



2024 ACHPER SA HPE Conference Program

15th & 16th April | Brighton Secondary School

Registrations open: www.achpersa.com.au

ACHPER SA Partners





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- **Discounts** and preferred access to our **Professional Learning events** (accreditation certificates provided) – save up to \$100 per event!
- Monthly **ACHPERTiser** and other communications to keep you up to date with HPE
- Access to our **member only resource pages** 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.
- **Networking**, community building and leadership opportunities
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- Share your voice with our **advocacy** and representation
- 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.

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INVITATION

ACHPER SA is excited to invite you along to an enriching two days of HPE at the **South Australian Health & Physical Education Conference**, held in Brighton, SA on the **15th & 16th of April 2024**. The State HPE Conference is set to attract up to 200 delegates who will access quality networking and learning opportunities from an offering of over 40 sessions. ACHPER SA exists to advocate, educate, engage and resource and this event is one of the largest professional learning opportunities of its kind in South Australia.

For those working in education and community settings, the Conference will be a professionally stimulating, enjoyable and motivational experience. The program provides a range of sessions that are of importance to not only Health Educators, Physical Educators and Sport Educators, but also students studying education, wellbeing leaders, classroom teachers, recreation, sport and health professionals and sport coaches. ACHPER SA's experienced and creative presenters will provide innovative and practical sessions that will enthuse you in your work with children and young people. As a not-for-profit education association, this flagship event is crucial to our ongoing work and we would love to see you there. We also encourage you to consider the many benefits of joining us as an ACHPER member. We look forward to seeing you at Brighton Secondary School on Monday 15th and Tuesday 16th of April for this high quality professional learning event.





achper

SOUTH AUSTRALIA

State HPE Conference

15 & 16 April 2024



ACHPER SA Partners

This Conference has been supported by our valued partners:

- AusCycling
- Credit Union SA
- Footsteps Dance Company
- IDM Sports
- SACPSSA
- Tennis Australia
- TriSkills

Trade Exhibitors

- AFL Max
- Golf Australia (Tues)
- Movewise Australia
- Premier's *be active* Challenge (Mon)
- SASMA
- Wilderness Escape

Supporters

- Mt Lofty Springwater
- Nippy's

Acknowledgement & Thanks

ACHPER SA appreciates the support of a number of key ACHPER members who have assisted with the development of this Conference program.

ACHPER SA thanks and wishes to acknowledge the 43 presenters who have generously supported this Conference and assist the promotion of active and healthy living in South Australia. We thank these contributors for sharing their practice and helping to ensure an engaging and innovative program.

Time	Information
8.50 am - 10.00 am	Conference Opening and Keynote Speakers (Page 9) Janice Atkin, ACHPER NSW: Formative Assessment Practices That Help You Regain Your Weekends Spotlight Session - South Australian Sports Medicine Association: Evidence Based Concussion Management - Putting Knowledge Into Practice
10.00 am - 10.30 am	Morning Tea & Trade Exhibitions
10.30 am - 12.00 noon	Session 1 (Pages 10 & 11) 1.1 Developing Quality Units of Work for Striking and Fielding Games - Wendy Piltz 1.2 Stage 2 Physical Education: Learning Design - Shane Hill, Danny Gloria & a member of the SACE Board's Health & Humanities team 1.3 Exploring a New HPE Curriculum for South Australian Students and Communities - Mark Woolfall & Natalie Jonas 1.4 'United in Schools' Program - Adrian Stenta 1.5 Embracing Diversity: Promoting Inclusion Within Mainstream Physical Education Settings - Rosette Zerella 1.6 Using the 'CHANGE IT' Approach in Team Games - James McCarthy 1.7 Introduce Orienteering to your PE Program - Dianne Bergen
12.00 noon - 12.45 pm	Lunch & Trade Exhibitions
12.45 pm - 2.15 pm	Session 2 (Pages 11 & 12) 2.1 Respectful Relationships and Consent Education - Janice Atkin 2.2 Professional Discussions about HPE: R-6 - Rick Baldock & Kylie Newbold 2.3 Implementing a Constraints-Led Approach in Primary PE - Adriana Pinder 2.4 Developing a Quality Middle Years HPE Program - Katie Liebelt 2.5 American Football in Australian PE (Recapture the Recent Super Bowl Hype in Your Classes) - James Brown 2.6 The Coach: Delivering Authentic and Engaging Sports Experiences Through Project-Based Learning - Megan Mercer & Luke Gray 2.7 Quick and Easy Tag Games - Anthony Worden
2.15 pm - 2.45 pm	Afternoon Tea & Trade Exhibitions
2.45 pm - 4.15 pm	Session 3 (Pages 13) 3.1 Using Observation for Assessment in Movement Lessons - Janice Atkin 3.2 Implementing a Constraints-Led Approach in Secondary PE - Adriana Pinder 3.3 Harnessing the Power of AI in Physical Education - Rachael Wilkins 3.4 Evidence Informed Teaching of Fundamental Movement Skills - Rick Baldock 3.5 Gettin' Diggy Wit It - Volleyball (Simplified) - Fletcher Clarke 3.6 Integrity in Sport – Promoting Integrity Habits Within Your Lesson - Nathan Williamson 3.7 Maximising Participation and Engagement with Spikeball! - James Docking
4.15 pm - 5.30 pm	Conference Networking & Celebration (free)

