

Physical Education Week



Connecting Schools and Communities

Celebrating 30 years!

10 - 14
November
2014



Coordinated by the Australian Council for Health,
Physical Education and Recreation, SA Branch



Government of South Australia
Office for Recreation and Sport

Funded by the Government of South Australia
through the Office for Recreation & Sport



Sponsored by Credit Union SA, Footsteps Dance Company, IDM Sports, TriSkills Australia
Supported by Mt Lofty Spring Water and the South Australian Cricket Association

The Australian Council for Health, Physical Education and Recreation, SA Branch Inc.

Does your School have an ACHPER member?

Join the Professional Body that promotes active and healthy living today!

ACHPER (SA) provides the following services:

Professional Learning for Teachers

Term 1

- State Conference: 13-15 April 2015
- Early Career Teachers Seminar (holidays)
- Year 12 PE Teachers Seminars

Term 2 and 3

- Regional Seminars
- Early/Primary Years Seminars
- Leadership Forum
- Primary Conference: September
- Technology in PE/Sport Seminars

Term 4

- Secondary Conference: December
- Ongoing Professional Development Terms 1 - 4
Consultancy Service available*

Free Support Material for Members

- ACHPERTISER (e-newsletter) and email updates
- Dynamic website featuring relevant links and up-to-date information
- National Publications
- Access to networking opportunities

Active Programs for Schools

Term 3

- Corporate Cup
- Year 12 PE Student Enrichment Days

Term 4

- *be active* Physical Education Week (Week 5)

Resources

- Play with Purpose: For Fundamental Movement Skills Teaching
- Active Children - ideas for enhancing Daily Physical Activity
- Pick Up and Run: volume 1, 2, 3 - energiser games and best practice for activity
- Year 12 Support Materials
 - Stage 2 PE trial exams, questions and answers
 - Student Revision Guides
 - Year 12 PE Powerpoints (for teachers) and Student Workbook (follows PowerPoints)
- ACHPER Bookshop
- Discounts for members - up to 50% off



Contents

Welcome to Physical Education Week 2014. This booklet includes a range of valuable ideas, resources and activities to assist your school's Health and PE/Physical Activity program. It also offers specific strategies and opportunities to embrace this years theme of 'Connecting Schools and Communities'.

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Physical Education Week

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Managed by:



The Australian Council for Health, Physical Education and Recreation,
SA Branch Inc.

Sponsors & Supporters



Government of South Australia
Office for Recreation and Sport



Why celebrate Physical Education Week?

ACHPER (SA) - The Australian Council for Health, Physical Education and Recreation, SA Branch Incorporated welcomes you to Physical Education Week 2014 which will be conducted in Week 5 of Term 4 from 10 - 14 November.

This significant event is a great cause for celebration and an opportunity for you to showcase the things your school does well and how much you value this important part of the curriculum. It's the right time for us to stand up and be proud of the work we do and fly the flag for Health & Physical Education (Health & PE). We invite your school to participate in this event, one of the largest weeks in the South Australian school calendar that celebrates the importance of active and healthy living in the lives of South Australian children. We encourage you to join over 50,000 students, from more than 210 schools from all sectors, involving student's families and local communities, to again ensure this week is the most significant Health & PE week of its kind in Australia. We invite you to join with us in 2014 to celebrate our theme '**Connecting Schools and Communities**'.

Physical Education Week provides an opportunity for classroom and Health & PE teachers to promote and incorporate health and wellbeing activities and events into their weekly planning. Physical Education Week is a celebration of health and wellbeing; being active, learning about how to look after ourselves and encouraging schools and their communities to think about ideas and ways of working to incorporate this into their school in a sustainable way.

Physical Education Week offers South Australian students the chance to participate in a variety of activities and learn new skills. **Physical Education Week celebrates 30 years in 2014.** We are most fortunate to capture the commitment and enthusiasm of numerous teachers, other professionals and volunteers, to ensure the Week appeals to and involves many local school communities. In 2014, we encourage Schools to make links into their community and connect with local sporting clubs and facilities.



10 - 14 November 2014

Introducing 2014 Physical Education Week

We are excited to launch the 2014 comprehensive resource booklet that features a range of support information. This booklet is a great resource to utilise for Physical Education Week but also for your schools ongoing programs. We encourage you to examine this comprehensive booklet including:

- The opportunity to register your involvement in the week – page 5
- A range of activities and ideas for school based participation
- Information to support quality physical activity and healthy eating programs in schools
- Top Apps for Teachers - page 26 - 27
- Class Games with Purpose - page 30 - 31
- An opportunity to attend a number of metropolitan based 'come and try' activities – excellent ideas for physical activity based excursions
- Connections with schools and clubs – page 12 - 13
- Please consider nominating your school, an educator or volunteer for a be active Physical Education Week award – page 15

We are most thankful for the ongoing partnership with our sponsors and supporters. We value our key alliances, and without these partnerships ACHPER (SA) could not offer this popular event! We would like to recognise our crucial funding partner, the Government of South Australia through the Office for Recreation & Sport for their ongoing support of this event. Support is also provided by our sponsors Credit Union SA, Footsteps Dance Company, IDM Sports, TriSkills Australia and supporters Mt Lofty Spring Water and the South Australian Cricket Association.

Physical Education Week promotes the importance of Health & PE in the Australian Curriculum, and highlights the importance of Health & PE to the learning and development of children and young people. All students have a right to receive quality physical education teaching and learning programs – Physical Education Week promotes these opportunities.

10 reasons to be involved in Physical Education Week 2014

- 1

Wave the flag for Health & Physical Education - celebrate why this learning area is crucial and highlight the physical, emotional and social benefits associated with this essential area of focus;
- 2

Establish positive attitudes towards participation in regular physical activity and healthy eating practices from an early age;
- 3

Include newsletter inserts to highlight school and community partnerships and localised opportunities for active and healthy living (parents, local facilities, clubs);
- 4

Access the comprehensive resource booklet and gain simple ideas on how to enhance opportunities in your school community;
- 5

Use the week to celebrate and showcase your school's physical education/physical activity programs;
- 6

Develop innovative activities to establish a general skill base at an early age to provide access and create options for involvement in physical activity now and throughout life;
- 7

Encourage children to strive within their own abilities for excellence in performance, while enjoying the benefits of physical activity;

- 8

Your school can promote the benefits and provide a focus to help motivate teachers and parents to improve the delivery of quality regular physical activity to our children;
- 9

Use the week to acknowledge the important contributions of teachers, coaches, volunteers and the school community in delivering quality physical activity and sport programs.
- 10

Highlight healthy eating information to your school community to encourage maximum results of combined focuses on physical activity and healthy eating;

Physical Education Week in 2014 will be a celebration of physical education and physical activity in its 30th year. This innovative and significant week seeks your involvement to help celebrate!

DEFINITION: 'Physical Education is the part of a child's education which uses activity as the primary medium for education. Physical Education is any process which increases a child's ability to participate in a socially responsible way in physical activity in the form of games, dance, gymnastics, aquatics, fitness, adventure activities and other leisure pursuits'. (ACHPER 1993).



Registration Form - Physical Education Week

Register for Physical Education Week!
A certificate template is available on the website to download for your students
Online registration is now open!

Register online by 7 November 2014 to go into the draw to win 1 of 3 x \$100 IDM Sports Vouchers
Visit: www.achpersa.com.au for more information or to register

Contact Person: _____
School: _____
Address: _____ Suburb: _____ Postcode: _____
Phone: _____ Fax: _____
Email: _____

Number of participants to register: (ie. 300 students) _____ for Physical Education Week.
☐ Activities planned for our school during Physical Education Week are: (activities in and out of school)

Does your education site have any formal links / connections with community sporting clubs to assist your school-community links? (please circle) YES or NO
If so, which club(s) and what are the connections? _____

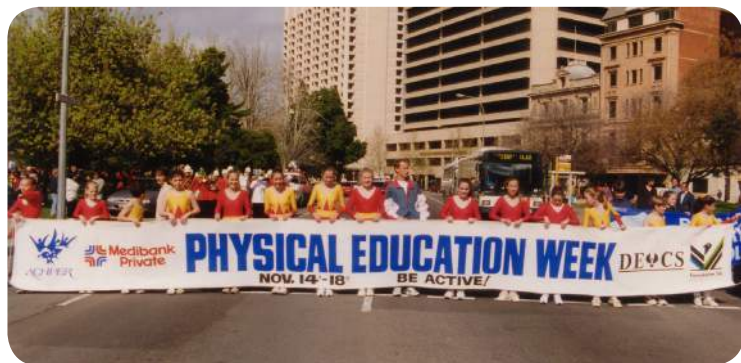
All registered schools will receive support materials. Activities planned are: _____

What are the best things about Physical Education Week? _____

Please list any suggestions for improving Physical Education Week? _____

We invite your school to share any information with the ACHPER (SA) Office on the activities you take part in to info@achpersa.com.au - photos are welcome!
Please return this form or register online preferably by 7 November 2014
ACHPER (SA), 105 King William Street, KENT TOWN SA 5067
Fax: (08) 8362 9800, Email: info@achpersa.com.au
(Late registrations will be accepted until Friday, 21 November 2014)

Celebrating 30 years of PE Week



Activities:

- We estimate that over one million students have been involved in School based activities over the last 29 years. In the last 10 years, the week averages 205 schools, and 50,000 participants each year. The majority of these students are involved in school organised activities.
- For the first 5 years of PE Week schools came and demonstrated their skills in dance, gymnastics and Jump Rope for Heart for the Launch Day of PE Week in Rundle Mall.
- Activities were then held at Adelaide Oval including Junior Primary, Middle Primary and Upper Primary focused days.
- In the late 1980's schools showcased what they were doing in physical education in public demonstrations at Elder Park, Festival Theatre Plaza and local shopping centres.

1999



2001

Be Active, All Ways

- Beach Activities and a Surf Program were introduced in conjunction with Surf SA.

- Steve Moneghetti led a walk from Victoria Square to Elder Park to promote PE Week.
- Active Tri Days for girls at Hazelwood Park were held to encourage girls to be physically active and included a walk / jog, swim / wade and Tai Bo. This was then expanded to include a boys event while still maintaining a girls only event in the afternoon.

- Sporting Carnivals were introduced as activities offered during PE Week and over the years there have been Netball, Leagueball, 9-a-side Football, Volleyball, Basketball, Rugby League and Gymnastics.
- Out and About activities for children with disabilities / special needs was offered at UniSA, Magill and Mawson Lakes campuses.

2004

be active, jump to it!

2008

'Take the Challenge-Get Physical'

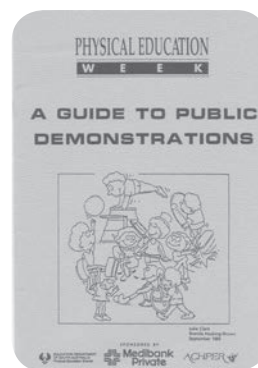
- Activity Days have been held in various venues with different focuses over the past 30 years including Rundle Mall, Adelaide Oval,

Park 25 Ovals, Elder Park, Festival Theatre Plaza, Torrens Parade Ground, Victoria Park, Morphettville Racecourse, UniSA Underdale Campus, Regional areas, SANTOS Stadium and ETSA Park, Hazelwood Park and Salisbury Recreation Precinct.

- State Sporting organisations have been long term supporters of our Come and try Days that annually attract over 1,000 students. These Sports have run up to 4 stations per day- thanks to our Sporting partners.
- Early Childhood activities have also been run for childcares and kindergartens in conjunction with Uni SA Early Childhood students.

