



# SECONDARY HPE CONFERENCE

2023 PROGRAM

Term 4, Week 8  
Mon 4th & Tues 5th  
December 2023

REGISTER  
NOW





# INVITATION

You are invited to attend the ACHPER SA Secondary HPE Conference to be held at The Lights Community and Sports Centre in Lightsview on Monday 4th & Tuesday 5th December 2023.

The conference will be professionally engaging, 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.



## ACHPER SA PARTNERS

Thank you to our long-term partners who continue to support ACHPER SA and allow us to keep registration fees low. Please engage with the below organisations at the Conference and support them where you can.





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.

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- 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

# PROGRAM OVERVIEW

DAY 1	Monday 4th December
8.45am - 9.00am	<b>Sign In / Registrations</b>
9.00am - 10.10am	<p><b>Keynote - Shane Pill (Page 6)</b> Physical Education Teachers are Designers of Movement Learning Opportunities</p>
10.15am - 11.45am	<p><b>Session 1 (Page 7)</b> 1.1 Play with Purpose: Differentiated Pedagogy for an Array of Challenge Points in a PE Class - Shane Pill 1.2 Stage 2 Physical Education: Assessment Type Three - Shane Hill 1.3 An Introduction to Stage 1 &amp; 2 Health and Wellbeing - Carlee Mitchell 1.4 Teaching &amp; Learning the Key Concepts of Invasion Games - Rick Baldock</p>
11.45am - 12.10pm	<b>Morning Tea &amp; Trade Exhibitions</b>
12.10pm - 1.40pm	<p><b>Session 2 (Page 8)</b> 2.1 An Exploration of the 'Challenge and Adventure Activities' Focus Area Through the Use of Peer and Small Group Initiative Tasks - Christian Grocke 2.2 How to Update Your HPE Curriculum and Manage Changes Within Your Department - Adriana Pinder 2.3 Developing 21st Century Capabilities Through HPE - Ryan Byrne 2.4 SHINE SA's Secondary Curriculum for Relationships and Sexual Health - Naomi Small</p>
1.40pm - 2.10pm	<b>Lunch &amp; Trade Exhibitions</b>
2.10pm - 3.40pm	<p><b>Session 3 (Page 9)</b> 3.1 Teaching Key Concepts and Strategies Practically in Senior PE - Kate De Marco and Adam Proud 3.2 Teaching &amp; Learning the Key Concepts of Net &amp; Wall Games - Rick Baldock 3.3 How to Incorporate Gridiron (American Football) Into Your School's PE Program - James Brown 3.4 Porn, Parties and Protective Factors: A Critique of Current Consent Education - Tessa Opie</p>
3.40pm - 4.40pm	<b>Happy Hour / Conference Networking</b>

# PROGRAM OVERVIEW

DAY 2	Tuesday 5th December
8.45am - 9.00am	Sign In / Registrations
9.00am - 10.10am	<p><b>Keynote - Zali Yager (Page 10)</b> Building the Foundations of Better Body Image in Secondary Schools</p>
10.10am - 11.40am	<p><b>Session 4 (Page 11)</b> 4.1 Developing a Quality Middle Years HPE Program - Katie Liebelt 4.2 Success in the Stage 2 Health &amp; Wellbeing Inquiry - Graeme Hudson 4.3 Unpacking Data Collection Opportunities for SACE PE, with a Focus on AT2 Self-Improvement Portfolio - Erin McIntee 4.4 Teaching Australian Rules Football Skills in Secondary: Back to Basics - Adriana Pinder</p>
11.40am - 12.05pm	Morning Tea & Trade Exhibitions
12.05pm - 1.35pm	<p><b>Session 5 (Page 12)</b> 5.1 Helping Your Students Embrace Their Bodies - Hannah Mellier 5.2 Lessons Learnt From a First Year of Teaching Stage 2 SACE Physical Education, and Alterations for the Future - Manning McInerney 5.3 Implementing a Constraints-Led Approach in Secondary PE - Adriana Pinder 5.4 Concussion Care: Bringing Best Practice to Education - James McLoughlin and Greg Rosenbauer</p>
1.35pm - 2.05pm	Lunch & Trade Exhibitions
2.05pm - 3.35pm	<p><b>Session 6 (Page 13)</b> 6.1 "I have failed over and over again .. that is why I succeed." Pursuing, Embracing and Normalising Errors through Slow-Motion Video Analysis to Identify, Evaluate and Develop Biomechanical Knowledge of Performance for Skill Learning in Volleyball for a Selfie Generation. Beginner to Elite - Alex Whitehead 6.2 Flag Football: A Gateway to Critical and Creative Thinking - Rachael Wilkins and Jacob Dickson 6.3 Combining Cricket with SEPEP - Andrew Edwards 6.4 MyGolf for Secondary Schools - Christian Puccini &amp; Sarah Douglass</p>