PROGRAM OUTLINE - TUESDAY 16TH APRIL

Time	Information
7.45 am - 8.45 am	Free pre-conference bike ride - led by AusCycling (Page 14)
9.00 am - 10.00 am	Conference Welcome and Keynote Speaker (Page 14) Shane Pill, Flinders University: Linking Health Education and Physical Education Through Sport Plus Special Guest, Alex Porter, Olympian - Track Cycling: Q&A and special insights into Alex's elite sport involvement in Track Cycling.
10.00 am - 10.30 am	Morning Tea & Trade Exhibitions
10.30 am - 12.00 noon	Session 4 (Page 15 & 16) 4.1 Helping Young People Navigate Challenges Whilst Promoting Positive Mental Health; A Focus on Resilience, Achievement and Wellbeing in the Year 9/10 Curriculum - Carlee Mitchell 4.2 Bringing a Quality PE Program to Life in the Primary School Setting - Kylie Newbold 4.3 Integrated Learning: Sports Studies/Health/Club and Community - Joh Walding 4.4 Engaging Learners in Invasion Games: Exploring an Innovative Approach to Planning in Primary School PE - Adriana Pinder & Rick Baldock 4.5 AusBike - National Bike Education Program (Digital & Practical) - Kristina Khoo 4.6 Innovative Teaching Methods: Exploring Thematic Approaches Within Net & Wall Games - Andy Hair 4.7 Engaging Games for Young People - Jack Rolfe
12.00 pm - 12.45 pm	Lunch & Trade Exhibitions
12.45 pm - 2.15 pm	Session 5 (Page 16 & 17) 5.1 Success Criteria in HPE - Nick Warren 5.2 The 3 P's to Purposeful PE Planning: Plan, Prepare, Perform - Adriana Pinder 5.3 PLAY WITH PURPOSE for Volleyball Game Development - Shane Pill 5.4 Professional Discussions About HPE: 7-10 - Rick Baldock & Mark Woolfall 5.5 Unpacking a Quality Middle Years PE program (Handball) - Glen Urbani 5.6 Using FUN Games and Activities to Teach the 4 Core Soccer Skills - Adrian Gatto 5.7 Sideline Help, Supporting a Safer Sport and Active Community + Sports Trainer Pathways at Schools, Segway to Health, Sport & Recreation - Alex Hendricks
2.15 pm - 2.30 pm	Afternoon Tea - Trade Exhibition Draw
2.30 pm - 4.00 pm	Session 6 (Page 17 & 18) 6.1 Empowering Learning: Unleashing Game Sense Through Student Voices - Andy Hair 6.2 Mindful Movement Yoga - Sara Immonen 6.3 The Vision Challenge: Experience Firsthand How Sports Can Be Modified for the Vision Impaired (or Other Disabilities) - Kent Dredge 6.4 Teaching the Fundamental Skills of AFL - Dave Reynolds 6.5 Pickleball South Australia - Paul Lewis & Talia Saunders 6.6 MyGolf Schools - Jo Aboltins 6.7 Gaelic Games - Introducing Gaelic Football to Your School Physical Education Program - Matt Doecke

Category Information

The conference elective sessions program (sessions 1 to 6) are listed on the following pages of this conference program. A summary of these are indicated by sessions numbers, below in categories to assist identification of relevant sessions. Book your session preferences early to avoid disappointment as there are limited spots available in each session.

Key:

EY = Early Years (R-2)

PY = Primary Years (3-6)

MY = Middle Years (7-10)

SY = Senior Years (11-12)

CT = Classroom Teacher

SC = Sports Coach

HW = Health & Wellbeing



= Active Session

Early Years (EY)

1.3, 1.6

2.1, 2.2, 2.3, 2.7

3.4, 3.7

4.2, 4.4, 4.5, 4.7

5.1, 5.2, 5.6

6.2, 6.3, 6.4, 6.6

Primary Years (PY)

1.1, 1.3, 1.4, 1.5, 1.6, 1.7

2.1, 2.2, 2.3, 2.5, 2.6, 2.7

3.1, 3.4, 3.5, 3.7

4.2, 4.4, 4.5, 4.7

5.1, 5.2, 5.3, 5.6, 5.7

6.1, 6.2, 6.3, 6.4, 6.6, 6.7

Middle Years (MY)

1.1, 1.3, 1.5, 1.7

2.1, 2.4, 2.5, 2.6, 2.7

3.1, 3.2, 3.3, 3.5, 3.6, 3.7

4.1, 4.3, 4.6, 4.7

5.2, 5.3, 5.4, 5.5, 5.7

6.2, 6.3, 6.4, 6.5, 6.6, 6.7

Senior Years (SY)

1.2, 1.5

2.5, 2.6

3.2, 3.3, 3.6, 3.7

4.3, 4.7

5.7

6.2, 6.3, 6.4, 6.5, 6.7

Classroom Teacher (CT)

1.1, 1.3, 1.6

2.1, 2.6, 2.7

3.1, 3.4

4.2, 4.5

5.3, 5.6

6.2, 6.4, 6.5, 6.6, 6.7

Sport Coach (SC)

1.1

2.6, 2.7

3.6, 3.7

4.7

5.3, 5.7

6.2, 6.3, 6.4, 6.5, 6.6, 6.7

Health & Wellbeing (HW)

1.3

2.1, 2.4

3.6

4.1, 4.5

5.4

6.2, 6.3

Keynote Speakers

**Monday:
Janice Atkin**



Janice Atkin has worked as a HPE teacher, Head Teacher and curriculum consultant for 30 years. She has extensive experience with curriculum development in NSW, Australia and internationally, and recently managed the review of the Australian Curriculum: Health and Physical Education. Janice has worked as a freelance consultant with a range of Government and not-for-profit organisations. She has led the development of numerous teaching resources and provided curriculum support and professional development to departments, schools and teachers across Australia. In 2020, she took on the role of Professional Learning Officer with ACHPER NSW. In her free time, she is pretending to be a farmer. Janice was awarded the highly distinguished National ACHPER Honour of Fellow in 2010, and is a true advocate and supporter of ACHPER.