Teacher Resources:

- Big Ideas booklet - ideas for teachers printed in 1990, reprinted in 1991 and revised in 1994.
- A Guide to Public Demonstrations booklet - ideas of how to hold a demonstration of an activity that enabled schools to showcase what they were doing in their schools at local shopping centres.
- PE Week booklet - a resource booklet for teachers with ideas and information to promote active and healthy living.



- Themes were introduced in the booklet each year to encourage schools to promote PE within their schools, some of which are included on these pages.

Management:

The ACHPER (SA) Office has professionally managed the event. ACHPER staff have gone above and beyond to ensure the growth and ongoing success of Physical Education Week. The current Executive Director, Matt Schmidt, has now overseen 15 Physical Education Week campaigns.



- Physical Education Week is run with the support of a volunteer committee.
- Chairpersons of the committee include Graham Dodd, John Daly and currently Janet Harper.
- Many Uni SA and TAFE students have also volunteered their services to support PE Week activities.
- Thanks to the many volunteers and staff who have ensured the ongoing celebrations.

2012

Eat well. Play well. Feel well.

Dinner / Awards:

- The 'PE Week Dinner' originally began as drinks at the Richmond Hotel and over the years progressed to a sit down 3 course dinner and drinks.
- Some venues that have hosted PE Week Dinners over the years include the Richmond Hotel, 'The Orphanage', Adelaide Show Grounds, Enterprise House, The Grosvenor, Adelaide Oval, The Sebel Playford, The Stamford Plaza and the Adelaide Pavilion.
- As the years went on sporting personalities were introduced into the dinner program and were interviewed by the dinner MC - more often than not, Roger Wills.
- Many educators, volunteers and schools have received recognition through Physical Education Week awards for their dedication and efforts in local settings. The week celebrates contributions made to our learning area.

Celebrating 30 years of PE Week

- In the last 10 years - a highlight has been a band 'Jazz it up' that has ensured all dinner attendees can be active and dance the night away.

Sponsors:

ACHPER (SA) has appreciated the support of our long term partners. These sponsors and other supporters have allowed ACHPER (SA) to dream and outline a range of opportunities over 30 Physical Education Week campaigns. Special thanks to the Government of South Australia, especially the Office for Recreation and Sport who have been a long term supporter. Other Government agencies including SA Health and the



Department of Education and Children's Services have also supported the week over the years. Mount Lofty Spring Water have been an outstanding supporter for over 20 years, providing refreshing water for thousands of children at our carnivals and come and try days. The South Australian Cricket Association have annually provided access to first class ovals including Adelaide Oval in the 1990's. We also thank other long time supporters. Thanks for letting us be creative and celebrate the importance of active and healthy living.

Thanks to all of those who have been involved over the last 30 years. Let's celebrate and look forward to many more exciting Physical Education Week campaigns.



Focus Activities and Highlights

Major activities have been organised to highlight the many areas of physical education. These activities, outlined below, will provide a foundation on which to base a major media campaign. If your school cannot attend these activities, we encourage your school to run your own school based activities. This booklet contains a range of activity ideas!

Own School Activities:

Physical Education Week encourages your local school community to organise a range of locally based activities to celebrate the week! This booklet includes many ideas to assist! (Participation certificates will also be available to download from the ACHPER (SA) website: www.achpersa.com.au)

Wednesday 13 November – The Crab Walk Chain

supported by Gymnastics SA

How far can you walk like a crab?



That's the easy part. Now how many people can walk like a crab linked together as a chain!

- Students sit in a line one in front of the other, hands resting just above the ankle of the person behind them
- Aim to walk together in a straight line, how many steps can your group take?
- Start in small groups

Easy, fun and guaranteed to provide lots of laughs!



[Click here to download the flyer & teaching tips](#)



Metropolitan Come & Try Days

Places fill quickly - please book in early!

Monday, 11 November

Early Years Active Skills and Fun Day (R - Year 2)

Park 25, Cnr West Terrace & Port Road, Adelaide

See page 37 for more information

Tuesday, 12 November

Primary Years Active Skills and Fun Day (Year 3 - 5)

Park 25, Cnr West Terrace & Port Road, Adelaide

See page 39 for more information

Thursday, 14 November

Middle Years Sport Expo (Year 6 - 7)

Park 25, Cnr West Terrace & Port Road, Adelaide

See page 41 for more information

Friday, 15 November

Get Court Netball Carnival

Netball SA Stadium

See page 45 for more information

Picnic Ideas:

- Themed picnic – teddy bear picnic
- Relay races
- Obstacle course – over under objects
- Bean bag toss
- Egg and spoon race
- Sack race
- Flags (modification of the Surf Life Saving event)
- Follow the leader
- Slip, slop, slap relay race
- Fun run
- Noodle games (see below)
- Shared healthy lunch
- Make fruit kebabs
- Round Robin Tennis, Cricket or Soccer tournament
- Giant parachute with balls
- Bubble blowing
- Rob the nest
- Yoga in the park
- Ultimate frisbee



Waddle Noodle Relay

Aim: To be the fastest team to complete the relay.

Players: Equal teams of three to six players.

Equipment: One larger or extra – large noodle per team.

Arrangement: Give each team a larger or extra-large noodle. Establish a starting line, and finishing line.

Instructions:

1. Line up behind the starting line. The first player on each team has a noodle between their knees. At the start signal, they waddle around the cone and back.
2. When they return to their team pass the noodle to the next player. Neither of them can touch the noodle with their hands. If they touch the noodle with their hands, the team must start again from the beginning.
3. The players continue waddling to the cone and back and passing to the next player. The first teams to finish wins.

Great Activities to Try in PE Week

Whole School Activity Ideas include:

- Tug of war
- Egg and spoon race
- Planting vegies and herbs in a garden
- Cooking and selling produce grown by students – go on a picnic with food made
- Obstacle course
- Skipping
- Whole school scavenger hunt
- 10,000 Steps Challenge – class vs. class
- Hiking
- Make fruit skewers
- Healthy Breakfast with activities
- Active After School activities
- Dance off
- Make fruity iceblocks
- Visit from local sporting clubs
- Physical activity stations
- Student leaders to organise inter-class/house competitions
- Ride / walk to school day



The Best Things About Physical Education Week

Comments from the schools who participated in the 2013 Physical Education Week:

- Emphasising the importance of being active, team spirit and fair play. Healthy eating and lifestyle - *Aldinga Beach R-7 School*
- Refocus school wide activities and reinforce with parents importance of being active and healthy eating - *Auburn Primary School*
- Opportunity to increase the whole schools awareness of the benefits of physical activity and being active - *Faith Lutheran College*
- Students involved with others across the state - *Georgetown Primary School*
- Chance to focus on healthy eating and lifestyle by maximising PE participation and physical activities during play times. Supporting classroom teachers to promote and engage in regular fun fitness times - *Tatachilla Primary School*
- Promoting physical activity and its importance in everyday life. Also illustrating that being active is fun, easy and both physically and mentally beneficial - *Kingston Community School*
- Getting kids re-enthused about being active - *Modbury School*
- A chance for educators to think outside the box in creating activities for children to experience - *Goodstart Early Learning Blackwood*
- It gets kids active and involved for the key elements needed for a healthy and prolonged life - *Para Hills High School*
- Being able to promote being healthy and active across the whole school. Getting other staff involved through excursions, incursions and whole school activities - *Northfield Primary School*
- Students get the opportunity to try a range of different activities that they potentially have never tried before - *St John the Baptist Primary School*



- Students get the opportunity to undertake activities they don't normally get to do within the school day - *Mount Gambier High School*
- Encouraging students to become involved. A lot of students from MGHS have very little exposure to sport and physical activity aside from PE, so it's about increasing their interest and providing an enjoyable activity - *Mitcham Girls High School*
- Promoting being active, whole school doing activities together, highlight the importance of being active, the information and booklet that is sent out to schools lots of good ideas - *Elizabeth Grove Primary School*
- Encourage young children to commence a healthy active lifestyle hopefully continuing into their adulthood. Encourage students to see the benefits in being physically active - *Southern Learning Centre*
- Bringing students together, a sense of fun and an awareness of the relationship between healthy eating and an active lifestyle - *Newbery Park Primary School*
- Students are able to engage as a whole school in a week long program that promotes healthy eating and exercise. This results in student mental, emotional, social and physical wellbeing to be raised as they are learning in, through and about PE and PA - *Saint Spyridon College*
- The ideas you get in the booklet and the chance to highlight the importance of eating well and being active - *Victor Harbor R-7 Primary School*
- Great curriculum for early childhood. - *Jean Horan Kindergarten*
- Apart from the resources available on the website, it also allows a greater participation with students and parent helpers/volunteers - *Warradale Primary School*
- Many PE teachers, particularly in Primary schools are isolated (other teachers are class teachers) - this support from ACHPER is invaluable. PE week reinforces this and with events like the dinner enables professional networking - *St Thomas Primary School Goodwood*

Promoting PE Week at your School

10 - 14 November 2014

This page features some important advocacy information. **Why not include information on your involvement in your school newsletter, information for parents or flyers around the school?** Physical Education Week celebrates the importance of the Health & Physical Education learning area in all South Australian Schools. We encourage you to use this information to fly the flag for Health & Physical Education in your school.



School Newsletter Snippets

Physical Education Week -

Celebrating the importance of Health & Physical Education – Health & PE is an essential area of the curriculum that provides real opportunities for children to learn how to lead active & healthy lives – now and in the future. It recognises and actively promotes the importance of health and physical education and physical activity for physical, social, emotional and spiritual wellbeing. This has been celebrated through Physical Education Week 2014.

Over 250 School communities are taking the challenge and being active this week as Physical Education Week (10 - 14 November) is put into practice by up to 50,000 school students in over 210 schools across the State. With current rates of obesity and inactivity increasing there has never been a more important time to promote the theme of 'connecting schools and communities'.

Teach your children skills - Teach your children skills to help them be physically active like skipping, riding a bike, skating, throwing, catching, hitting and kicking a ball.

Help your children to find FUN things to do besides watching television - Play schoolyard games at home like hopscotch and jump rope, make instruments out of kitchen items and dance to the music you make, play some one-on-one basketball or netball. Limit the amount of TV you watch, try having a TV free day once a week with your family.

Eating more fruit & veg is easy - It's easy to get 2 fruit and 5 veg into your diet. Grab an extra piece of fruit or veg for a snack. It's a quick and easy way to increase your daily fruit and veg intake. For more tips go to www.gofor2and5.com.au or www.healthyactive.gov.au

Spend quality active time together - As a family plan some trips that are free. There are many free activities like a family walk or a game in the backyard, visiting the local park, beach or a picnic.

Walk yourself happy - We know we need 30 minutes of physical activity on most days and when you think about it, you're probably almost there. Don't think, just do it! Even a short, brisk walk of just 10 minutes can give you an energy and mood boost.

Please send any school promotion (newsletters) or media information (newspaper mentions) you develop to ACHPER (SA) by fax 8362 9800 or email info@achpersa.com.au

Be a positive role model for your child - Show your children how you are active by taking the stairs instead of the elevator, get off the bus one or two stops early and walk the rest of the way, go for a walk after dinner with the family.

be active together - Quality time isn't time in front of the TV, or eating takeaway food in the car. Plan some trips as a family. Picnics are great at the park or the beach. Being active together will improve personal relationships and get your family communicating better. Take every opportunity to *be active!* Find out more by visiting www.sahealth.sa.gov.au/beactive

Our school is celebrating Physical Education Week by conducting... include what, when, where and who, why not include a photo, what exciting/unique activities are being undertaken?

Why not try this? Get your students to blog what activities the school/class has participated in, link this blog in with your school newsletter and make it available to download via the school website.

For further information check out some links on the ACHPER (SA) website: www.achpersa.com.au

The website features useful links, ACHPER Position Papers (Obesity, Place of HPE in the Curriculum and User Pays) and much more information.

