Australian Physical, Health and Sport Education Conference
Friday 26 February, 2016
Melbourne Cricket Ground (MCG) & National Tennis Centre (NTC), Melbourne, Australia
Conference program

The Discovery conference is the ultimate professional learning event in Melbourne focusing on innovative and evidence-based practice for teaching primary and secondary students in Health, Physical, Outdoor and Sport Education.

Following the success of our six previous Discovery conferences and other major conferences in ACT, VIC, NSW and QLD, Dr Amanda Telford and Rob Malpeli Directors of Peak Phys Ed are very pleased to present the 7th ‘Discovery’ conference in Melbourne. Discovery 2016 gives teachers from primary, secondary and special schools the opportunity to choose from 65 high quality elective workshops. Four sessions will be held throughout the day, with participants able to choose from one of 16 parallel streams per session to suit their particular needs and interests. All sessions focus on contemporary, inclusive practice and the practical aspects of health, physical education, outdoor education and sport education. Most sessions within the program will be tailored to the Australian Curriculum and the Victorian Curriculum.

Over 50 dynamic presenters will showcase their expertise and knowledge of health education, physical education, outdoor education, physical activity, exercise science, health and wellbeing and sport education.

Discovery Conference Partners 2016

Discovery is proudly supported by our conference partners
**Discovery 2016 Keynote address**

Peak Phys Ed are proud to present our keynote address for our 7th annual national conference:

**Evidence-based strategies to engage students in physical activity and sport**

**Professor Phil Morgan (University of Newcastle)**

Professor Morgan is deputy director of the University of Newcastle Priority Research Centre for Physical Activity and Nutrition and lecturer in the School of Education. He graduated from the University of Newcastle with a University Medal in 1997 and his PhD focused on primary school physical education won both local and national awards. His research program is focused on the impact of school- and community-based interventions to promote physical activity in child, adolescent and adult populations. His work in teaching, research and the community has been recognised with national and international awards including 12 university teaching excellence awards and 7 national/international research awards.

**Registration Fee**

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<thead>
<tr>
<th></th>
<th>Delegate</th>
<th>Pre-service teachers</th>
<th>Early Bird Paid by 11 December</th>
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<tr>
<td></td>
<td>$335</td>
<td>$145</td>
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**Trade Display and Prize Draws**

A range of resources, technology, sports, programs and equipment will be on display in the trade display area. Trade displays will run during the morning tea and lunch breaks. Delegates participating in the trade treasure hunt have the opportunity to go into the draw to win thousands of dollars in prizes from the Peak Phys Ed treasure chest. You must be present to win the prizes at the end of the conference by opening the treasure chest with your key.

For a full description of all Peak Phys Ed conferences, membership benefits, events, consultancy, and other services, newsletters and resources check out [www.peakphysed.com.au](http://www.peakphysed.com.au)
# Discovery – Australian Physical, Health and Sport Education Conference

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**Friday 26 February, 2016** – Melbourne Cricket Ground (MCG) & National Tennis Centre (NTC), Melbourne, Australia

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<th>Elective 4</th>
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<th>Elective 8</th>
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<tbody>
<tr>
<td>Senior Physical Education &amp; Exercise &amp; Sport Science</td>
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<td>Year 7-10 Health &amp; Physical Education</td>
<td>VCE Units 1&amp;2 Health &amp; Human Development</td>
<td>VCE Units 3&amp;4 Health &amp; Human Development</td>
<td>Australian &amp; Victorian Curriculum development</td>
<td>ICT in HPE</td>
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### Session A

| A1 | Planning & Implementation for teachers new to teaching VCE PE Units 1&2 | Rachel Whittle | B1 | Implementing a sport science elective Part A | Robin Malpeli |
| A2 | Putting the Physical back in VCE PE | Rachael Whittle | A3 | Making measurement & promotion of PA practical and engaging for students: All new in 2016 content, resources & assessment ideas | Jackie Bell-Warren, Dr Amanda Telford |
| A4 | Alcohol & other Drugs: Teaching ideas for the new Australian (Victorian) Curriculum | Emme Wild |