**Program Key:**

MY = Middle Years      S1 = Stage 1  
SY = Senior Years      S2 = Stage 2  
W = Wellbeing / Health

# DETAILED PROGRAM

## DAY 1 - MONDAY, 4TH DEC

**8.45AM - 9.00AM: REGISTRATIONS**

**9.00AM - 10.10AM: WELCOME & KEYNOTE**  
**SHANE PILL, FLINDERS UNIVERSITY**

Shane Pill (PhD) is an Associate Professor in Physical Education and Sport at Flinders University, Kaurua Yerta: Adelaide, South Australia. Shane is one of Australia's leading thinkers and innovators in games and sport teaching, and sport coaching. He teaches and researches in physical education and sport pedagogy, curriculum, sport coaching, sport development, and educational leadership. Shane has over 200 scholarly and academic publications. He is internationally sought after as a speaker, consultant and collaborator. Shane is a Life Member and Fellow of ACHPER and past President of ACHPER SA and ACHPER Australia. He has been an active sport coach across several sports since 1988, currently coaching at Goodwood Saints FC, and formerly taught physical education and science in schools for 18 years until 2005.



### **PHYSICAL EDUCATION TEACHERS ARE DESIGNERS OF MOVEMENT LEARNING OPPORTUNITIES**

The core work of physical education teachers has always been developing movement ability. Movement ability underpins the confidence to choose to be physically active. However, it is generally considered that young Australians are less movement competent than previous generations, and it is well known they are less physically active. Within this context, in this talk Shane will consider contemporary curriculum and pedagogy implications for an evidence-informed perspective on the professional judgement and decision-making of physical educators designing learning contexts for education in movement.

# SESSION ONE

## 1.1 PLAY WITH PURPOSE: DIFFERENTIATED PEDAGOGY FOR AN ARRAY OF CHALLENGE POINTS IN A PE CLASS

### **Shane Pill, Flinders University**

In this workshop, we will explore differentiation for challenge point diversity in a PE class using deliberate play, using badminton as an example. The ideas presented in the workshop can be applied to all game categories. Come prepared to be active.

*Practical, MY*

## 1.2 STAGE 2 PHYSICAL EDUCATION: ASSESSMENT TYPE THREE

### **Shane Hill, Wilderness School**

In this interactive session, we will take a deep dive into 'AT3', providing a comprehensive exploration of our learning design and pedagogical strategies. Attendees will gain practical insights into the scaffolding and resources essential for facilitating student success. By examining explicit examples, we will identify what successful evidence looks like in meeting the performance standards. S2

## 1.3 AN INTRODUCTION TO STAGE 1 & 2 HEALTH AND WELLBEING

### **Carlee Mitchell, St John's Grammar School**

New to teaching the Stage 1 or 2 Health and Wellbeing courses and not sure where to start your planning? Looking for task design ideas for AT1 or AT2? This session will include strategies for planning your course, but will also be a great chance for collaboration between current Stage 1 and 2 teachers. Participants are encouraged to bring along their ideas, tasks and resources to share. A similar session to the popular 2022 Secondary Conference session. S1, S2, W

## 1.4 TEACHING & LEARNING THE KEY CONCEPTS OF INVASION GAMES

### **Rick Baldock, ACHPER SA**

Invasion games are one of 4 game categories identified in the literature since the late 1970's (Bunker & Thorpe). This practical session will introduce you to the underpinning technical and tactical concepts of invasion games. This will be done using a Games Based Approach where the games, activities and session structure have been purposefully designed (Pill) to engage learners in these fundamental concepts. A feature of this session will be the sharing of potential lesson and unit structures for implementation of a Game Based approach. *Practical, MY*

## 2.1 AN EXPLORATION OF THE 'CHALLENGE AND ADVENTURE ACTIVITIES' FOCUS AREA THROUGH THE USE OF PEER AND SMALL GROUP INITIATIVE TASKS

**Christian Grocke, Flinders University**

The challenge and adventure focus area of the Australian Curriculum: Health and Physical Education has the potential to encompass a broad range of learning experiences. Group initiative tasks present a wonderful opportunity to act as a vehicle for learning within this focus area. This practical workshop is designed as an example of the deliberate planning and delivery of some peer and small group initiative tasks to construct learning experiences that focus on student exploration of team work, communication and problem solving. *Practical, MY, W*