**Tuesday:
Shane Pill**



Shane Pill (PhD) is a Professor in Education at Flinders University, Karna Yerta: Adelaide. 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 PE and Science in schools for 18 years until 2005.



DETAILED PROGRAM - DAY 1 | MONDAY 15TH APRIL 2024

Registrations and Trade Exhibitions: 8.20 am - 8.50 am

Conference Opening & Keynote Presentations: 8.50 am - 10.00 am

Each ACHPER SA State HPE Conference keynote presentation recognises an ACHPER SA Life Member, and this Keynote Session recognises the contributions of Howard Mutton. Howard was acknowledged as a Life Member in 1981 and championed the cause of increasing participation of young people in Physical Education and Sport.

Welcome to Janice presenting the Howard Mutton Keynote.



Keynote - Janice Atkin, ACHPER NSW

Formative Assessment Practices That Help You Regain Your Weekends

Assessment of movement skills and concepts is a vital part of the teaching process in PE, far more than a report grade. Do you find assessment of PE and movement challenging? Embed authentic formative assessment in your movement units. Explore how to use observational recording tools to assess students as you teach. Focus on creating efficiency and authenticity and collating your evidence of learning all in one place. This keynote session will offer you a range of ideas and strategies to support and streamline your assessment practices to boost your confidence and reduce time.

Spotlight Session - SA Sports Medicine Association (SASMA)

Evidence Based Concussion Management - Putting Knowledge Into Practice

Concussion and its management is one of the most discussed topics in the field of sports medicine within schools, community and elite sport. This brief spotlight session will offer insights into the most up to date knowledge and tips for managing students and athletes with concussion, from the moment of the incident until their return to training and play. Presented by SA Sports Medicine Association, this snapshot gives educators the opportunity to gain invaluable insights into the latest research, appropriate management strategies that can be adopted to reduce the impact concussion can have on students and athletes under their care.

Session 1: 10.30 am - 12.00 noon

1.1 Developing Quality Units of Work for Striking and Fielding Games (PY, MY, SC, CT)

Wendy Piltz, University of South Australia

This session will provide a framework for unit planning based on Play Practice principles to engage and promote success orientated learning applicable for striking and fielding games. Participants will experience a variety of sector games shaped as key learning experience and explore the progressive planning process to develop all aspects of skilled play. This session will highlight how the planning process can be transferred and aligned with the scope of the Australian Curriculum. *Practical*

1.2 Stage 2 Physical Education: Learning Design (SY)

Shane Hill, Wilderness School, Danny Gloria, Gleeson College and a member of the SACE Board's Health & Humanities team

In this interactive session, we will take a deep dive into Stage 2 PE, 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. A member of the SACE Board's Health & Humanities team will be present for any SACE-related questions in what will be a must for all Stage 2 PE teachers.

1.3 Exploring a New HPE Curriculum for South Australian Students and Communities (EY, PY, MY, CT, HW)

Mark Woolfall and Natalie Jonas, Department for Education

This session is an opportunity for educators from R-10 to contribute to the development of a contemporary South Australian HPE curriculum that meets the needs of students and their communities. During this session you will contribute to conversations that will explore what HPE could look like for today's schools and communities.

- What do we want to keep? What do we want to change?
- What do we want to place more emphasis on?
- What are our biggest challenges & how do we address them?
- What understandings, capabilities and dispositions do HPE students need to become fulfilled individuals, active, compassionate citizens and effective lifelong learners?

Bring along your current curriculum plans and be prepared to share your ideas.

1.4 'United in Schools' Program (PY)

Adrian Stenta, Adelaide United FC

'United in Schools' is a 5 week / 10 lesson program that uniquely integrates Health Education and Physical Education through lessons designed for the pitch and in the classroom that support each other. The program provides student learning toward attainment of the Australian Curriculum for the HPE Version 9 expectations of Student Achievement Standard by the end of Year 6. *Practical*

1.5 Embracing Diversity: Promoting Inclusion Within Mainstream Physical Education Settings (PY, MY, SY)

Rosette Zerella, SA School and Service For Vision Impaired (SASSVI)

Fostering a lifelong commitment to physical activity requires special attention to those who may face challenges such as disliking PE, possessing a low skill set, or having a disability. Tailoring our approach to accommodate diverse needs and preferences becomes crucial in lessening the risk of these individuals disengaging from physical activity post-school. When skill level is low or inaccessible in a PE lesson, it becomes challenging to facilitate a positive and engaging experience. Low skill levels may lead to frustration among participants, hindering their ability to fully participate and enjoy the physical activities, ultimately impeding the overall success of the PE lesson. Inaccessibility to access certain skills or activities excludes individuals, limiting their involvement and diminishing the inclusivity of the lesson. The objective of this session is to offer insights on effectively engaging individuals with lower skill sets, demonstrating strategies to involve them meaningfully within a mainstream activity. *Practical*

Session 1 continued on next page...

