

Attn: Health & PE Co-ordinator



Presents the:

2006 State Health and Physical Education Conference

Westminster School
April 27th & 28th

'Learning and Wellbeing'

TICK & PASS ON

- Health & PE Coordinator
- School Counsellor
- Sports Coordinator
- *Be active - Let's Go* Committee
- Governing Council

THURSDAY APRIL 27TH

1.15 Dance 'Til you Drop'- A look at dance through the ages (Prim, MY, Sec) COMMERCIAL
Learn basic dance moves from the 40's through to current times that will enable you to construct and choreograph your own routines for student classes or performances. Practical session that will rock, hip hop and disco your socks off!! Practical.
Presenter: Lynette Haines, Independent Dance Teacher

12.30 - 1.30 PM LUNCH (Provided)

Come and try activities provided by Life. Be in it.

1.30 - 3.00 PM SESSION 2

2.1 be active Innovation Sites (JP, Prim, MY, Sec)
Session part of the be active – Let's go stream
This session will include reflections from several schools as to how they are impacting on children and young people's physical activity levels as part of this project. The sites will also provide insights into their ideas for the future using physical activity to enhance student engagement, retention, behaviour management and academic performance.
Presenters: Rick Baldock and Ashley Burnett, DECS

2.2 So Now We Have to do Wellbeing! Developing a DECS Learner Wellbeing Framework for Birth - 12 (Pre, JP, Prim, MY, Sec)

DECS is developing a framework for all sites that draws together and builds on existing practices that support learner wellbeing. This session outlines the project and explores the whole of site practices that contribute to learner wellbeing.
Presenter: Sherylee Dawe, DECS

2.3 Golf in Schools and Links with Clubs (Pre, JP, Prim, MY, Sec)
Great giveaways, lesson plans and loads of fun, safe activities for those who would like to include golf in their curriculum. A practical session to explore teaching techniques and improve your own swing as well. Practical.
Presenter: Linda Hodgson, Victor Harbor Primary School and Phil Tierney, Victor Harbor Golf Club

2.4 Empowering student learning in teaching Physical Education (JP, Prim, MY, Sec)

When Learning becomes more relevant, students' motivation increases, as do their learning abilities. Student centred teaching approaches, therefore, ... promote student engagement in activities, develop higher order thinking, and encourage students to make decisions about their learning in Wild (2005). This session will integrate theoretical and practical teaching experiences to reflect on contemporary teaching practices and their capacity to enhance student learning. Practical.
Presenter: Russell Brown, Flinders University

2.5 Jump Rope for Heart Workshop (Pre, JP, Prim, MY, Sec)
A practical session outlining the benefits to teachers and students of the popular Jump Rope for Heart program. Free resources will be handed to all participants in this session. Practical.
Presenter: Colin Rowston, National Heart Foundation

2.6 Current Concepts in Warm-Up, Flexibility, Strength and Agility Training (Pre, JP, Prim, MY, Sec)

New research supporting dynamic warm-ups presented in a practical and thought provoking session with take home injury prevention, strength and agility techniques. Practical.
Presenter: David Spurrier, Physiotherapist

2.7 Gaelic Football - the game for all (JP, Prim, MY, Sec)
Gaelic Football is a fast moving game with fewer stoppages, more focus on skills and less physical contact. It is a sport for both genders which challenges players to master new skills and plays.

Come and see how! Suitable from age 5 onwards. Practical.
Presenter: Tom Javor, Gaelic Football and Hurling Assoc of SA

2.8 Little Athletics for your school (JP, Prim, MY, Sec)
This session will offer you valuable and easy-to-implement ideas and activities for teaching athletics to your students. It will also look at the Run, Jump, Star program. Practical.
Presenter: Norm Charles, Little Athletics SA

2.9 Give em a score (with a bonus) (Senior Sec)
Student Leadership in Sport: "Give em a Score". This presentation discusses the opportunities for students to become accredited in leadership roles and utilise community-based engagement in sport for their SACE. For students to fully engage, they require provision in the school of a curriculum that enables them to access community and industry based learning environments. Ways of putting the score on the board for students and providing a sustainable flow of coaches and officials for sport is the focus for this presentation.
Presenter: Malcolm Greenslade, Pasadena High School

2.10 The L.I.F.E Component of New Arrivals Outreach Program (NAOP) (Pre, JP, Prim, MY, Sec)
Ways to work with recent immigrants to Australia that we have found to work. The principles behind these approaches are L.I.F.E: Laughter, Inclusion, Friendship & Equality.
Presenter: Dr. Gary Pennington, University of SA

2.11 Process, Planning, & Presentation of a Dance Performance (Upper Primary, Middle Years) COMMERCIAL
Come along for an A to Z guide on the process involved with presenting a successful & positive dance performance. This session will also offer excellent innovative ideas for creative dance pieces. Practical.
Presenter: Sue Howard-Denton, Digital Dynamics Youth Dance Co.

2.12 Tai Chi and Chi Kung for you and your school (Pre, JP, Prim, MY, Sec) COMMERCIAL
An introduction to some safe, easy to learn and teach exercises, which are suitable for indoor or outdoor venues. This session provides relaxation techniques that energise, so come along and experience a relaxing session. These exercises help with class room learning & cross training for other sports.
Visit: www.taichi.com.au for further information. Practical.
Presenters: Allan Kelson and Heather Smith, Tai Chi and Chi Kung Institute

2.13 Video Analysis - Teaching the Millennial Student PE (Prim, MY, Sec) COMMERCIAL
A new generation of students - the Millennials - is redefining the established view of pedagogy. Learn how to inspire these "digital natives" with motion and games analysis software. This session combines computer technology with physical activity and physical education.
Presenter: Glen Murdoch, Webbsoft Solutions

3.00 - 3.20 PM AFTERNOON TEA

3.20 - 4.50 PM SESSION 3

3.1 be active - Let's go Update (JP, Prim, MY, Sec)
Session part of the be active – Let's go stream
This session is for educators interested in hearing about and discussing the renewed funding and accountability requirements for DECS schools, the planned expansion of the Fundamental Movement Skills project, an outline of newly announced programs as part of election promises of the new government and the District Capacity Building project.
Presenters: Rick Baldock and Ashley Burnett, DECS