## 2.2 HOW TO UPDATE YOUR HPE CURRICULUM AND MANAGE CHANGES WITHIN YOUR DEPARTMENT

**Adriana Pinder, ACHPER Victoria**

Curriculum updates to suit the ever-changing needs of our students is critical to ensure they develop the skillset and attitudes to live a healthy and active life. Making these changes can be challenging for a number of reasons, and often one of the hardest challenges is how to implement the change successfully in experienced and diverse departments. This workshop will work through a process to guide curriculum change in your school, as well as provide strategies to help manage the challenges of working with staff in your department. *MY*

## 2.3 SHIFTING PRIORITIES: TEACHING 21ST CENTURY SKILLS THROUGH HPE

**Ryan Byrne, Encounter Lutheran College**

This session is tailored for educators and leaders who share our passion for using HPE as a means to equip students with essential 21st-century skills. Join us in exploring the challenges and successes encountered in our School's ongoing journey where we seized an opportunity to reframe our existing units of work, prioritizing the cultivation of these crucial skills. With a goal to enhance student capabilities, the session will share our journey rooted in theory, passion, and necessity, with the hope of inspiring you and your team. The session will share examples, such as fostering collaboration through game-making, developing leadership skills via volleyball, and encouraging creative thinking through dance. The session will encourage sharing to gain insights from other schools, as well as offer guided questions you can take back to your faculty, to assist your transformation into the 21st century. *MY*

## 2.4 SECONDARY CURRICULUM FOR RELATIONSHIPS AND SEXUAL HEALTH

**Naomi Small, SHINE SA**

What makes an effective Relationships and Sexual Health program? Want to get your hands on tips and tricks including content, teaching methods, practical demonstration of classroom activities and a range of resources? SHINE SA supports secondary schools with professional development, curriculum, resources, advice and advocacy to deliver a comprehensive and up-to-date relationships and sexual health education program. Our relationships and sexual health curriculum is mapped to Australian Curriculum: Health and Physical Education and the Department for Education's Keeping Safe: Child Protection Curriculum. *MY, W*



# SESSION THREE

Session 3  
2.10pm -  
3.40pm

## 3.1 TEACHING KEY CONCEPTS AND STRATEGIES PRACTICALLY IN SENIOR PE

**Kate De Marco and Adam Proud, Unley High School**

This session focuses on how we can teach a variety of key concepts and strategies in senior PE through a practical lens. The session will explore how through playing a range of physical activities, students' engagement and critical thinking will increase and they will develop a deeper understanding and ability to apply their learning in context. Teachers will be provided with relevant and fun activities and tools that can be used with their classes. *Practical, S1, S2*

## 3.2 TEACHING & LEARNING THE KEY CONCEPTS OF NET & WALL GAMES

**Rick Baldock, ACHPER SA**

Net and wall games are one of 4 game categories identified in the literature since the later 1970's (Bunker & Thorpe). This practical session will introduce you to the technical and tactical concepts of net and wall games that are fundamental to students playing these games competently. This will be done using a Games Based Approach where the games have been purposefully designed (Pill) to engage learners in these significant concepts. *Practical, MY*

## 3.3 HOW TO INCORPORATE GRIDIRON (AMERICAN FOOTBALL) INTO YOUR SCHOOL'S PE PROGRAM

**James Brown, St John's Grammar School**

It can be difficult to adopt Gridiron into our PE programs due to its 'stop-start' and physical nature. However, we have recently developed a modified and inclusive version of Gridiron based on the rules of Touch Football (Touch Rugby League), making it far more accessible in an Australian PE context. This 'Touch' version of Gridiron has become a big hit at our school, as it can be played by mixed classes, and resembles the faster pace of other Australian Invasion Games. This session will walk you through our modified rules via game play and offensive / defensive scenarios. *Practical, MY, S1*

## 3.4 PORN, PARTIES AND PROTECTIVE FACTORS: A CRITIQUE OF CURRENT CONSENT EDUCATION

**Tessa Opie, in your skin**

With the delivery of consent education now mandated in all Australian high schools, we must ask ourselves how well informed we are to do this? Current approaches emphasise the affirmative model of consent, advocating for a verbal and enthusiastic "yes" to indicate one's agreement to engage in sexual activity. However, considering Australian youth sexual consent culture, we argue that this approach is not transferrable to our young people and how they navigate sexual activity in their social and psychosexual contexts. This presentation will discuss the many factors impacting youth sexual consent culture and will explore some considerations for a better, more nuanced approach to this area of teaching. *MY, W*

# DETAILED PROGRAM

## DAY 2 - TUESDAY, 5TH DEC

**8.45AM - 9.00AM: SIGN IN**

**9.00AM - 10.10AM: WELCOME & KEYNOTE**  
**ZALI YAGER, THE EMBRACE COLLECTIVE**

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. 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.