ACHPER Members receive additional advocacy information as part of their membership benefits. There are many websites that have useful information that can be utilised easily and included as snippets in school newsletters, notes to parents or thoughts for the day.

Connecting Schools and Local Clubs

In 2014, we encourage Schools to make links with their community and connect with local sporting clubs and facilities. As part of Physical Education Week each year, many schools coordinate partnerships with their local community. If you take time to explore your local community, you will know many sports and clubs would be most excited to showcase their activities. Common sports and activities, such as lawn bowls, golf, soccer, croquet, football, hockey, netball, soccer and tennis are common throughout South Australia.

ACHPER (SA) also encourages your School to utilise local parks, ovals, walking trails and playgrounds. Your local council would have a list of local facilities and clubs in your area. ACHPER (SA) encourages you to make local contacts and utilise local clubs and facilities! Check your local council's website for ideas.



Ideas for School-Club Connections

- Use a club facility for assessment for Middle Years. Try a different sport that would benefit both genders.
- Place a notice in the newsletter regarding local clubs in your area and upcoming activities.
- Have a representative from a local club come to your school and talk about different opportunities the sport offers. They could provide resources for the students and teachers to take home.
- Use local venues or seek use of club's equipment.
- Teachers and parents attend club coaching courses in the local area.
- Ask club volunteers to speak at assemblies, conduct clinics, help at school sports days, umpire/coach school teams.
- Use club support for student community projects e.g. research on a club, development of club website, marketing project, and student leaders.
- Seek club involvement in the donation and/or presentation of student sports awards.
- Class, lunchtime or after-school activities could be conducted by the club.
- Special club activities such as Come 'n' Try Days to complement school sport units.
- Ongoing information about club activities that are relevant to students.
- Support for school sport leadership programs e.g. assistance with leader training, provision of out-of-school sport leadership experiences for students.
- Target the clubs you wish to work with. A good rule of thumb is those located within about 5km of your school. (Take into account the clubs your students currently attend.)
- Invite local sports club to speak to school sports committees.
- Search the internet for general contact details for targeted clubs.
- Contact the clubs to establish the best contact person and method of contact.

Connecting Schools and Local Clubs

Other things to consider

- Ensure that the club offers a 'child safe' environment - review policies and procedures.
- Initiate face-to-face discussions between school and club personnel.
- Teachers can see the benefits for their students, and are involved in sessions.
- The club link adds value to the school sporting program. (e.g. teacher training, resources and ongoing club-school links).
- Any additional workload is rewarded by the benefits to the club and the school.
- Establish what you want to achieve from a club-school link and what your club can realistically offer.
- Find out what involvement the school already has with your sport and how you might build on this. (e.g. Is your sport already part of physical education and/or sports programs at the school? If not, what is needed for it to be included?)
- Discuss ways in which the school can support and promote the club and its junior activities.
- Provide a calendar of club events e.g. registration days, season dates, special club activities for schools notice board.
- Leave details of a club contact person and a flyer of the clubs activities.



Sponsored by:



Government of South Australia
Office for Recreation and Sport



STARCLUB Field Officer Program

The STARCLUB Field Officer Program is a partnership between the South Australian Office for Recreation and Sport and regional councils, health services and community organisations. STARCLUB Field Officers work with sport and active recreation communities to:

- Develop and maintain a strong vibrant sporting and active recreation culture
- Increase community participation in sport and active recreation
- Improve the quality of sport and active recreation opportunities
- Develop and maintain well managed sustainable sporting and active recreation clubs and associations

Contact Details

YORKE PENINSULA & LOWER MID NORTH STARCLUB Field Officer		Kristian Whitaker	
Address:	Wakefield Regional Council Scotland Place PO Box 167 Balaklava SA 5461	Contact:	Telephone: (08) 8862 0800 Mobile: 0427 081 144 E-mail: kwhitaker@wakefieldrc.sa.gov.au Website: www.wakefieldrc.sa.gov.au
LIMESTONE COAST STARCLUB Field Officer		Josephine Duigan	
Address:	South East Local Government Assoc 'Old Town Hall' Commercial St East PO Box 1445 Mount Gambier SA 5290	Contact:	Telephone: (08) 8723 1057 Mobile: 0400 262 738 Email: beactive@lcrdb.com Website: www.sportse.com.au
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Physical Education Week Awards

Award nominations open now!

Acknowledge the important contributions of teachers, coaches and volunteers within your school community in delivering quality physical activity and sport programs by nominating them for a Physical Education Week Award.

We want to recognise this fabulous work and share these examples with the SA HPE community. If your school/centre, teacher, staff member or school volunteer coordinates successful and positive physical activity and healthy living opportunities, nominate them to receive a prestigious PE Week award!

Successful award winners will be invited to accept their award at the popular IDM Sports Physical Education Week Dinner, held at the Adelaide Pavilion on Friday, 14 November 2014. The Dinner, is an opportunity to provide them with the recognition they deserve (details on page 35).

Nominations, consisting of a brief written summary (max. 100 words), can be sent to:

**Matt Schmidt, Executive Director,
ACHPER (SA),
105 King William Street, KENT TOWN SA 5067;
Fax: 8362 9800
Email: m.schmidt@achpersa.com.au**

Written nominations (max 100 words), must be received by Monday, 27 October 2014.



Use the following criteria as a guideline for nomination.

Physical Education/Physical Activity Award – Teacher or Volunteer

He or she:

- Is an advocate for quality Physical Education/Physical Activity/Healthy Eating in schools and the community
- Contributes to the development of the Physical Education/Physical Activity program in the school or early childhood centre
- Is an exemplary role model to students and other members of the school & early childhood community
- Continually evaluates his/her effectiveness in coaching/administering physical activity programs

Schools & Early Childhood Centre's Award

- Demonstrates whole school/early childhood centre involvement and commitment to Physical Education
- Demonstrates active planning and implementation by the school and community groups in the development of the Physical Education/Physical Activity/Healthy Eating program
- Demonstrates an opportunity through the Physical Education/Physical Activity program for all students to participate in activities
- Demonstrates curriculum leadership in the area of Physical Education



Physical Activity Suggestions from Participating Schools...

- Student sports leaders led a health hustle each day / healthy lunch in minimal packaging on Tuesday (teachers to eat their healthy lunch with the children) and staff wore tracksuits on Friday and held a volleyball game - *Redwood Park Primary School*
- Nude food day, lunchtime and recess time activities, after school activities, healthy breakfast, dancing and theme day - *Port Elliot Primary School*
- A Parent sibling vs Parent sibling Mini golf knock out round robin championship. They played for a shield and celebrated with a whole school BBQ and healthy food night - *Koolunga Primary School*
- Whole school aerobics Monday, 5 classes rotational sports activities Tuesday, Wheels Day Wednesday, Junior Primary Circuit and Zumba Sessions Thursday, Nude Food Day Friday, Lunch time activities Tues, Wed, Thurs - *Munno Para Primary School*
- Lunch time games and competitions held across the week. Whole school assembly to recognise student participation and achievement - *Faith Lutheran College*
- Mini-Olympics, parent seminars on health and wellbeing, lunch-time activities and staff/parents/students tractor-pull competition - *East Murray Area School*
- Movement Monday, Try Tuesday, Wellness Wednesday, Thirsty Thursday and Fresh Fruit Friday. Whole School Cross Country event on Friday (with training for the event completed in the weeks leading up at lunch time) - *St Joseph's School Tranmere*

- We asked the Year 6/7s to run daily morning fitness and dance for the whole school before the start of the days' lessons - *East Torrens Primary School*
- Whole school fun run, cultural days, dancing, coaching clinics, SRC - footy guernsey, gardening, cooking lessons and lunchtime activities - *Port Lincoln High School*
- Thai Chi, outdoor high ropes course, beach walk, marching, basketball skills, hill climbing/ outdoors walk as part of a PE related excursion - *Mary MacKillop Memorial School*
- Active After School, buddy class PE lessons, lunchtime fun and games run by the junior sports committee, daily fitness challenges, possible after school parent and kids session - *KICE: Kingscote Campus*
- Whole School Physical Education Day (specialist stations set up by professionals to expose students to different types of physical activity. Zumba, Boxing, Taekwondo. Lunch and Recess Tournaments/games included basketball, cricket and netball - *Light Pass Primary School*
- We organised a rock climbing wall, guest motivational speakers, wheelies days to coincide with road safety and put on a healthy breakfast for the whole school on the last day - *Moonta Area School*



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DOING – move in a range of body positions through water.



- Took a large group of boys and girls on separate days down to Westlakes for a day of surfing, sailing and kayaking - *Para Hills High School*
- Soccer & football clinics, whole school health hustle and fitness, healthy eating lessons and cooking, play at lunchtime leader sessions and dress up favourite sporting team/colours etc - *Forbes Primary School*
- Old games like egg and spoon races, jumping sack races, water games. They were done at school with the wider community being invited to attend the open morning - *Laura Primary School*
- Bike riding, disco, fun run, community walk, frisbee, kite flying, big scale drawing, bubble blowing, healthy lunch day, staff walking challenge, giant fruit salad, skating and scooting, goal kicking games and health hustles - *St Peters Primary Blackwood*
- Extra PE activities during lunch time, healthy food focus, fruit platters and a staff focus – 10,000 steps challenge - *Prescott Primary Northern*
- Tug-o-war, mega hand tennis, healthy food options available, 3-point shooting competition and dance-off - *Cardijn College*
- No homework week with a focus on doing extra physical activity instead, design or make a healthy lunch box poster or model - *Lyndoch Primary School*
- Smoothies day, master chef competition, quiz day, indoor games, squash courts. Lunch Play - parachute, cup stacking, red rover / octopus / stuck in mud, outdoor soccer, dance - *Newbery Park Primary School*
- Borrow OPAL Smoothie Bike and host a healthy breakfast with fun games and activities to do during the morning - *Reynella Primary School*

Physical Activity Suggestions from Participating Schools...



Food Additives

Additive-free trials in Australian schools have found students to be quieter, calmer and more cooperative, with longer concentration, and improved co-ordination and focus¹. Students, parents and teachers also reported a reduction of headaches, stomach aches, asthma and skin rashes, and improved sleep. In the EU, food with artificial colours is required to have a warning label: "May have an adverse effect on behaviour and attention in children"².

Additives that can affect children's health learning and behaviour are listed below, and can be found on the DECD Right Bite website: http://www.decd.sa.gov.au/eatwellsa/files/links/Additives_to_be_avoided.pdf

For a four-to-a-page list of additives to print visit: <http://fedup.com.au/images/stories/AdditivesSchools.pdf>

The additives most associated with asthma are sulphite preservatives (220-228) in foods such as dried fruits, sausages, cordials and some soft drinks³. They can cause irritable airways with no obvious symptoms until children encounter an asthma trigger such as cold air or a virus.

Not all food additives are considered harmful, some are used to make our food safer to eat, including by prolonging the shelf life of food.

