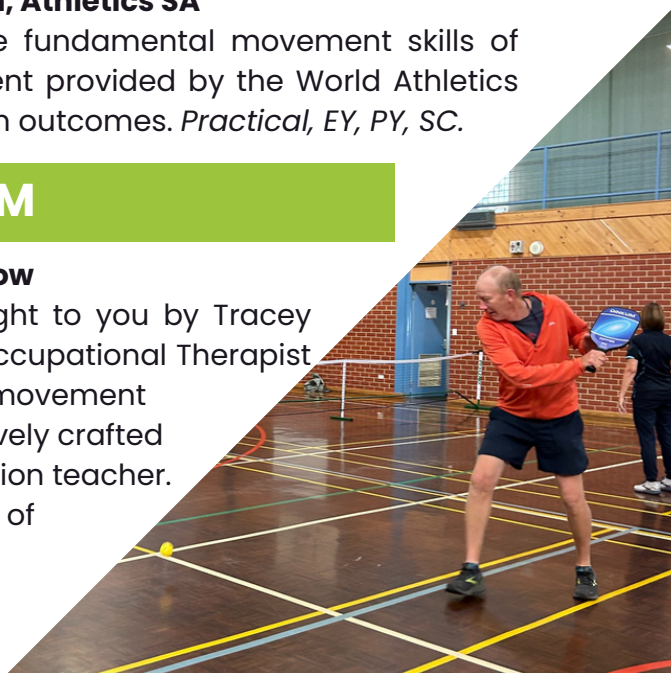
Using fun games-based activities to develop the fundamental movement skills of athletics (Running, Jumping and Throwing). Content provided by the World Athletics coaches and teachers manual to deliver curriculum outcomes. *Practical, EY, PY, SC.*

## 1.4 MOVE LEARN GROW PROGRAM

### **Tracey Cramond and Kelly Kroeger, Move Learn Grow**

Introducing the "Move Learn Grow Program," brought to you by Tracey Cramond of Mercedes College and Kelly Kroeger, Occupational Therapist from Learn Sense Grow. Our meticulously designed movement program, backed by evidence, has been collaboratively crafted by an Occupational Therapist and a Physical Education teacher. It is tailored to cater to the developmental requisites of children, addressing their foundational skills.

*Practical, EY, PY, C, Commercial.*





# SESSION TWO

## 2.1 EMPOWERING ALL STUDENTS TO THRIVE

**Jo Ritson, ACHPER Victoria**

In the ever-evolving landscape of education, fostering self-directed learning skills has become paramount to equipping students with the tools necessary for lifelong success. This inclusive practical session dives deep into the art of adapting and modifying, all learning activities that will both enable and extend all students to feel empowered as co-creators of their learning. Leave with a refreshed sense of confidence to know how to differentiate learning to support all student learning outcomes. *Practical, EY, PY, SC, C.*

## 2.2 SQUASH STARS PRIMARY SCHOOLS PROGRAM

**Rick Baldock, ACHPER SA**

Launched in 2023, Squash Stars in Schools introduces school children in years 3 -6 to the movement skills and tactical concepts of squash in a fun and inclusive setting. Squash Stars in Schools is aligned to the Australian Curriculum: HPE. Come along and participate in this practical session to learn how you can offer this program within your own school gym – a must for Schools and teachers wanting to teach more activities in the net and wall game category. *Practical, PY, SC, C.*

## 2.3 YOU ARE NOT JUST A JUNIOR PRIMARY/PRIMARY PE TEACHER!

**Tristan Lorensini, St Columba College**

Come for a round table discussion around the extra roles that can be attached to being a Physical Education teacher in a primary school setting. Share ideas and hear from PE teachers who have taken on roles such as sports coordinator, after school/weekend sport coordinator and coach. Discuss procedures around sports day, administration tasks involved in a school sports excursions, selecting and preparing school teams, after school/weekend sports teams, water safety and swim weeks. Bring along any ideas and tips you may have to help teachers new to these roles, and share works to make school sports enjoyable for students and teachers! *EY, PY.*

## 2.4 USING SEQTA FOR PLANNING, ASSESSMENT AND COMMUNICATION – FOR CATHOLIC SECTOR TEACHERS

**Rosie Petrilli, Blackfriars Priory School**

The workshop will be led by Rosie who has been implementing SEQTA as a planning, assessment, reporting and communication tool for many years as a primary classroom teacher and as part of her current school leadership position. This workshop will focus on planning and assessment using SEQTA, specifically:

- Daily planning for learning – replacing the written daily planner format;
- Assessment and reporting on SEQTA using rubrics;
- Using SEQTA as a communication tool.