1.6 Using the 'CHANGE IT' Approach in Team Games (EY, PY, CT)

James McCarthy, Stella Maris Parish School

This session will use the CHANGE IT approach of every activity with the sessions overall goal to introduce teachers to 'new games' that I have created and adapted which can be utilised across a number of different sports and year levels. These games can be used as fitness breaks or within a unit of sport. The session will look at the 3 categories of Strike/Field, Invasion and Target. This session will also use prompts, freeze play and key questions throughout leading to attacking/defending, communication and spatial awareness. Within my lessons, my main outcome is to promote ALL students to be engaged and working within a team environment. *Practical*

1.7 Introduce Orienteering to your PE Program (PY, MY)

Dianne Bergen, Orienteering SA

Want to get your students active AND challenged to think?

Build resilience and problem solving?

Orienteering is a life skill that has kids active and learning map reading. *Practical*



Lunch and Trade Exhibitions: 12.00 noon - 12.45 pm

Session 2: 12.45 pm - 2.15 pm

2.1 Respectful Relationships and Consent Education (EY, PY, MY, CT, HW)

Janice Atkin, ACHPER NSW

Building respectful relationships and teaching consent education are essential components of creating a safe and inclusive school community. Discover valuable tools and techniques to effectively teach students about respect, consent, and fostering positive relationships.

2.2 Professional Discussions about HPE: R-6 (EY, PY)

Rick Baldock, ACHPER SA and Kylie Newbold, Parkside Primary School

This session is for R-6 educators of HPE and will provide time for you to raise issues, listen to others, discuss and share your thoughts about issues that are important to you when teaching HPE in the junior and primary school. We are especially interested in the challenges you face and how you or others have solved or at least resolved these issues. Come prepared to share your dilemmas, challenges and thorny issues.

2.3 Implementing a Constraints-Led Approach in Primary PE (EY, PY)

Adriana Pinder, ACHPER Victoria

Are you looking for a way to change your planning and approach to delivering Primary PE? A Constraints-led approach seeks to guide rather than direct, supporting students to take ownership of their learning and support them in becoming problem solving players. It also explores how individuals respond to changes in their environment, leading to more adaptable players. This practical workshop will trial some strategies and tools to use when implementing a Constraints-led approach in Primary PE. *Practical*

Session 2 continued on next page...

2.4 Developing a Quality Middle Years HPE Program (MY, HW)

Katie Liebelt, Clare High School

We are now 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.

2.5 American Football in Australian PE (Recapture the Recent Super Bowl Hype in Your Classes) (PY, MY, SY)

James Brown, St John's Grammar School

Have your students suddenly become more interested in American Football following the hype surrounding Super Bowl 58? If so, come along to this practical session to uncover several fun ways of incorporating American Football into your school's PE program/lessons. Throughout the session, you will get to practice playing, teaching and officiating 'PE friendly' variations of American Football, including Flag Football, and our own creation, "**Touch Gridiron**", which we have developed based on the rules of Touch Football (Touch Rugby League). This 'Touch' version 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. After exploring these variations through game play and offensive/defensive scenarios, we will also introduce you to the modified equipment we use, and how we build SEPEP units around American Football. *Practical*

2.6 The Coach: Delivering Authentic and Engaging Sports Experiences Through Project-Based Learning (PY, MY, SY, SC, CT)

Megan Mercer and Luke Gray, SEDA College SA

Step into the shoes of a SEDA College student to experience our new and exciting project, 'The Coach'. Join us to see how we are redefining sports education with immersive, hands-on learning experiences. In this session, assume the role of an elite sports coach and discover the key elements of quality project-based learning (PBL) projects. From formulating driving questions to engaging project launches and meaningful industry engagement, we'll unveil a framework to enhance your students' sporting experiences. Whether you're a middle or senior educator aiming for authentic curriculum offerings, or a leader in your school's sports program, this session promises valuable insights to tap into your students' strengths and passions. *Practical*

2.7 Quick and Easy Tag Games (EY, PY, MY, SC, CT)

Anthony Worden, Plympton Primary School

Tag games - we all know them and play them, but do we know how to change, adapt and modify them? How do we turn them into games with an educative purpose? Come along and learn some old games with a twist and some new ones as well. Designed for beginning teachers and participants who want to explore some new ideas. We will investigate simple games for early years through to the ridiculous year 6/7 games. Come dressed and prepared to run! Due to popularity, this session is a repeat from previous sessions with some new ideas. *Practical*

Afternoon Tea and Trade Exhibitions: 2.15 pm - 2.45 pm



Session 3: 2.45 pm - 4.15 pm

3.1 Using Observation for Assessment in Movement Lessons (PY, MY, CT)

Janice Atkin, ACHPER NSW

Explore how to use observation and feedback techniques to enhance student learning in PE lessons. Strengthen your understanding of what to look for in students' performances and how to effectively use students in peer feedback loops.