Additives more likely to cause a reaction in food-sensitive children (from www.fedup.com.au)

COLOURS

102,104,110,122,123,124,127,129,
132,133,142,143, 151,155
natural colour 160b (annatto)

PRESERVATIVES

Sorbates	200, 201, 202, 203
Benzoates	210, 211, 212, 213
Sulphites	220, 221, 222, 223, 224, 225, 226, 227, 228
Nitrates, nitrites	249, 250, 251, 252
Propionates	280, 281, 282, 283

SYNTHETIC ANTIOXIDANTS

Gallates	310, 311, 312
TBHQ, BHA, BHT	319, 320, 321

FLAVOUR ENHANCERS

Glutamates incl MSG	620, 621, 622, 623 624, 625
Ribonucleotides	627, 631, 635
Hydrolysed Vegetable Protein (HVP)	

ARTIFICIAL FLAVOURS

No numbers since they are trade secrets

Some manufacturers try to convince families that their food is healthy and additive-free by using "smoke and mirrors", logos and claims on their packets. **Consumers often don't realise:**

- Food with "no artificial flavours" can still contain MSG (621).
- Food that contains "No MSG" can still contain MSG in the form of yeast extract, HVP and other 600 numbers.
- Logos with claims like "Great for School lunches" or "Healthy School Lunchbox" are invented by the manufacturer. They just look official!
- Foods with "no artificial colours" can still contain the natural colour 160b (annatto) which can affect some children
- Schools and families can make some really easy changes, particularly by tapping into positive peer group pressure:
- Collect packets, print out additive cards, and students can search for and highlight additives from the list.
- Fresh vegie and fruit tasting days are always popular. I also bring in homemade green dip (garlic, chives, cream cheese) for "Dippy Day" every few weeks, and it's a huge incentive for the students to bring vegies.
- Take photos of students with their fresh-food recesses, and include these in class newsletters or blogs.
- Students could create a display by the classroom door of additive-free choices for lunch and recess. Of course the focus is on vegies and fruits, but it's helpful to show some additive-free alternatives for crackers, yoghurt etc.

- Students love being able to out-smart the manufacturers. Seven-year-old boy to the canteen manager: "I know it says "No hidden nasties", but that's just advertising. You need to turn the packet over and check the ingredients." Sure enough, the snack packet contained hidden MSG.
- Some teachers invite their students to start eating their vegies or fruit 5 or 10 minutes before recess. When recess begins these children are ready to go and play rather than "waste" recess time eating.
- Kids love doing canteen or supermarket additive audits!
- Consider running an "Eating for Success" two week additive-free trial for several classes or the whole school. <http://fedup.com.au/factsheets/support-factsheets/schools-eating-for-success>

20 years ago when 800 New York City school removed additives from school lunches, their students went from 11% below average to 5% above. The number of children (2 years or more below their year level) went from 12% to 5% ^{4,5}. To ready more on this study visit: <http://www.feingold.org/Research/BLUE/Page-11-NYschools.pdf>

Videos

Use a QR scanner to view the videos or follow the links below

Cooma North Primary School goes additive free



http://youtu.be/75knC_Zqww0 (3 ½ minutes)

Today Tonight - Food Additives Story



<http://www.todaytonightadelaide.com.au/stories/food-additives> (5 minutes)

Food Additives

Websites

- www.fedup.com.au
- <http://www.decd.sa.gov.au/eatwellsa/pages/eatwell/rightbite/?reFlag=1>
- www.additiveeducation.com.au
- Excellent resources for school use: <http://fedup.com.au/factsheets/support-factsheets/school-factsheets>

References

¹ <http://fedup.com.au/factsheets/support-factsheets/schools-go-low-additive>

² <http://fedup.com.au/images/stories/presentations/index.html>, pp 24-25

³ <http://fedup.com.au/factsheets/symptom-factsheets/asthma-and-food>

⁴ Schoenthaler, SJ, Doraz WE, Wakefield JA. 1986 - The impact of a Low Food Additive and Sucrose Diet on Academic Performance in 803 New York City Public Schools, International Journal of Biosocial Research, Vol. 8(2): 185-195

⁵ Schoenthaler, SJ, Doraz WE, Wakefield JA. 1986a - The Testing of Various Hypotheses as Explanations for the Gains in National Standardized Test Scores in the 1978-1983 New York City Nutrition Policy Modification Project, International Journal of Biosocial Research, Vol. 8(2): 196-203





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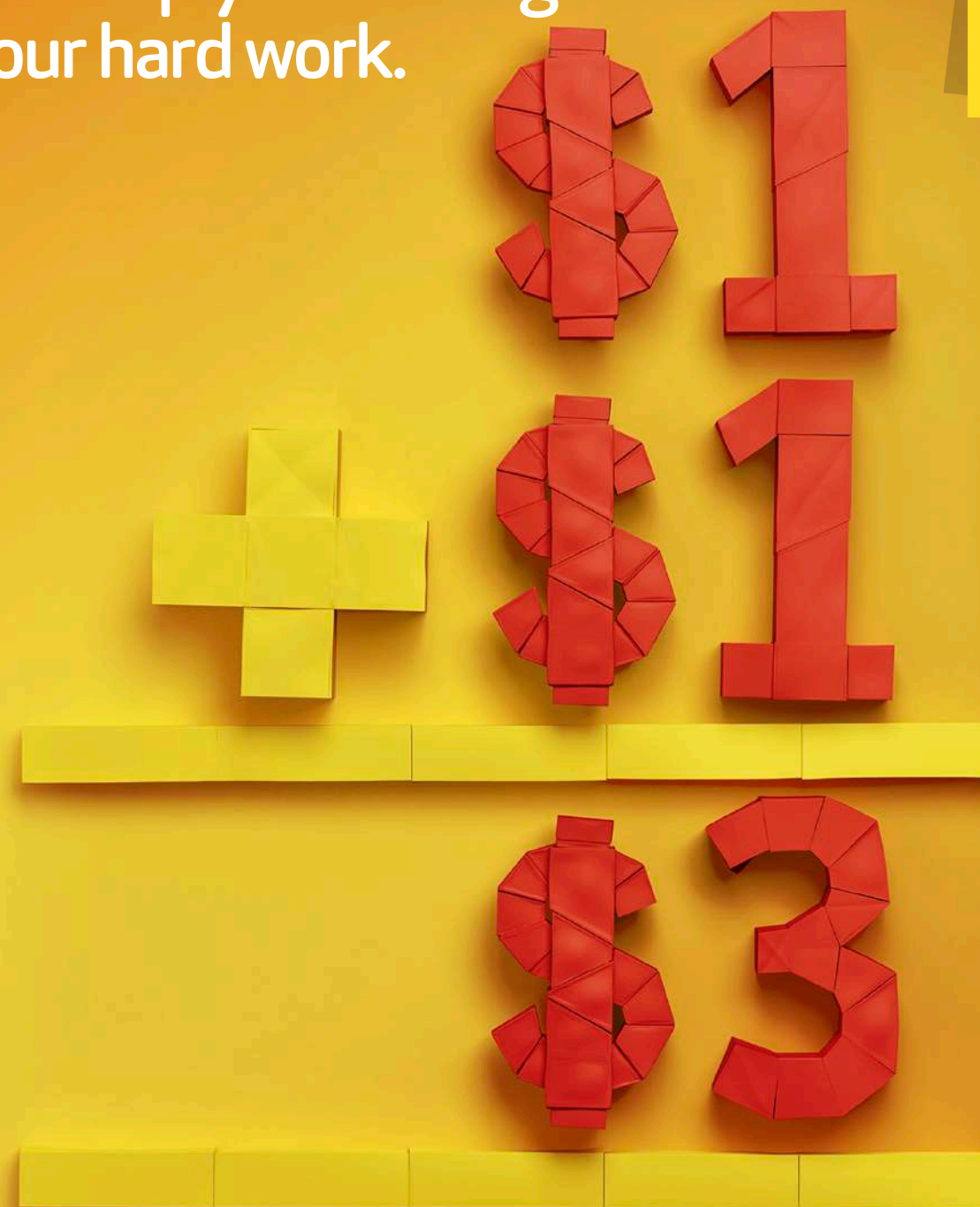
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Looking for ideas for inclusion for students with special needs?

Consideration for Students with Unique Needs		
Unique Need	Characteristics	PE Considerations
Autism Spectrum (Pervasive Developmental Disorders)	<ul style="list-style-type: none">Impaired social interaction and communicationDelays or dysfunction in language use (Autism only)Stereotypic and repetitive behaviour patternsDifficulty processing sensory informationShort attention span	<ul style="list-style-type: none">Understand the specific disorder within the Autism SpectrumProvide a structured routineUse picture and communication boardsUse parallel talk (e.g. As Tyler throws the ball, the teacher says, ‘Tyler is throwing the yarn ball.’)Inform the students of transitions ahead of timeUse demonstration and physical assistance when appropriateIsolate one task at a timeBe cautious of group activitiesMinimise/eliminate wait timeDevelop appropriate behaviour reinforcement and use consistentlyUse short instructional boutsSpeak softly and avoid loud noisesUse activity stations with pictorial instructions
Behavioural / Emotional Disabilities	<ul style="list-style-type: none">Odd or improbable ideas expressedTemper tantrums or other disruptive behaviours to garner attentionAttention issues such as short attention span, blurting out responses, and inattentivenessInappropriate behaviour or feeling given a specific contextGeneral feeling of unhappinessOngoing, extreme behaviourInability to relax, restless	<ul style="list-style-type: none">Provide structure and establish routinesCreate a positive, student-friendly physical education environmentIdentify ‘triggers’ for each studentProvide contexts for learning social skillsCreate leadership opportunities for students when feasibleProvide lots of praise and positive reinforcement to the students‘Catch’ the student doing something positiveWork with the student on conflict resolutionUse behaviour contract when appropriateAvoid showing negative emotion when dealing with inappropriate behaviourAllow students to make choices among given activitiesEncourage appropriate verbal expression when frustrated
Brain Injury (Cerebral Palsy, Traumatic Brain Injury, and Stroke)	<ul style="list-style-type: none">Increased muscle tone or spasticity, possibly leading to permanent contractions and bone deformitySlow, writhing movements such as facial grimacing and difficulty controlling the headClassified from I to VIII with Class 1 being the most involved and Class VIII the leastLack of coordinatonDifficulty coordinating movement patternsVarious sensory impairments such as visionSpasticityHeadachesCognitive deficienciesSeizuresCommunication issuesMotor impairment	<ul style="list-style-type: none">Focus on strengthening extensor muscles for spasticityModify activities involving speed or quick movementsConsider teaching students who fall regularly a safe way to fallAssist students with planning movements and allow time to planMinimize loud noises and speak quietlyAllow rest time as students may fatigue easilyIncorporate strategies for relaxation into lessonsUse peer teaching when appropriateAllow students to stabilize using an apparatus when performing motor skillsUse soft equipment to minimize injuryProvide accommodation for activities involving balanceTeach body awareness (e.g. ‘Which foot are you using?’)Use simple directionsMinimize distractions by creating routinesDo not assume the student has an intellectual delay
Deaf, Hard of Hearing, and Deaf-Blind	<ul style="list-style-type: none">Degree of hearing loss classified by hearing threshold in decibelsProfound hearing loss (deaf)Hearing loss that makes understanding speech difficult (hard of hearing)Motor skills of deaf children should equal their peers given equal opportunityDistorted visual and auditory input	<ul style="list-style-type: none">Use visual cuesSpeak normally and avoid yellingUse paper and pencil to assist with conversation if neededAvoid interruptions to the conversationMaintain eye contactUse hand-over-hand demonstration for students who are deaf-blindAllow students who are deaf-blind to touch equipmentLearn basic sign language applicable to physical educationUse a peer-tutor to socially include students in the class who are deafIf applicable, work with an interpreter to enhance the student’s experienceMinimize background noiseEnsure the student can see you and facial expressionsInclude students in class discussion