*Please note this session is only for teachers in the Catholic sector. EY, PY, C.*



# SESSION THREE

## 3.1 THE 3 P'S TO PURPOSEFUL PE PLANNING: PLAN, PREPARE, PERFORM

**Jo Ritson, ACHPER Victoria**

Engaging all students effectively in PE requires tuning in meticulously to your schools unique context with a well structured scope and sequence. This interactive learning session explores 'what' and 'how' to plan units of work, through to effective lesson essentials that facilitate students physical, cognitive, affective and social growth, emphasizing the age-old wisdom: "If we fail to prepare, we prepare to fail." *EY, PY, C.*

## 3.2 DESIGNING PLAY PRACTICES

**Wendy Piltz, University of South Australia**

This session will focus on the value of 'weighted number go for goal games' for fostering student engagement and developing key aspects of skilled play. It will support teachers to extend their depth in pedagogical content knowledge applicable across various sports and explore specific Play Practice design to enable players to read the play and apply game sense tactics. *Practical, EY, PY, SC.*

## 3.3 HOT SHOTS TENNIS FOR RECEPTION – YEAR 4

**Mark Bowman, St Francis School Lockleys**

Tennis can be a challenging sport to teach at the Early Years to Year 4 level. Tennis players requires strong hand eye coordination and good catching and throwing skills before they can successfully progress to even the early stages of tennis competition. This session will take participants through a series of individual, paired and small group activities culminating in small court singles competitions that can be applied in any school setting. Participants will use the same modified racquets and balls that are recommended in the Tennis Australia Hot Shots program. *Practical, EY, PY, SC.*

## 3.4 NIP IT IN THE BUD: PROVIDING EARLY SUPPORT FOR EMERGING MENTAL HEALTH CONCERNS

**Aislinn Whittenbury, Be You – headspace Schools & Communities**

We know that best possible mental health outcomes are achieved through earliest possible intervention. Educators are well placed to notice the early signs of mental ill health, but what comes next? This session will provide you with a practical framework for responding to early concerns about student mental health and wellbeing using free tools and resources from Be You. *EY, PY, W, C.*

## 3.5 HOW TO TEACH THE SKILLS & FUN PE GAMES OF AFL

**Dave Reynolds, SANFL**

Join the SANFL Coaching Department to learn how to teach each of the skills of AFL and then explore fun AFL activities perfect for your PE program. Walk away with more confidence in delivering an AFL program at your school, no matter your current knowledge of the sport. *Practical, EY, PY, C, SC.*



# SESSION FOUR

## 4.1 PRACTICALITY IN PE

**Matt Whitford, Heathfield High School**

Short on Time? Low on Equipment? Limited Space? Practicality in PE will show you a range of quick, easy to set up activities that you can do absolutely anywhere and with little to no equipment needed! *Practical, EY, PY, SC.*

## 4.2 CRICKET INDOOR 4'S – HIGH ENGAGEMENT AND HIGH ENERGY

**Michael Cormack, SACA**

Indoor 4's is a modified version of indoor cricket which schools can easily implement and play during a PE lesson. Every student can contribute to a team's score as a player and/or as an official. Students learn how to umpire and score their own matches all inside the school gym in teams of 4. *Practical, PY, C, SC.*

## 4.3 PICKLEBALL: WHY IS IT GROWING SO FAST?

**Andrew Reilly, Pickleball SA**

In this practical session you will: – Find out why pickleball is the fastest growing sport in the USA for the last 3 years. Learn the basic skills and playing format with guided coaching, so you can walk away able to play. Gain knowledge about why pickleball is easier for young players than other racquet sports and how to implement it in your school. *Practical, PY, C, SC.*

## 4.4 FUNDAMENTAL FITNESS THROUGH DANCE

**Rebecca Williams, Essential Dance**

Learn how to engage your students in dance and create simple movement sequences through fundamental movement skills. Discover a range of innovative strategies for teaching the elements of dance that you can take back to the classroom and implement with your students. A practical workshop that explores movement and music to stimulate students creativity, imagination and wellbeing getting active through dance. Suitable for students from R-7. No dance experience required – just a willingness to learn. *Practical, EY, PY, C, Commercial.*

# CONFERENCE NETWORKING

Session 4  
2.30pm -  
3.30pm

**3.30pm – 4.30pm**

Join us in the Upstairs Function Room after session 4 for a chance to have a drink, nibble and network with your colleagues.





# TESTIMONIALS

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## IN CASE YOU STILL NEED CONVINCING, A FEW TESTIMONIALS FROM THE 100% SATISFIED 2022 DELEGATES:

- A most motivating conference, great to learn by doing and learning from outstanding presenters
- Excellent chance to inspire my teaching, share ideas and network with others
- What a valuable program- varied topics that I can take back to use straight away and improve my work- thanks ACHPER
- [Click here to watch a testimonial from Kylie Newbold, Parkside Primary School](#)

# GET IN TOUCH

## CONTACT US:



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