3.2 Implementing a Constraints-Led Approach in Secondary PE (MY, SY)

Adriana Pinder, ACHPER Victoria

Thriving PE students have the ability to interpret changing game conditions and alter their skills and strategies to achieve success. Manipulating constraints and exploring how these changes impact the individual 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 in Secondary PE. *Practical*

3.3 Harnessing the Power of AI in Physical Education (MY, SY)

Rachael Wilkins, Westminster School

"The conversation around ChatGPT being adopted and misused by students is currently a hot topic among the education community, but with ever-increasing workloads, could the emerging prevalence of artificial intelligence (AI) technology present an opportunity for health and physical education (HPE) teachers?" Come along and explore how AI can be incorporated into your classroom to improve student outcomes and streamline administrative work.

3.4 Evidence Informed Teaching of Fundamental Movement Skills (EY, PY, CT)

Rick Baldock, ACHPER SA

This practical session will enable you to engage with the big ideas that drive successful teaching and learning of FMS in the primary school. In this session, you will use and adapt an array of resources that will support and enhance your teaching of FMS. *Practical*

3.5 Gettin' Diggy Wit It - Volleyball (Simplified) (PY, MY)

Fletcher Clarke, University of South Australia

To ensure inclusive engagement and enjoyment of the game for a diversity of participants, it is important to 'simplify' the game and 'shape the play' to ensure all players experience success. Thoughtful application of differentiated learning can foster enjoyable game play within the lesson. This session will explore contextual simplified and shaped games so participants can experience success and enjoyment and build confidence and competence. This session is aimed at 'novice' volleyball players where an understanding of rules, tactics, technique, communication, and reading the play will be developed. *Practical*

3.6 Integrity in Sport – Promoting Integrity Habits Within Your Lesson (MY, SY, SC, HW)

Nathan Williamson, Sport Integrity Australia

Sport Integrity Australia (SIA) want to ensure that when the future athletes, coaches and support staff take on a role within sport, they have an understanding of how important integrity is to protect them and their sport. Create further engagement with your students by using SIA's tools and resources within your lessons to highlight what you are already teaching to elite and sportspeople. This session will explore simple strategies you can implement within your current lessons to promote the habits elite and sub-elite sportspeople need to adhere to within sport.

3.7 Maximising Participation and Engagement with Spikeball! (EY, PY, MY, SY, SC)

James Docking, Spikeball Australia

We don't just need innovative equipment or new sports to get everyone moving. We need well designed programs that build competence and confidence amongst all our students - not just the sporty ones! Join in and see how we are engaging students of all ages to get active together in a fun and safe environment. Bonus - we'll also give you a first try of a new sport designed by a Danish PE teacher which we love! *Practical. Commercial.*

PROGRAM - DAY 2 | TUESDAY 16TH APRIL 2024

FREE Physical Activity Opportunity: Bike Ride 7.45 am - 8.45 am

Join [Alex Porter \(Bronze Medallist Olympian - Track Cycling\)](#), AusCycling group leaders, and other conference delegates for a morning bike ride.

Join us and register for this amazing free opportunity. You can bring your own bike and helmet, or we can supply one for you, but join us and we will head off for a ride along the esplanade to kickstart your day. Fruit juice and fruit will be provided on your return to the conference ready to start day 2! To register, simply email us or add the 'Join the free bike ride' extra when you register online.

Registrations and Trade Exhibitions: 8.20 am - 9.00 am

Conference Opening & Keynote Presentation: 9.00 am - 10.00 am

Each ACHPER SA State HPE Conference keynote presentation recognises an ACHPER SA Life Member, and this Keynote Session recognises the contributions of Rick Baldock. Rick was acknowledged as a Life Member in 2006 and plays a crucial leadership role in maintaining the role of Physical Education and associated areas within the HPE Curriculum .

Welcome to Shane presenting the Rick Baldock Keynote.

Keynote - Shane Pill, Flinders University



Linking Health Education and Physical Education Through Sport

"Have you seen the headlines?" Globally, children's mental health was in decline prior to the Covid-19 pandemic and coming out of it, research is showing that mental health issues are more common among young people. Girls and young women are often reported as having higher levels of poor mental health (particularly anxiety and depressive symptoms) than boys and young men, but boys and young men are also less likely to talk about it. This increases the risk of their anxiety or depression going unrecognised and untreated. Teachers often report a lack of confidence in teaching sensitive health education topics like mental health, and as a result, teachers report they are looking for quality health education programs and resources to teach health education. Meanwhile, a strong and positive interconnection between physical activity and student wellbeing outcomes, and in particular team sport experiences when designed in particular ways, play an important role in promoting mental health and psychological wellbeing.

Spotlight Session - Elite Sport Q&A with Alex Porter, Olympian - Track Cycling

We are delighted to share a spotlight session on insights to elite sport. The Q&A style presentation will offer insights into Alex Porter, an elite track cyclist experiences, including a Bronze medal in the Men's Team Pursuit at the Tokyo 2020 Olympics, training and the world of elite sport. We are delighted to welcome Alex to the Conference. Special thanks to AusCycling.

Morning Tea and Trade Exhibitions: 10.00 am - 10.30 am



Session 4: 10.30 am - 12.00 noon

4.1 Helping Young People Navigate Challenges Whilst Promoting Positive Mental Health; A Focus on Resilience, Achievement and Wellbeing in the Year 9/10 Curriculum (MY, HW)

Carlee Mitchell, St John's Grammar School

Mental Health challenges and School challenges continue to be the two most prevalent personal challenges reported by young people (Mission Australia, 2023), aged 15 – 19 years. Therefore, our HPE curriculum must explicitly teach the knowledge, skills and understanding to better manage the pressure, stress and challenges young people face, but also equip them with the mental toughness and resilience to set audacious goals and chase them. This session will explore the 4Cs Model of Mental Toughness (Clough et al, 2002).