Consideration for Students with Unique Needs		
Unique Need	Characteristics	PE Considerations
Health–Impaired Conditions (Asthma, Diabetes Mellitus, Epilepsy, Heart Condition etc.)	<ul style="list-style-type: none">Low blood sugar could be an issue during activitySeizures occur with relative frequency (epilepsy)Breathing issues triggered by external allergens or internal factors	<ul style="list-style-type: none">Refer to the student’s health management plan and/or IEPMonitor nutrition intake prior to PE and physical activity level during PEBe aware that for some students physical activity positively impacts seizures while for others it can trigger seizures in high humidityKnow symptoms of asthma and treatment of each studentConsult parents, physicians, and school medical staff to determine appropriate PE activities
Intellectual Disabilities	<ul style="list-style-type: none">Classified from Mild mental retardation to Profound mental retardationWide variety of skills, abilities, and potentialVaried learning rates, which may be slower than peersInappropriate social and emotional response at timesGreater motor delays	<ul style="list-style-type: none">Use peer tutoringMove from familiar activities to unfamiliar activitiesProgress slowing with instruction and motor skillsAllow the student time to process instructions before beginning an activitiesAllow for slow transitions between activitiesDevelop routines and structure and use consistentlyTeach developmentally appropriate activities rather than age-appropriate activitiesLimit words and use just cues when feasible
Les Autres (Amputations, Dwarfism, Athritis, Muscular Dystrophy, Mutliple Sclerosis)	<ul style="list-style-type: none">Congenital or acquired loss of limb or portion of a limbBeing shorter than 98% of other children that ageInflammation of joints	<ul style="list-style-type: none">Maintain a positive environment for all studentsAvoid jarring activitiesEnsure successful experiences in all activitiesIntegrate strength and endurance activities (including aquatic activities) frequently to combat muscle atrophyUse regular stretching and activities that foster flexibilityBe cautious of twisting activitiesUse balance and agility activities to assist with gait issues
Specific Learning Disabilities (Learning Disabilities, Attention Deficit/ Hyperactive Disorder, Developmental Coordination Disorder)	<ul style="list-style-type: none">Problems processing, storing, and producing information, which results in issues understanding written and/or spoken wordsLearning difficulties in a specific area such as reading or mathUsually not easy to identify outward physical signs	<ul style="list-style-type: none">Ensure a safe physical and psychological environmentChoose instructional practices that support behaviour managementProvide class structure so the child knows what to expectAvoid complex instructions and use only one skill cue at a timeUse supportive feedbackProvide adequate processing time after instructionBe aware of potential behavioural issues that may be a product of learning challengesUse peer tutoring when appropriateAllow students to learn through movement as much as possibleInclude relaxation activities such as yoga and stretchingUse thoughtful, smooth, and efficient transitions to minimize down time
Spinal Cord Disabilities (Quadraplegia, Paraplegia, Polio, Spina Bifida, Scoliosis)	<ul style="list-style-type: none">Spinal cord injuries are classified by location of the injury on the spinal columnQuadraplegia (or tetraplegia) refers to a spinal injury that impacts all four limbsParaplegia references a spinal cord injury that impacts the lower limbsA form of paralysis caused by a viral infection that impacts the spinal cordLoss of motor function	<ul style="list-style-type: none">Emphasize developing appropriate motor skillsUse stretching to assist with spasticity or increase in muscle toneConsider the social needs of studentsMaintain an inclusive PE environment as much as possible as these students have similar interests as peersAvoid tumbling rolls and contact if the child has a shunt
Visual Impairments	<ul style="list-style-type: none">Impairment to vision that impacts the educational experienceClassification range from visual impairment to total blindnessFearfulness and apprehensionFewer social networksDelays in motor skillsHolding the head in unique positions to improve visionPosture problems	<ul style="list-style-type: none">Incorporate socialisation during PEUse peer tutoringAsk the student what will work for him or what he needs to succeedMaximise the use of the tactile sense such as touching the foot when you teach how to kickAllow the child to touch the equipmentDescribe the setting and allow the child to walk through the area and around the boundariesAllow student to take your arm when guiding herUse bright-coloured equipment and beeper ballsKeep the teaching area free of clutterEnsure the appropriate support services are presentSupport the student in becoming independent in a safe manner

Top Apps for Teachers

Jarrold Robinson, "The PE Geek"



Not a day goes by where a new mobile application doesn't appear on the various app stores. These simple and inexpensive pieces of software are often highly useful and lead to occasional or religious use. Through my experience I value mobile applications if they meet one of the following criteria:

- Support Student Learning
- Support Teacher Learning
- Support Teacher Efficiency

With this in mind, I thought I would share some of the apps that have been circling PE Classrooms throughout the world in recent months.

SUPPORT STUDENT LEARNING

Workout Producer

Put your students in the director's chair of their very own workout video, with this innovative iPad App. Start by piecing together your desired workout routine using the list of inbuilt activities or include your own. Once complete the app guides you through the recording of a 20 second demonstration of each activity. After completing all the workout demonstrations, the app pieces these together into a fully featured workout video. An absolutely superb student led app that results in a product your students will love. Why not use it to prepare individualised class workouts, with the students leading the action. Get it at www.thepegeek.com/wproducer

Human Body

A super cool app designed for younger students to learn about the human body. Use the app to explore a working model of the body where every part is animated and interactive: the heart beats, guts gurgle, lungs breathe, the skin feels, and eyes see. Connect it to a larger screen for heaps of fun exploring the body and all its wonder. Guaranteed to please younger students. Get it at www.thepegeek.com/humanbody

7-Minute Workout

The 7-minute workout app has been a proven success in my junior PE Classes as an instant/warm up activity at the start of my practical sessions. Simply connect your iPad to a projector or Apple TV and share with the group. As students make their way into the gymnasium they can be instantly engaged in physical activity while you take the session attendance etc. There is also a high level of mystique associated with the "7 minute" workout? Get it at www.thepegeek.com/7min

adidas Snapshot

This truly innovative mobile app allows users to turn their device into a speed camera and see exactly how fast they kick a football. The app guides you through the process of setting up the kick so that the app is capable of accurate detection. You will firstly start by selecting if you are right or left footed and then the app provides a frame overlay that you must position the ball over your resting soccer ball. Once setup, it's all up to the kicker and the app to track the overall speed, angle and estimated kick distance. It even records your kick and replays it back to you in super slow motion.

The app makes it possible to showcase a variety of Biomechanical concepts and would also work well included in a Football (Soccer) Unit. Your students could work together to see how the speed of their kick alters with various situations such as with their opposite foot. A FREE app well worth checking out. Get it at www.thepegeek.com/snapshot



FrAppTapp

As mentioned in a blog post earlier this year, this incredible app makes it possible to easily tag video and produce what is essentially a highlight montage. Essentially the user plays back recorded video and taps the screen when interesting events occur, tagging them with an associated keyword. On completion users can review the tagged events by keyword and export directly to the camera roll. Brilliant. Get it at www.thepegeek.com/frapptapp

Teemo Fitness Adventure Game

Another example of how game theory can make physical activity and exercise all the more engaging. With the Teemo App users compete with friends through a series of challenges designed to

inspire. Teemo is designed to make getting in shape more fun, social and efficient by allowing users to do things such as climb Everest, hike the Inca Trail or sail the Caribbean! In a physical education setting students could work through the series of simple workouts as a class through a Big Screen or with their own devices. Get it at www.thepegeek.com/climbeverest

Spin It

Over the past 6 years of teaching I have observed how my students are inspired by the unknown. The element of surprise that comes from a randomly drawn task. This observation led me to utilize the app 'Rip Deck' over the last few years as an occasional randomized warm up activity in my PE Classes.

With this in mind, I decided to develop a mobile application that would make it incredibly easy to randomize anything. Introducing "Spin It" - a random exercise & activity generator that brings the fun back to your activities. You can use the app to create your own 'spinners' in minutes, allowing you to randomize the results for serendipitous fun. Get it at www.thepegeek.com/spinit

Zumba Dance

Get your students moving with Zumba Dance a motion controlled exergaming app bound to engage those of all ages. Simply place your iPad on a stable surface and you're ready to go. In a classroom context this app works perfectly when connected to a projector or Apple TV enabling you to share the activity with all. Have one student control the game while the rest follow the actions of the instructor on the screen. Swap over week to week or at designated points throughout the activity. Get it at www.thepegeek.com/zumba

SnappyCam

SnappyCam is like having a super high speed camera in your pocket. It essentially enables you to capture thousands of photos per minute enabling you to capture the exact moment of interest. Use this app within your PE Classroom as a means of capturing the best frame by frame footage you will ever come across. Perfect for use with the teaching of any type of discrete skill. SnappyCam is incredibly easy to use and customise to your needs. A must have app that will prove incredibly useful in endless contexts. We used this recently with students practicing for the regional athletics competition. The ability to focus on incredible level of detail within the long and triple jump allowed for superb teachable moments. Get it at www.thepegeek.com/snappycam

SUPPORT TEACHER EFFICIENCY

Azul Media Player

Easily use Azul media player to download YouTube videos or other online content so that you can access the media without an internet connection. The app even allows you to easily create your own playlists of videos for an increased level of organisation. This is perfect for PE Classes that want to show demonstration videos, but don't have access to reliable internet connections in practical spaces. Get it at www.thepegeek.com/azul

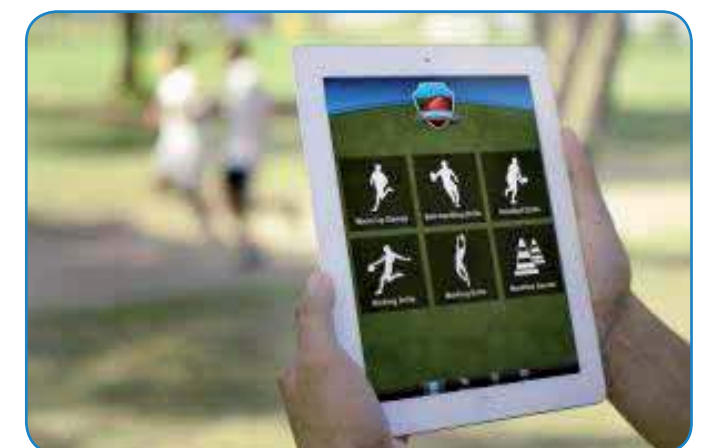
Web scorer Race Timer HD

One of the most popular apps shared in general conversation during the ConnectedPE Workshops has been Web scorer. This app is the swiss army knife of race timing, allowing everything from the registration right up to the sharing of results. Users can import Start Lists and conduct mass, wave, interval, individual or pursuit style races all from the ease of a single iPhone or iPad. As racers finish, the officials simply tap their race number or name to complete the recording. This app is the perfect solution for your anyone looking to improve the efficiency of their races. The app is available in two versions – Web scorer FAN which is FREE and can be used time a simple mass start race & post the results or Web scorer Pro which is the full featured extensive version currently set at \$49.99 a year. Get it at www.thepegeek.com/web scorer



AFL Pro

AFL Pro is the number one coaching and teaching app on the market. The app has been designed for AFL (Australian Football League) coaches and PE teachers to help plan and execute fun, exciting and engaging practical sessions. With over 100 drills, skills, tactics and modified games, AFL Pro has everything for begins right through to accomplished players. For those outside of Australia, this app will provide you with everything you need to know to introduce it as a unit within your curriculum. Get it at www.thepegeek.com/aflpro



Taken from: Australian Council for Health, Physical Education and Recreation (ACHPER) National, Active & Healthy Magazine Volume 20: 3/4 2013,
<http://www.achper.org.au/publications/active-healthy-magazine>



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NEW CURRICULUM LINKED PROGRAMS