### **BUILDING THE FOUNDATIONS OF BETTER BODY IMAGE IN SECONDARY SCHOOLS**

The way that young people feel about their bodies impacts their experience of, and participation in PE, sport, and physical activity, and we have the opportunity to protect and promote more positive body image in health and PE classes.

In this keynote, Dr Zali Yager will provide details of new and exciting programs to bring fresh content to your classroom, considerations in HPE classes to keep kids feeling good, and moving their bodies for longer.

The latest version of the Australian Curriculum: HPE Version 9 brings some key updates in the way we talk and teach about food and nutrition, and weight and health. This talk will bring you up to speed and provide practical strategies to create programming and environments that can make a big difference to young people's health and wellbeing.

**PAGE 10**

[Register online](#)

# SESSION FOUR

Session 4  
10.10am -  
11.40am

## 4.1 DEVELOPING A QUALITY MIDDLE YEARS HPE PROGRAM

**Katie Liebelt, Clare High School**

We are now nearly two years into Year 7's beginning High School in Department for Education schools in South Australia. Clare High School has been transitioning Year 7 students into their Year 7-12 site for over 20 years. During this time, they have extensively developed and refined their HPE program to engage and immerse their students in a Quality HPE program. As one of the Curriculum writers for the new Department for Education (DfE) 7-10 Health and Movement units, Katie will share how Clare High School has implemented, adopted and adapted the new Department for Education (DfE) units into their 7-10 HPE program. During this session, Katie will share the school's current program from Year 7-10 HPE Curriculum and provide time for you to discuss and begin to plan changes to your school's curriculum to suit your school context in 2024. *MY, W*

## 4.2 SUCCESS IN THE STAGE 2 HEALTH & WELLBEING INQUIRY

**Graeme Hudson, Marden Senior College**

What does success look like in the Stage 2 Health & Wellbeing Inquiry? This session will provide advice regarding hitting the performance standards in AT3. The presenter will share planning ideas, topic ideas, student examples and hints for writing. Delegates are encouraged to bring their own resources to share also. *S2, W*

## 4.3 UNPACKING DATA COLLECTION OPPORTUNITIES FOR SACE PE, WITH A FOCUS ON AT2 SELF-IMPROVEMENT PORTFOLIO

**Erin McIntee, Blackwood High School**

This session is ideal for HPE teachers and leaders working across Middle and Senior Years to ensure assessments provide a sequential progression of learning and skills required in SACE and Australian Curriculum. AT2 task and key data collection methods will be explored in practical and theoretical contexts. This session will include practical activity. *Practical, S1, S2*

## 4.4 TEACHING AUSTRALIAN RULES FOOTBALL SKILLS IN SECONDARY: BACK TO BASICS

**Adriana Pinder, ACHPER Victoria**

Teaching Australian Rules Football skills can pose quite the challenge to secondary students, many of which are still working on consolidating basic Fundamental Movement Skills. Understanding the key skills, teaching points for success and how to balance skill and strategic development will help your students succeed in this aspect of your program. This practical session is designed for teachers with a beginner level of Australian Rules Football knowledge, or those keen to refresh on the basics, working through practical activities to understand how to easily teach the top five skills to your students. *Practical, MY*

## 5.1 HELPING YOUR STUDENTS EMBRACE THEIR BODIES

**Hannah Mellier, 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 7 and 8 students the body image boost they need. Each lesson of this curriculum-aligned, modular program begins with a short clips from the Embrace Kids Film, featuring famous friends like Chloe Hayden, Amelia Mosely, and Celeste Barber, alongside 18 incredible young people. Film excerpts are accompanied by evidence-based activities to encourage young people to develop their identity, question gender stereotypes, be less self critical, and focus on what their bodies can do rather than what they look like. 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. *MY, W*