4.2 Bringing a Quality PE Program to Life in the Primary School Setting (EY, PY, CT)

Kylie Newbold, Parkside Primary School

If you are new to teaching HPE or want to ensure the students you work with have access to a quality program, then this is the workshop for you. Come and learn with and from educators who continue to challenge their teaching practice and want to fine tune their craft. Making PE a valued learning area in every school starts with the quality of the program every student is entitled to experience!

4.3 Integrated Learning: Sports Studies/Health/Club and Community (MY, SY)

Joh Walding, Port Lincoln High School

This session is designed to implement and build on the benefits of teaching practical units in Senior School PE through integrated learning (Sports Studies/Health/Club and Community). The facilitator is a passionate Integrated Learning Moderator, who will look at how to capitalise on course offerings in order to ensure optimal results for all students from the most disengaged to those focused on high ATAR scores. Aligned with this is the opportunity to explore the building of a Year 10 course to support Stages 1 and 2 Sports Studies/Health/Club and Community whilst honoring the Year 9/10 Australian Curriculum band.

4.4 Engaging Learners in Invasion Games: Exploring an Innovative Approach to Planning in Primary School PE (EY, PY)

Adriana Pinder, ACHPER Victoria and Rick Baldock, ACHPER SA

Looking for a fresh approach to improve student motivation and participation in PE? This practical session will explore how you can better engage learners to attain key elements of the Australian Curriculum Achievement Standards by developing greater tactical, technical and affective skills through Invasion Games. The session will focus on your use of 'end games', skill learning activities, tactical learning as well as personal and social development. When trialling this approach in schools teachers have noted greater student engagement and increased motivation to participate, especially from often reluctant learners. *Practical*

4.5 AusBike - National Bike Education Program (Digital & Practical) (EY, PY, HW, CT)

Kristina Khoo, AusCycling

AusBike is Australia's national bike education program, designed to give kids aged 5 to 12 years the essential skills to experience the freedom, fun and adventure of life on two wheels! AusBike Digital is a digital resource which can be used within the classroom and support students learning to ride. It's curriculum aligned, ACHPER Victoria endorsed and students 8-12 years old will learn through the 4 online modules: bike basics, bike safety, bike skills and social awareness. Whether your students are avid cyclists, just beginning their learning journey, have a bike at home, school or none at all, AusBike has something to offer every primary school in Australia! *Practical*

Session 4 continued on next page...





4.6 Innovative Teaching Methods: Exploring Thematic Approaches Within Net & Wall Games (MY)

Andy Hair, ACHPER Victoria

In this session, we're reimagining the way net and wall sports are taught. Participants will explore thematic approaches that inject excitement and creativity into the learning process. Imagine turning a volleyball match into a beach battle or a racquet sport into a journey through different eras. Through hands-on activities and discussions, attendees will discover how themed narratives can enhance engagement, teamwork, and critical thinking. Join us to unleash your imagination and take your teaching to new heights! *Practical*

4.7 Engaging Games for Young People (EY, PY, MY, SY, SC)

Jack Rolfe, The Coaching Lab

The most asked question ever? "Can we play a game?" Leave this session with creative and engaging games for mixed ability groups, ways to check and challenge pupil learning using a games based approach. Love to play games and want new ideas with world class insights from experiences at Arsenal FC, West Ham FC, GB Hockey and Fremantle Dockers. This workshop is for you. *Practical. Commercial*



Lunch and Trade Exhibitions: 12.00 noon - 12.45 pm



Session 5: 12.45 pm - 2.15 pm

5.1 Success Criteria in HPE (EY, PY)

Nick Warren, Grange Primary School

Students need to know what you would like them to achieve in order to accurately reflect and see if they have achieved what they set out to. Sharing and negotiating the learning based on the child's starting point is crucial. This session is a practical session that gives examples of how we can use the success criteria to drive each and every lesson. *Practical*

5.2 The 3 P's to Purposeful PE Planning: Plan, Prepare, Perform (EY, PY, MY)

Adriana Pinder, ACHPER Victoria

This interactive learning session explores 'what' and 'how' to plan units of work, through to effective lesson essentials to facilitate students' physical, cognitive, affective and social growth, emphasizing the age-old wisdom: "If we fail to prepare, we prepare to fail." Work from start to finish of scope and sequence planning to design an engaging program tailored to your school's unique context and ensure curriculum outcomes are met.

5.3 PLAY WITH PURPOSE for Volleyball Game Development (PY, MY, SC, CT)

Shane Pill, Flinders University

This dynamic and play-based interactive workshop will show a game-based approach to teaching volleyball as deliberate and explicit teaching aligned with developing the student achievement standard expectations in the movement and participation strand from Years 5 to 10. Come prepared to be active. *Practical*

Session 5 continued on next page...



5.4 Professional Discussions About HPE: 7-10 (MY, HW)

Rick Baldock, ACHPER SA and Mark Woolfall, Department for Education

This session is for years 7-10 educators of HPE and will provide time for you to raise issues, listen to others, discuss and share your thoughts about issues that are important to you when teaching HPE in the middle school. We are especially interested in the challenges you face and how you or others have solved or at least resolved these issues. Come prepared to share your dilemmas, challenges and thorny issues.