**LITTLE
STEPS**

*Developing
Foundation Movement
Proficiencies'*

**FOUNDATION
- YEAR 2**

*Building
Fundamental
Movement
Proficiencies'*

YEARS 3-4

**BIG
STEPS**

**GIANT
STEPS**

*Advancing Movement
Proficiencies'*

YEARS 5-7

Healthy Eating Suggestions from Participating Schools

- Fresh fruit provided for children at the end of the Walkathon instead of iceblocks - *Woodcroft Primary School*
- Garden to Galley cooking/tasting, growing healthy foods, in class healthy eating/snacks - *Noarlunga Downs P-7 School*
- Health lessons focused on healthy eating for the term. Students developed advertisements for healthy foods which were shown at a later assembly - *KICE: Kingscote Campus*
- Individual class focus - everyone brought in fruit, which was cut up and shared as well as discuss the food pyramid - *Balaglava Primary School*
- Kitchen garden program supports healthy eating activities, continue with encouraging healthy recess snacks and minimal packaging - *Auburn Primary School*
- Make your own food critter, healthy lunch day, fruit salad morning - *St Peters Blackwood*
- Packet free Recess with shared recess with a buddy class - *Hallet Cove East School*
- Selection of activities for classes to choose from including: class fruit & veg art, no processed food for the day, fruit shaslicks etc. Canteen provided free watermelon slices and orange quarters on the day - *Lockleys North Primary*

- Student leadership presentations on the benefits of eating well, fruit platters with different fruits to sample handed out to classrooms - *Prospect North Primary*
- Students were encouraged to swap an unhealthy item for healthy in their lunch box. Fruit share day and healthy eating tips in the bulletin - *Kingston Community School*
- Apple awards - healthy eating / lunch - house competition. Poster Competition organised by the year 3 classes. Canteen to sell frozen pineapple rings & orange wedges - *St Paul Lutheran*
- Assembly theme for the week was healthy eating. Students were encouraged to add 1 more healthy food item in their lunchbox - *Prescott College Southern*
- Fruit platters at recess/lunch. Healthy cooking with secondary students - *Tumby Bay Area School*
- Healthy Breakfast and Eat a Rainbow program (in conjunction with OPAL) - *Jean Horan Kindergarten*
- Healthy Cooking/Eating Buddy Class Activities. Year 8 Home Ec class prepared healthy recipes to go into the school newsletter - *Streaky Bay Area School*
- Nude food recess breaks, fruit and vegetable platters each class from parent club, sports captains fruit stall (no cost), healthy eating posters - *Renmark Primary School*



For more than 25 years the professional and friendly TriSkills Australia team has provided quality and fun programs in gymnastics, sports and dance at prices tailored to meet the specific needs of the individual schools.

Class Games with Purpose

Bombardment (Manipulative Skills)

Time: 5 - 10 minutes

Area: Square play space

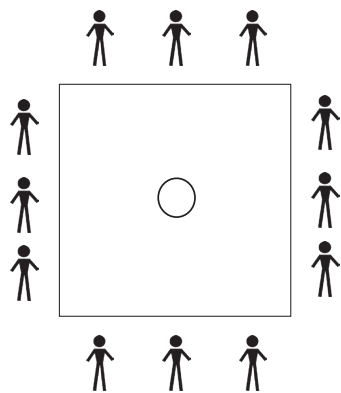
Learning Intention: To improve throwing accuracy & power. To enhance fielding & striking team strategies.

Equipment:

- 1 x fit ball
- 1 x soft ball per person

Instructions:

- Create a square play space. In the centre of the square place a fit ball.
- Allocate children into four teams, one team to each side of the square
- Each player is given a soft ball. When the teacher says 'go' the aim is to hit the ball with a throw and for the team to move the ball over another team's sideline.



Change It:

- Size of the ball
- Size of the square
- Type of throw - underarm, overhead
- Kick the ball rather than throw

Focus It:

- Where should you aim your throw?
- Which foot do you step forward onto when throwing the ball?
- How do you generate more power in your throw?
- Where do you best position yourself on the line to best influence the result?
- How do you best defend your line?

Adapted from: Australian Council for Health, Physical Education and Recreation (ACHPER) SA Branch, Play with Purpose: For Fundamental Movement Skills Teaching, p28, <http://www.achpersa.com.au/wb/pages/resources/play-with-purpose-for-fundamental-movement-skills-teaching.php>.

Beat the Ball (Striking & Fielding)

Time: 15 - 20 minutes

Area: 'Diamond' shape playing area

Learning Intention: To improve accuracy, power & placement of the two handed strike & overarm throw. To develop team strategies for striking & fielding games.

Equipment:

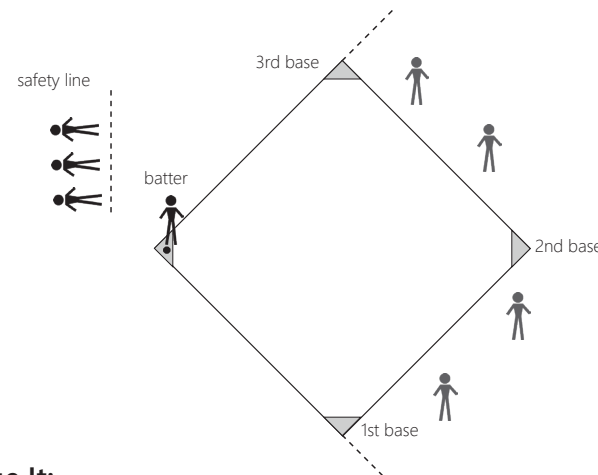
- 1 x batting tee
- 1 x ball
- 1 x bat
- 4 x bases / flat marker discs

Problem-solving:

Hit the ball to place it to provide maximum opportunity to run the bases. Pass the ball quickly and effectively.

Instructions:

- Create a 'diamond' shape playing area with 4 bases.
- A batter hits the ball off a batting tee to a space inside the 'V' and runs anti-clockwise around the bases (run to 1st base first) while fielders retrieve the ball and pass it around the bases in the opposite direction (throw to 3rd base first) in a race to see who completes their circuit and gets to home base first.



Change It:

- Shape of the playing area
- Kick from a kicking tee
- Fielders move / do not move with the ball
- Emphasise a hitting direction - set up a target for bonus points if the ball goes through or lands on the target
- Use grip ball mits or softball gloves
- For a fielding exercise throw from the batting plate

Focus It:

- Where is the best place to hit the ball?
- Where is the best place to stand to field the ball?
- How do you position your body as a fielder to stop the ball getting past you?
- How long does the swing of the bat differ if you want to hit short or long?

Adapted from: Australian Council for Health, Physical Education and Recreation (ACHPER) National, Play with Purpose - Games Sense to Sport Literacy (3rd edition), p30, <http://www.achper.org.au/bookshop/achper-resources/play-with-purpose-game-sense-to-sport-literacy-3rd-edition>.

Paddle Bat Tennis (Net-Court/Wall Games)

Time: 10 - 15 minutes

Area: Asphalt, indoor space

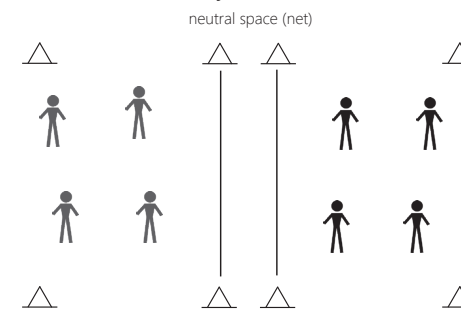
Learning Intention: To improve striking skills (forehand, backhand & volley). To develop team strategies for net & wall games.

Equipment:

- 1 x paddle bat per child
- 1 x marker per child
- 1 x ball per group of 8

Instructions:

- Allocate children into groups of 4. Each child has a paddle bat and a marker.
- Playing fours are allocated another group to challenge by the teacher. Players set up a court with the markers they have collected as illustrated:



- The players can decide on the size of the court. If one playing pair is far better than another, then the better pair have their court space larger (to make it easier for the other team to hit into, and harder for the pair in that space to 'defend' as they have more ground to cover).
- The neutral space between the courts is the 'net'.
- The game starts with one player (the 'server') putting the ball into play (a 'serve') by hitting it from their side of the court over the net and into the other team's side of the court.
- The ball must bounce before a 'receiver' (the player returning serve) hits the ball back over the net, and also during play (a 'rally').
- The ball is not hit alternatively by partners, but by the player closest to the ball.
- The 'rally' ends when the ball bounces twice, is hit into the net or hit out of bounds. The team that wins the 'rally' earns a point.
- The 'server' continues to serve until one of the teams gets to 5 points.

Change It:

- Serve diagonally across court, like occurs in tennis
- Apart from the serve, permit the ball to be hit on the full/ before it bounces
- Use a bench as a net in place of a neutral space to hit over

Focus It:

- Why is it important to watch the ball hit your paddle?
- Hit through the ball by extending the hand holding the paddle bat towards where you want the ball to go.

Class Games with Purpose

Pool Noodle Golf (Target Games)

Time: 10 - 15 minutes

Area: Outdoor or Indoor Space

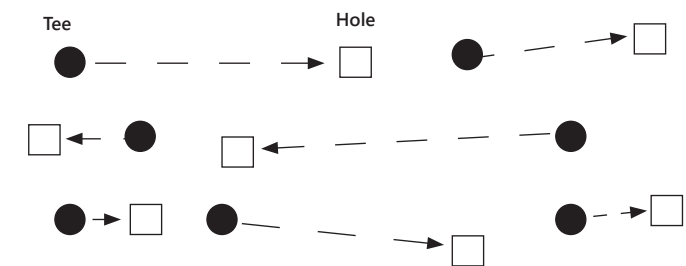
Learning Intention: To improve the two handed strike. To develop strategies that can be applied to a range of target games.

Equipment:

- Crates equal to half the number of children in the class
- Flat disc markers (same number as crates)
- 1 x pool noodle per child
- 1 x small soft ball per pair of children

Instructions:

- Set up a course with the number of 'tees' (start) and 'holes' (finish) equalling half the number of children in the class, as they will be playing in pairs. Use crates with the open side facing the 'tee' as 'holes'. Use rubber dots / markers as 'tees'.
- Vary the distance between the 'tees' and 'holes' around the course.
- Label each tee numerically (e.g. 1 - 15)
- Each player is given a pool noodle to use as a golf club and a small soft nerf ball.



- Playing pairs are allocated to a starting 'tee' and when both complete the 'hole' (get the ball in the hole) they move in numerical order to the next tee (e.g. start at tee 8, move to tee 9 etc.)
- The aim is to roll the ball from the 'tee' into the 'hole'. Players take turns to hit their ball from the 'tee' towards the 'hole'. Where the ball stops is where the players take their next hit. This pattern continues until the ball rolls into the 'hole'. Players then go to the next 'tee' and 'hit-off'.

Change It:

- The arrangement of the course
- The type, shape or size of the ball

Focus It:

- Why should you keep your head still as you hit the ball?
- Stand side on, knees slightly bent and shoulder width apart to stay balanced as you hit the ball.

Adapted from: Australian Council for Health, Physical Education and Recreation (ACHPER) SA Branch, Play with Purpose: For Fundamental Movement Skills Teaching, pp78 & 80, <http://www.achpersa.com.au/wb/pages/resources/play-with-purpose-for-fundamental-movement-skills-teaching.php>.

Outdoor Games and Problem Solving Activities

Safety

Safety is of prime importance with all outdoor games and group problem solving activities. In particular ensure the following guidelines are used:

- Challenge by choice - some people may be uncomfortable or unable to participate, allow them to join in as best possible but don't force them into activities which may result in embarrassment or injury.
- Don't allow participants to jump or throw people as part of the activities.
- Where possible carefully pass people over obstacles etc.
- All actions should be controlled and conducted under supervision.
- Keep people as low as possible e.g. on rollers or equipment to minimise the fall distance if they slip or fall.
- Use spotters or helpers to assist people on obstacles or equipment if required.
- Use a soft or grassed surface if there is a likelihood of falling.
- Explain the risk and give harm minimisation strategies as part of activity briefs.
- Make sure the ground being used is free of obstacles or dangerous items.
- Encourage maximum participation and FUN whilst planning for and doing activities.