## 5.2 LESSONS LEARNT FROM A FIRST YEAR OF TEACHING STAGE 2 SACE PHYSICAL EDUCATION, AND ALTERATIONS FOR THE FUTURE

**Manning McInerney, Scotch College**

With a theory dense SACE Stage 2 Physical Education, a challenge is to engage students to apply the required theory into the practicals relevant to the assessment. Focusing on the ATI Diagnostics task, using Badminton to analyse and evaluate the difference in Physiological Demands of an elite performer and a Year 12 Performer. This practical workshop is based around the lessons learnt from a first year of teaching Stage 2 SACE Physical Education, and ideas for the future. *Practical, S2*

## 5.3 IMPLEMENTING A CONSTRAINTS-LED APPROACH IN SECONDARY PE

**Adriana Pinder, ACHPER Victoria**

Thriving PE students have the ability to work with changing game conditions and alter their skills and strategies to achieve success. Manipulating constraints is key to setting challenges for your students to solve, building the foundational skills to becoming thinking players. This practical workshop will trial some sample strategies and tools to use when implementing a Constraints-led approach. *Practical, MY*

## 5.4 CONCUSSION CARE: BRINGING BEST PRACTICE TO EDUCATION

**A/Prof James McLoughlin and Mr Greg Rosenbauer, Your Brain Health**

Improving concussion care has enormous importance when considering the known negative associations of concussion with student's long term mental health, academic performance and the pragmatic challenges that arise with individual return to learn and return to play protocols. Your Brain Health (YBH) is an organisation that is supporting an inclusive "end-to-end concussion management" model. The YBH model provides education on concussion at three levels for 1) parents, teachers, coaches, trainers 2) assessable student modules and 3) health professionals. YBH also provides a best practice baseline screening service for schools and sporting teams at both the elite and community level, combining clinical expertise and state of the art technology, including virtual reality eye-tracking with NeuroFlex®.

## 6.1 PURSUING, EMBRACING AND NORMALISING ERRORS THROUGH SLOW-MOTION VIDEO ANALYSIS TO IDENTIFY, EVALUATE AND DEVELOP BIOMECHANICAL KNOWLEDGE OF PERFORMANCE FOR SKILL LEARNING IN VOLLEYBALL FOR A SELFIE GENERATION.

**Alex Whitehead, Tyndale Christian School**

A session to support beginner to elite middle and senior years students improve their volleyball skill by capturing, embracing the blooper reel and understanding the role of biomechanics in optimum performance. Using new release ICT to capture and critically reflect on your own volleyball skill learning progression. Very powerful in decentralising feedback and learning away from the teacher and helping the learner to actively engage in their own learning. Especially when integrated with provided template PowerPoint. Holistically, develops transferrable capabilities, knowledge and understanding of theory, integrated into practical sessions to promote skill learning. Have used this pedagogy in our Sports Science Human Performance Course (Stage 1 and 2), Middle School, Senior PE and VolleyNorth Volleyball programs every day of the week. Will provide resource material including a student ready editable PPT template which you can take away and apply into your current courses.

*Practical, MY, S1, S2*

## 6.2 FLAG FOOTBALL: A GATEWAY TO CRITICAL AND CREATIVE THINKING

**Rachael Wilkins and Jacob Dickson, Westminster School**

This session uses Flag Football as the vehicle to explore how we can create opportunities for our students to develop critical thinking and social capabilities. Overview of the sport and unit of work will be undertaken, followed by practical application of small-sided games, set plays, collaborative tasks, and a match. Although this unit is targeted at a Year 10 level, it can be applied across middle school to suit the focus of your assessment outcomes. Bring your runners and get ready to touchdown! *Practical, MY*

## 6.3 COMBINING CRICKET WITH SEPEP

**Andrew Edwards, South Australian Cricket Association**

This session will explore a combination of SEPEP principles with our Indoor 4's format. We will also highlight other resources to engaging students in HPE through non-active educational videos. *Practical, MY*

## 6.4 MYGOLF FOR SECONDARY SCHOOLS

**Christian Puccini and Sarah Douglass, Golf Australia**

This session will provide attendees with the confidence to deliver MyGolf games and activities and contemporary coaching methodology;

- How to plan and conduct safe and inclusive MyGolf activities
- How to educate participants on the 4 components of a golf swing - grip, aim, stance and swing and key golf skills - full swing, pitching, chipping and putting
- Modifying activities for all skill levels and abilities

*Practical, MY*

# TRADE EXHIBITORS



AUSTRALIAN  
OLYMPIC  
COMMITTEE



# VALD



**100% OF  
DELEGATES FOUND  
THE 2022  
SECONDARY HPE  
CONFERENCE  
VALUABLE\***

\*From the 2022 post-event  
delegate survey

## CONTACT ACHPER SA

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