5.5 Unpacking a Quality Middle Years PE Program - Focus on Handball (MY)

Glen Urbani, Rostrevor College

In this session the issue of what constitutes engaging, challenging and relevant practical activities in Contemporary Physical Education for Middle Years students will be covered. This will be based around the thoughts and ideas over 44 years of teaching and the experience and thoughts based on past and future directions in Physical Education. It will be a practical session where ideas and thinking will be actioned on and discussed. A focus will be placed on Handball. *Practical*

5.6 Using FUN Games and Activities to Teach the 4 Core Soccer Skills (EY, PY, CT)

Adrian Gatto, St Francis of Assisi School / Simply Sports

Using fun games and activities to teach and develop the 4 core soccer skills (Running with the ball, 1 v 1, Striking the ball and First Touch) from the 'Discovery Phase' of the FFA National Curriculum. *Practical*

5.7 Sideline Help, Supporting a Safer Sport and Active Community + Sports Trainer Pathways at Schools, Segway to Health, Sport & Recreation (PY, MY, SY, SC)

Alex Hendricks, SA Sports Medicine Association (SASMA)

In this practical session, SA Sports Medicine Association will offer an outline of some of the many valuable community programs that are provided. SASMA believes it is pivotal for school students to have a basic understanding of sports injury management and prevention, so that they can begin to understand and help manage their own safe involvement in sport and recreation. Key topics offered in this session will include Injury Prevention, Sideline Assessments of Injuries, Injury Management, Managing Medical Conditions, Wound Management, basic taping and other courses available.

Afternoon Tea: 2.15 pm - 2.30 pm

Session 6: 2.30 pm - 4.00 pm

6.1 Empowering Learning: Unleashing Game Sense Through Student Voices (PY)

Andy Hair, ACHPER Victoria

Join Andy for an exhilarating journey into the heart of physical education! In this session, we're flipping the script on traditional PE sessions. Say goodbye to monotony and hello to dynamic engagement as we empower students to become active participants in their own learning. Through collaborative activities and interactive discussions, we'll explore the power of game sense and how student voices can revolutionize the way we approach physical education. Get ready to unleash your potential, ignite your passion, and discover the joy of movement like never before. Don't miss out on this transformative experience – your body and mind will thank you! *Practical*

6.2 Mindful Movement Yoga (EY, PY, MY, SY, SC, CT, HW)

Sara Immonen, Movewise Australia

Want to finish your day feeling relaxed and ready for the weekend? Join the Movewise Australia team as they take you through one of their Mindful Movement Yoga sessions - usually run for your students, but as demonstrated in this session, can be adapted to suit students (and teachers) of all ages and abilities. This session will combine yoga inspired movements with mindfulness, to develop your body's strength, flexibility and balance; as well as enhance your ability to relax and be mindful. Enjoy the physical and mental benefits of this program. This session also includes a short meditation and a chance for peer discussion. *Practical. Commercial*

Session 6 continued on next page...



6.3 The Vision Challenge: Experience Firsthand How Sports Can Be Modified for the Vision Impaired (or Other Disabilities) (EY, PY, MY, SY, SC, HW)

Kent Dredge, Blind Sports SA

This workshop will enable the participants to gain a better understanding of the challenges experienced by the vision impaired when playing blind cricket, goalball or participating in athletic activities. This active session will encourage participants to wear simulation glasses or blindfolds throughout the session. The aim will be to walk away with some new ideas of how to adapt different sports for the vision impaired and have a contact point for any future enquiries. This session will also touch on other disabilities. *Practical*



6.4 Teaching the Fundamental Skills of AFL (EY, PY, MY, SY, SC, CT)

Dave Reynolds, SANFL

This will be a practical session exploring how we teach each of the key AFL fundamental skills and show activities to train each of them. The skills will include kicking, groundball, contested marking and tackling. *Practical*



6.5 Pickleball South Australia (MY, SY, SC, CT)

Paul Lewis and Talia Saunders, Pickleball South Australia

It is always great to see kids enjoying a sport they love. Pickleball may be new to your kids, but it is a fast-growing, highly addictive sport they'll be sure to enjoy. Pickleball combines elements of tennis, badminton and table tennis. The game is played both indoors and outdoors on a badminton-sized court with a slightly modified tennis net, paddle and a plastic ball. Come and see Talia Saunders (Australia's No. 3 women's player) demonstrate Pickleball. *Practical*



6.6 MyGolf Schools (EY, PY, MY, SC, CT)

Jo Aboltins, Golf Australia

The MyGolf schools' program aims to introduce golf to school children through simple, FUN and engaging program offerings that teachers can easily deliver as part of their core curriculum requirements, even if they don't have any experience playing or teaching golf. The program aims to make golf inclusive and accessible to all students, regardless of their prior experience or access to traditional golf facilities. By offering engaging and adaptable programs, teachers can effectively introduce their students to the joys of golf within the confines of their school environment. *Practical*



6.7 Gaelic Games - Introducing Gaelic Football to Your School Physical Education Program (PY, MY, SY, SC, CT)

Matt Doecke, Gaelic Football & Hurling Association of South Australia

Gaelic Football is an Irish field sport combining the very best of football, soccer, volleyball, basketball, netball and rugby, therefore the skills of Gaelic football are well known to students. Hands and feet are both used with game rules favouring ball sharing and result in high scoring. Play is fast and dynamic. Hand/eye/foot coordination, cooperative play skills and aerobic fitness are easily developed.