Setting the Context (protocols)

- Supportive
- Graduated difficulty
- No put downs
- Fun & enjoyment
- Having a go
- Learning
- Success oriented
- Encouraging
- Risk largely perceived (physical & emotional)
- **Safety, Safety, Safety**



Sequence of Presenting

- Activity Brief
- Conduct Activity
- Review or Debrief Activity

Types of Activities

- Ice breakers / Acquaintance
- Deinhbitizers
- Trust / Spotting
- Team building / leadership

Debrief Sequence

The What	(Facts, relive the experience)
The So What	(Express feelings)
The Uh Ha	(Examine & think about)
The Now What	(Explore the future)

The origin of the following games and activities are many and varied. Most have been about for some time in one form or another. Sources include but are not exhausted by, Project Adventure, Outward Bound Schools and Arbury Park School to name a few.



Information provided by: Mike Meredith,
OEASA (the Outdoor Educators
Association of South Australia)

Outdoor Games and Problem Solving Activities

Activity Sequence

Ice Breakers / Acquaintance

Group selection

Name circle

Line ups

Tusker

Group Monster walk

Deinhbitizers

Hog calls

Pull throughs

Hand tangles

Everyone ups (2 – Group)

Hoop circle / relay

Moon ball

Group Balloon Carry

Balloon buddy squeeze

Trust / Spotting

Blindfold walk

Three person Trust Falls

Circle of friends

Group carries (3 – Group)

Line up by height / age / name, number 1-2-3 etc.

Pass ball around calling name, I'm X passing to Y, random names

On bench or plank line up without falling off by:-

Name

Height

Age etc

Start with pairs, play join on tag

Group tied together get from A – B

Pairs choose a paired call, split up, blindfolded find each other

Right hand forward left hand back, join hands pull back to front

Put your right hand in put your left hand in, untangle the mess

Pairs sit facing, get up, increase group size & back to back

Form a circle, pass hoops around without breaking circle

Big soft ball, keep off ground volleyball style, group set targets

Balloon per pair +1, group needs to get A – B, no drops/holding

Pairs pop balloon by squeezing

One blindfolded, one guide, one spotter, follow guides directions

Piggy in middle with trust passes back and forward

Piggy in the middle trust pass around circle

Three - carry one, six - carry one, twelve - carry one

Team Building / Leadership / Problem Solving

Jelly Roll

Need - 1 x 2.4m plank, 5 rollers, 2 broom handles and solid surface

Task - Get from A-B on plank and rollers without touching ground

Safety - No standing, watch fingers, two hands on broom handles

Piranha Creek

Need - 1 x 2.4m plank, two crates / drums, flat area

Task - Get group A-B without touching ground in between

Safety - No jumping between crates, shoes on, watch plank falling

Magic Floats

Need - 2 x 2.4m planks, 4 crates and flat area

Task - Get group A-B without touching ground in between

Safety - No jumping, shoes on, watch plank falling

Sheep and Shepherds

Task - Shepherd rounds up blindfolded sheep without talking

Need - Blindfolds, rope pen, flat cleared area

Safety - No obstacles in area, sheep use bumper position

Life Raft

Task - Get group into life raft without talking once planned

Need - Hoop or rope circle ~ 1m diameter

Safety - Clear area

Spider Web

Task - Get group through web, hole used once, no touching web

Need - Spider web, clear area

Safety - No jumping or throwing through, pass through safely

Nature Play at Parkside Primary School

Parkside Primary School is on a playful journey with nature. Some children can find the school yard a very daunting place to be, but if a child can say their favourite thing to do at recess or lunch time is to build camp fires in the digging patch, making caves for dinosaurs in the creek and picking fresh veggies from the Kitchen Garden, then you know nature has won them over!

The school grounds include many areas where children can play creatively and flexibly using loose parts and essentially engaging in a healthy and active lifestyle. Our environmental trail was completed in 2012 and includes a man-made creek. During the wetter months, the children take great pride in watching the creek fill with water. They enjoy racing boats made from leaves and sticks and snail hunting in the agapanthus. During the dryer months, the creek is the main meeting place for the junior primary classes and is a great area for dramatic play to happen.

Our Kitchen Garden is open to all of the children throughout the school day. Children enjoy visiting the garden to plant, care for and pick the produce grown. Our school canteen manager, Matidli, uses this fresh produce for lunch orders for the children.



Our most recent project has been the digging patch which is no more than its name, a patch of dirt with many loose parts for the children to use in their play. This area is by far the most popular area to play among all of the students, young and old. The collaboration, cooperation and communication thrive as the children spend great lengths of time building and digging.

Nature can achieve much more than any inside lesson can. Live a little, go outside and play!

Article written by Jess Niejalke, Parkside Primary School



Nature Play SA Inc is an incorporated not-for-profit association established to increase the time South Australian children spend in unstructured play. Visit www.natureplaysa.org.au for more information.

You are invited to attend...

2014 IDM SPORTS Physical Education Week Dinner

Where:

Adelaide Pavilion, Cnr South Terrace & Peacock Rd, Adelaide

When:

Friday, 14 November 2014

7.00pm - 11.30pm

Cost:

ACHPER Members: \$90, Non Members: \$100

Includes a three course dinner, drinks package: wine, beer and soft drinks, live band and networking opportunities.

Celebrating 30 years!



We encourage you to attend this night and celebrate active and healthy living. What about nominating a teacher or your school for an award? (contact ACHPER (SA) for more details). A night to remember!

RSVP:

By Friday, 7 November 2014

Booking:

Simply secure your place through ACHPER (SA) by calling the office on 8363 5700 with your credit card details, or alternatively you can email info@achpersa.com.au or register online ([click here](#)) to reserve your place.

If you have any specific dietary requirements (eg vegetarian, gluten free), please let the office know when you book your seat.

Clearly the best.

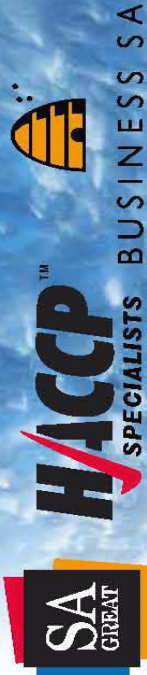
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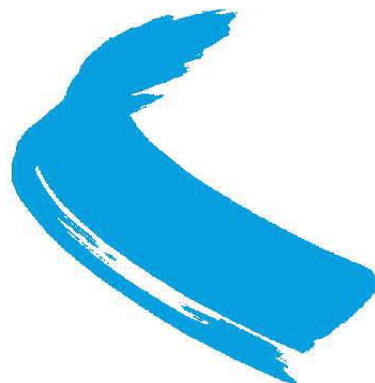
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Early Years R-2 Active Skills and Fun Day

AIMS OF THE EARLY YEARS R-2 ACTIVE SKILLS AND FUN DAY:

- Focus on physical development for young children
- Develop skill awareness through a variety of activities
- Have fun and enjoyment.

Each class will experience various fun activities covering a range of skills including throwing, catching, jumping, hitting, kicking and movement etc.

It is the responsibility of staff and accompanying parents from individual schools to ensure that students have adult supervision at all times.

DATE:	Monday, 10 November 2014
VENUE:	Park 25 Ovals, corner Port Rd and West Tce
TIME:	10.00am—2.00pm
REGISTRATION:	15 minutes prior to Session
YEAR LEVELS:	R, 1 & 2 (LIMIT 2 CLASSES PER SCHOOL)
COST:	\$5.00/student (plus GST) - your school will be issued with a tax invoice based on the number of students registered for this day. (Cheques made payable to ACHPER (SA), required before the day)
TO REGISTER:	Please complete form on the back of this page and fax to: ACHPER (SA) on (08) 8362 9800 or post to 105 King William Street, KENT TOWN SA 5067 by 21 October 2014
CONFIRMATION:	You will receive written confirmation of registration acceptance by the end of Week 2, Term 4. If you do not receive confirmation from the ACHPER (SA) office, please contact us to confirm involvement.

(Places are limited, please return your registration form ASAP to avoid disappointment)

**For further information please contact:
ACHPER (SA) on (08) 8363 5700**

PLEASE NOTE THE FOLLOWING:

- You will need to bring a list of names of students involved in the day with you and hand it in at the registration desk.
- ACHPER (SA) will be taking photos on the day for promotional usage. Please indicate on the attendance list handed in on the day those students who are unable to be photographed.
- Children need to bring lunch, hat, sunscreen and CUP/DRINK BOTTLE.
- Bring basic first aid kit and remember all medications eg. asthma, bee stings, epipen.
- Welcoming students with a disability. Please let ACHPER (SA) know of any special requirements.
- Mt Lofty Spring Water will be available FREE.
- Please provide adequate supervision for your class.



Early Years R-2 Active Skills and Fun Day Registration Form

Monday, 10 November 2014

Please complete and return this form to ACHPER (SA) if your school wishes to participate in the Early Years R-2 Active Skills & Fun Day.

You will receive written confirmation of registration acceptance by the end of Week 2, Term 4.

Please print all information clearly.

CONTACT PERSON: _____

SCHOOL: _____

ADDRESS: _____

Postcode: _____ COURIER: _____ PHONE: _____

EMAIL (required for confirmation): _____

AFTER HOURS CONTACT NUMBER/MOBILE: _____

***Please restrict numbers to two classes so we can have as many schools as possible involved. We would prefer you to state exact numbers.**

***NUMBER OF CLASSES: _____ TOTAL STUDENTS: _____ YEAR LEVEL: _____**

Cost: \$5.00 per student (plus GST). Please make cheque payable to ACHPER (SA). Your school will be issued a tax invoice inclusive of GST based on the number of students registered on this form.

Please return this form to:

**ACHPER (SA)
105 King William Street, KENT TOWN SA 5067
Fax: (08) 8362 9800**

**FORM MUST BE RECEIVED BY 21 OCTOBER 2014 (Week 2, Term 4)
(Please book early to avoid disappointment)**

Primary Years 3-5 Active Skills and Fun Day

Students in Year 3, 4 and 5 have the opportunity to participate in the Primary Years Active Skills and Fun Day at Park 25 Ovals. All students will participate in a number of different activities conducted by tertiary students from the School of Physical Education, Exercise and Sports Studies and Development Officers from a variety of sporting organisations.

A maximum of two classes per school will be accepted.

It is the responsibility of staff and accompanying parents from individual schools to ensure that students have adult supervision at all times.

DATE: Tuesday, 11 November 2014
VENUE: Park 25 Ovals, corner Port Rd and West Tce
TIME: 10.00am—2.00pm
REGISTRATION: 15 minutes prior to Session
YEAR LEVELS: Year 3, 4 and 5 (LIMIT 2 CLASSES PER SCHOOL)
COST: \$5.00/student (plus GST) - your school will be issued with a tax invoice based on the number of students registered for this day. (Cheques made payable to ACHPER (SA), required before the day)

TO REGISTER: Please complete form on the back of this page and fax to:
ACHPER (SA) on (08) 8362 9800 or post to 105 King William Street, KENT TOWN SA 5067 by 21 October 2014

CONFIRMATION: You will receive written confirmation of registration acceptance by the end of Week 2, Term 4. If you do not receive confirmation from the ACHPER (SA) office, please contact us to confirm involvement.

(Places are limited, please return your registration form ASAP to avoid disappointment)

**For further information please contact:
ACHPER (SA) on (08) 8363 5700**

PLEASE NOTE THE FOLLOWING:

- You will need to bring a list of names of students involved in the day with you and hand it in at the registration desk.
- ACHPER (SA) will be taking photos on the day for promotional usage. Please indicate on the attendance list handed in on the day those students who are unable to be photographed.
- Children need to bring lunch, hat, sunscreen and CUP/DRINK BOTTLE.
- Bring basic first aid kit and remember all medications eg. asthma, bee stings, epipen.
- Welcoming students with a disability. Please let ACHPER (SA) know of any special requirements.
- Mt Lofty Spring Water will be available FREE.
- Please provide adequate supervision for your class.



Primary Years 3–5 Active Skills and Fun Day

Registration Form

Tuesday, 11 November 2014

Please complete and return this form to ACHPER (SA) if your school wishes to participate in the Primary Years 3-5 Active Skills & Fun Day.

You will receive written confirmation of registration acceptance by the end of Week 2, Term 4.

Please print all information clearly.

CONTACT PERSON: _____

SCHOOL: _____

ADDRESS: _____

Postcode: _____ COURIER: _____ PHONE: _____

EMAIL (required for confirmation): _____

AFTER HOURS CONTACT NUMBER/MOBILE: _____

***Please restrict numbers to two classes so we can have as many schools as possible involved. We would prefer you to state exact numbers.**

***NUMBER OF CLASSES: _____ TOTAL STUDENTS: _____ YEAR LEVEL: _____**

Cost: \$5.00 per student (plus GST). Please make cheque payable to ACHPER (SA). Your school will be issued a tax invoice inclusive of GST based on the number of students registered on this form.

Please return this form to:

**ACHPER (SA)
105 King William Street, KENT TOWN SA 5067
Fax: (08) 8362 9800**

**FORM MUST BE RECEIVED BY 21 OCTOBER 2014 (Week 2, Term 4)
(Please book early to avoid disappointment)**

Middle Years 6–7 Sport Expo

A showpiece of aussie sport skills, activities and modified sports will be offered by coaches from a variety of state sporting associations.

Sports likely to be involved include athletics, baseball, lacrosse, netball, touch football, soccer, rugby union and league, volleyball, golf, orienteering, softball, hockey and more.

A maximum of two classes per school will be accepted.

It is the responsibility of staff and accompanying parents from individual schools to ensure that students have adult supervision at all times.

DATE: Thursday, 13 November 2014
VENUE: Park 25 Ovals, corner Port Rd and West Tce
TIME: 10.00am—2.00pm
REGISTRATION: 15 minutes prior to Session
YEAR LEVELS: Year 6 & 7 (LIMIT 2 CLASSES PER SCHOOL)
COST: \$5.00/student (plus GST) - your school will be issued with a tax invoice based on the number of students registered for this day. (Cheques made payable to ACHPER (SA), required before the day)

TO REGISTER: Please complete form on the back of this page and fax to:
ACHPER (SA) on (08) 8362 9800 or post to 105 King William Street, KENT TOWN SA 5067 by 21 October 2014

CONFIRMATION: You will receive written confirmation of registration acceptance by the end of Week 2, Term 4. If you do not receive confirmation from the ACHPER (SA) office, please contact us to confirm involvement.

(Places are limited, please return your registration form ASAP to avoid disappointment)

**For further information please contact:
ACHPER (SA) on (08) 8363 5700**

PLEASE NOTE THE FOLLOWING:

- You will need to bring a list of names of students involved in the day with you and hand it in at the registration desk.
- ACHPER (SA) will be taking photos on the day for promotional usage. Please indicate on the attendance list handed in on the day those students who are unable to be photographed.
- Children need to bring lunch, hat, sunscreen and CUP/DRINK BOTTLE.
- Bring basic first aid kit and remember all medications eg. asthma, bee stings, epipen.
- Welcoming students with a disability. Please let ACHPER (SA) know of any special requirements.
- Mt Lofty Spring Water will be available FREE.
- Please provide adequate supervision for your class.



Middle Years 6-7 Sport Expo

Registration Form

Thursday, 13 November 2014

Please complete and return this form to ACHPER (SA) if your school wishes to participate in the Middle Years 6-7 Sport Expo

You will receive written confirmation of registration acceptance by the end of Week 2, Term 4.

Please print all information clearly.

CONTACT PERSON: _____

SCHOOL: _____

ADDRESS: _____

Postcode: _____ COURIER: _____ PHONE: _____

EMAIL (required for confirmation): _____

AFTER HOURS CONTACT NUMBER/MOBILE: _____

***Please restrict numbers to two classes so we can have as many schools as possible involved. We would prefer you to state exact numbers.**

***NUMBER OF CLASSES: _____ TOTAL STUDENTS: _____ YEAR LEVEL: _____**

Cost: \$5.00 per student (plus GST). Please make cheque payable to ACHPER (SA). Your school will be issued a tax invoice inclusive of GST based on the number of students registered on this form.

Please return this form to:

ACHPER (SA)

105 King William Street, KENT TOWN SA 5067

Fax: (08) 8362 9800

FORM MUST BE RECEIVED BY 21 OCTOBER 2014 (Week 2, Term 4)

(Please book early to avoid disappointment)

Surf Education Program

This activity would be especially appropriate for:

- Year 3, 4 & 5 students
- Schools wishing to provide children with the opportunity to participate in a Open Water Safety program at a beach centre.

The DECD Swimming and Aquatics Unit has approved hours, outside of the yearly allowance, for be active Physical Education Week. Registration for the Surf Program will give students the opportunity to experience a variety of activities including surfboard paddling, beach skills, surf awareness and sun safety.

Swimming and aquatic consent forms for every participant need to be taken to each venue. If any student requires increased supervision while in the water due to an illness or disability (ie severe asthma, epilepsy, severe physical disability) the Surf Program Instructor in charge should be notified prior to the school attending on the day so that additional instructors can be provided.

Qualified instructors approved by DECD and Surf Life Saving SA will supervise the activities.

It is the responsibility of staff and accompanying parents from individual schools to ensure that students have adult supervision at all times.

DATE: All week, 10-14 November 2014 (spaces are limited - book early)
VENUE: Metropolitan beach venues to be negotiated
TIME: Sessions are 2 hours in duration; 10am-12pm or 12:30pm-2:30pm
YEAR LEVEL: Year 3, 4 & 5
COST: \$3 student—your school will be issued with a tax invoice based on the number of students registered. Non Government schools will be charged for instruction time (cheques made payable to Surf Life Saving SA)

TO REGISTER: Please complete form on the back of this page and fax to Kevin Spencer on 8354 6999 or Post to PO Box 117 West Beach SA 5024 by 17 October 2014

CONFIRMATION: You will receive written confirmation of registration acceptance.

For further information please contact:

Kevin Spencer, Surf Life Saving SA

Phone: (08) 8354 6900

Email: kevins@surfrescue.com.au

PLEASE NOTE THE FOLLOWING:

- You will need to bring a list of names of students involved in the day with you and hand it in at the registration desk.
- ACHPER (SA) will be taking photos on the day for promotional usage. Please indicate on the attendance list handed in on the day those students who are unable to be photographed.
- Bring basic first aid kit and remember all medications eg. asthma, bee stings, epipen
- Mt Lofty Spring Water will be available FREE
- Children need to provide lunch, bathers, sunscreen, hat, towel, CUP/DRINK BOTTLE and extra T-shirt
- Please provide adequate supervision for your class
- This program is conducted by Surf Life Saving SA



Surf Education Program Registration Form

**Monday 10 – Friday 14
November 2014**

If you would like a class or a number of classes to participate in this program on any day during *be active* Physical Education Week from 10 - 14 November 2014, please contact Kevin Spencer, Surf Life Saving SA on (08) 8354 6900 before filling out this form. Following negotiations, please complete the details below and return it to the address indicated.

CONTACT PERSON: _____

SCHOOL: _____

ADDRESS: _____

Postcode: _____ COURIER: _____ PHONE: _____

EMAIL (required for confirmation): _____

AFTER HOURS CONTACT NUMBER/MOBILE: _____

Details of the program as negotiated

DATE: _____

BEACH VENUE: _____

TIME: _____

NO. OF STUDENTS: _____

Kevin Spencer will communicate with you after the close of registration on Friday, 17 October 2014 to confirm your registration and provide additional information.

Please return this form (after negotiation) to:

Kevin Spencer

SLSSA, PO Box 117, West Beach SA 5024

Fax: (08) 8354 6999



FORM MUST BE RECEIVED BY 17 OCTOBER 2014 (Week 1, Term 4)

Get Court Netball Carnival

Netball SA would like to invite your school to become involved in the 201 Get Court Netball Carnival for girls in Year 6 & 7.

The Carnival is aimed at providing all participants with a challenging and enjoyable inter-school competition while at the same time improving their netball and team skills.

Each team will need to provide their own match ball, bibs and an umpire as well as their own transport to and from Netball SA Stadium.

Participating schools will be notified of final Carnival details by fax, after nominations have been received.

It is the responsibility of staff and accompanying parents from individual schools to ensure that students have adult supervision at all times.

DATE: Friday, 14 November 2014

VENUE: Netball SA Stadium
155 Railway Terrace, Mile End SA 5031

TIME: 9:00am - 3:00pm

DIVISIONS: ONE DIVISION ONLY (Year 6/7 girls)

COST: \$40.00 per team (GST inclusive) - your school will be issued with a tax invoice based on the number of teams registered by your school.
(Cheques made payable to Netball SA)

PLEASE NOTE: Netball SA is part subsidising the event, which has enabled us to reduce the entry price to \$40.00 per team.

TO REGISTER: Please complete the form on the back of this page and fax to Rachel Horstmann at Netball SA on (08) 8238 0555 by Friday, 31 October 2014.

CONFIRMATION: You will receive written confirmation of registration acceptance.

For further information please contact:

Rachel Horstmann

Netball SA Community Participation
Coordinator

Phone: 08 8238 0512

PLEASE NOTE THE FOLLOWING:

- You will need to bring a list of names of students involved in the day with you and hand it in at the registration desk.
- ACHPER (SA) will be taking photos on the day for promotional usage. Please indicate on the attendance list handed in on the day those students who are unable to be photographed.
- Children need to provide own lunch, drink bottle, hat and sunscreen.
- Bring basic first aid kit and remember Asthma and other medications.
- Canteen facilities will be available for the whole day.
- Please provide adequate supervision for your class.
- This carnival is conducted by Netball SA.



Get Court Netball Carnival Registration Form

Friday, 14 November 2014

Please complete and return this form to Netball SA if your school wishes to participate in the 2013 Get Court Netball Carnival.

You will receive written confirmation of registration acceptance.

Please print all information clearly.

CONTACT PERSON: _____

SCHOOL: _____

ADDRESS: _____ Postcode: _____

PHONE: _____ FAX: _____

EMAIL (required for confirmation): _____

AFTER HOURS CONTACT NUMBER/MOBILE: _____

Please indicate the number of teams and team names in the space below.

DIVISION: _____ NO. OF TEAMS: _____ TEAM NAME(S): _____

Year 6/7 girls _____

Your school will be issued with a tax invoice inclusive of GST based on the number of teams registered by your school on this form

Please return this form to:

Rachel Horstmann

Netball SA Community Participation Coordinator

Fax: (08) 8238 0555

Email: rachel.horstmann@netballsa.asn.au

FORM MUST BE RECEIVED BY 31 OCTOBER 2014



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Unit 1, 54 Maple Avenue
Forestville SA 5035
Phone: 8371 5794
Email: sales@idmsports.com.au

Promotion for Achper Members only, promotion runs til the end of Term 3.
Quote Code:3TXSP when ordering

Physical Education Week

10 – 14 November 2014

Connecting Schools and Communities



ACHPER (SA)

105 King William St, Kent Town SA 5067

Ph: 8363 5700 | Fax: 8362 9800

Email: info@achpersa.com.au

Web: www.achpersa.com.au

The Australian Council for Health, Physical Education and Recreation, SA Branch

Promoting Active and Health Living