Gaelic football will allow them to transfer pre existing skills and to functionally apply them to new game play settings. The skills of Gaelic football can be found in a majority of sports. Whilst the introduction of the game in your school setting will allow it to start at a level playing field, students will be able to take different skills from different sports to excel at different areas within the game. *Practical*



ACHPER SA t-shirts & puffer jackets

Pre-order and collect at Conference - add as an extra on your registration form



REGISTRATION FORM

- [Click here to register online \(preferred\)](#) OR
- Complete the below registration form and email info@achpersa.com.au

PLEASE NOTE: Registrations cannot be processed unless accompanied by the selection of preferred workshops (1st & 2nd preferences). Upon registration an invoice will be sent to your organisation. Payment is required before the day, however it will be accepted on the day - cash or card facilities available.

CANCELLATION POLICY: Cancellations must be received in writing and will incur a \$50 administration fee, unless notification is made before Monday 8th April 2024. However, if a medical certificate is provided after this date, the administration fee will be waived.

1. Personal Details:

Name: _____

School/Organisation _____

Email: _____ Mobile: _____

Special Requirements (e.g. dietary): _____

2. Fees (inc GST, catering, handouts)

	1 Day	2 Days
ACHPER Member (Full)	<input type="checkbox"/> \$205	<input type="checkbox"/> \$375
ACHPER Member (Graduate/Retired)	<input type="checkbox"/> \$180	<input type="checkbox"/> \$320
ACHPER Member (Student)	<input type="checkbox"/> \$60	<input type="checkbox"/> \$120
Non-Member	<input type="checkbox"/> \$280	<input type="checkbox"/> \$490
Non-Member + Join ACHPER	<input type="checkbox"/> \$345	<input type="checkbox"/> \$515
Student (includes membership)	<input type="checkbox"/> \$110	<input type="checkbox"/> \$180

Discount Offers

Discount Offer 1

If you have attended the ACHPER SA State HPE Conference in April for the previous three consecutive years you are eligible to receive a special discount of \$20 per day. Thank you for your continued support.

Discount Offer 2 - Name of the colleague attending: _____

Recommend a colleague to attend the Conference (who has not been to an ACHPER SA Conference) and you will receive a \$50 discount once they register. You must provide us with the name of the colleague attending before they register.

3. ACHPER Membership: Full (\$140), Graduate (\$90), Student (\$50), Retired (\$70)

ACHPER offers substantial discounts on resources and workshops, and many other benefits for teachers of Health and Physical Education. Why not get your school to cover your ACHPER membership? Join now! For further details please call 8363 5700 or [CLICK HERE](#) to download the membership form. You can also quickly and easily register online - [click here](#) to be redirected. Online registrations are eligible for monthly direct debit.

****ACHPER membership is tax deductible****

Note: ACHPER does not have school memberships. Only individual teachers are eligible for membership.

I would like more information on ACHPER memberships

Please add an ACHPER membership onto my registration invoice (Full/Graduate/Student/Retired)

REGISTRATION FORM

4. Session Choices: Please book early to secure your session preferences.

Sessions are subject to change due to the cancellation of speakers or insufficient session numbers. Please write your first and second preference for each session in the space provided.

Monday 15th April

Session 1 - 10.30 am - 12.00 noon	1.1 - 1.7	_____	_____
Session 2 - 12.45 pm - 2.15 pm	2.1 - 2.7	_____	_____
Session 3 - 2.45 pm - 4.15 pm	3.1 - 3.7	_____	_____

Tuesday 16th April

Session 4 - 10.30 am - 12.00 noon	4.1 - 4.7	_____	_____
Session 5 - 12.45 pm - 2.15 pm	5.1 - 5.7	_____	_____
Session 6 - 2.30 pm - 4.00 pm	6.1 - 6.7	_____	_____

5. Extras:

Conference Celebration: Happy Hour & Dinner (Monday)

An informal, networking happy hour will follow the conference onsite on Monday 15th April from 4.15pm - 5.30pm. The cost is included in your registration fee and includes nibbles and beverages.

We will then head to a local venue for dinner from 6pm. To assist with catering numbers, please tick the boxes if you will attend.

- Yes, I will attend the Happy Hour (free)
- Yes, I will attend the Conference Celebration Dinner (own expense at a local venue - more information will be sent to you)

6. Payment Details

 ACHPER SA ABN: 56 064 377 067

- Please invoice me (a tax invoice will be emailed to you shortly)
- Please invoice my school or organisation (a tax invoice will be emailed to you shortly)

EFT transfer: BSB: 805 007, Account: 00 705 630, Reference Number: Please use invoice number & name

- I would like to pay by credit card:

Name on card : _____ Expiry date: _____ / _____

Number: _____ Signature: _____

ACHPER SA has a privacy policy that endorses the National Privacy Principles set out in the Privacy Amendment (Private Sector) Act 2000. A copy of the privacy policy can be found on our website www.achpersa.com.au



Phone: 08 8363 5700

Email: info@achpersa.com.au

Website: www.achpersa.com.au

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To register:

Please visit: www.achpersa.com.au or

Complete the registration form and email: info@achpersa.com.au

Program and Trade Exhibitors current as at 25 March 2024.

Please note the program may change due to unforeseen circumstances.