### Session B

| B1 | Designing a sport science elective (Part A) | Rob Malpeli | B2 | Enhancing student understanding of skill acquisition in VCE PE | TBC | B3 | VCE PE Units 3 & 4 Exam Review | Rachael Whittle |
| B4 | Food & Nutrition Teaching ideas for the new Australian (Victorian) Curriculum | Natalie Still |
| B5 | VCE Unit 1 Area of Study 2 HDH | Sonia Goodacre | B6 | Health & Human Development Exam Review | Ash Mills |

### Session C

| C1 | Implementing a sport science elective Part B (Preferably requires part A) | Rob Malpeli | C2 | Innovative & Engaging activities for VCE PE Unit 2 As &2 | Physically Active Lifestyles | Dr Amanda Telford, Dr Helen Brown |
| C3 | Practical strategies to design and implement a training program | Rhonda Mallinar |
| C4 | Teaching ideas for Mental Health | Claire Stonehouse |
| C5 | No fuss digital tools for teaching VCE HDH Unit 1 | Leanne Compton |
| C6 | VCE HDH Unit 4 Global Health & Human Development - introduction for those new to teaching HDH | Ash Mills |

### Transition to session C (10 min)

### Session D

| D1 | The ‘Heads Up’ for teachers new to VCE PE Units 3 and 4 | Jackie Bell-Warren | D2 | Making biomechanics contemporary and interesting for students | Assoc Prof Noel Lythgo |
| D3 | All new application ideas for VCE PE Units 3&4 – prices, models, analogies and more! | Rob Malpeli, Rhonda Mallinar |
| D4 | Teaching ideas for respectful relationships | Claire Stonehouse |
| D5 | Engaging the millennial VCE HDH learner in Units 1&2 | Casey Hawley |
| D6 | VCE HDH Unit 4 Global Health & Human Development | Sonia Goodacre |

### 1:30-2:20pm Lunch & Trade Display & Networking (50 min)

*Free access to the National Sports Museum @ MCG*

### 3.50pm Prize Draw & Treasure Chest (Trade area)
### Program 2016: Page 2 of 2

**Friday 26 February, 2016** – Melbourne Cricket Ground (MCG) & National Tennis Centre (NTC), Melbourne, Australia

#### Elective 9

- 7-10 PE
- Mindfulness & well-being

#### Elective 10

- Primary PE (PRAC)

#### Elective 11

- Middle years (Year 5-8)

#### Elective 12

- Mixed bag (PRAC)

#### Elective 13

- Game sense (PRAC)

#### Elective 14

- PE & Sport PRAC

#### Elective 15

- PE & Sport PRAC

#### Elective 16

- Year 7 -12 Outdoor Education

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#### Session A

9:25am-10:30am

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<tr>
<th>Elective</th>
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<tbody>
<tr>
<td>A9</td>
<td>SHINE: student well-being programs enhance student resilience</td>
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<td>A10</td>
<td>Fundamental movement skills and the brain</td>
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<tr>
<td>A11</td>
<td>Easy team-building exercises for students</td>
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<td>Speedminton – re-inventing school racquet sports</td>
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<td>A15</td>
<td>ICT &amp; PE: Practical &amp; complimentary!</td>
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<tr>
<td>A16</td>
<td>As Outdoor Education fights for its place in a National Curriculum we may ask, “why do we do it?”</td>
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10.30-10.55am

- Morning Tea & Trade Display (25 min)

#### Session B

11.05am-12:15pm

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<td>Creating inclusive teaching environments for sexual &amp; gender diverse students</td>
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<tr>
<td>B10</td>
<td>The Power of Circus</td>
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<tr>
<td>B11</td>
<td>Minor games to maximise participation &amp; engagement</td>
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<tr>
<td>B12</td>
<td>The Amazing Race</td>
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<tr>
<td>B13</td>
<td>Game Sense for beginners</td>
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<tr>
<td>B14</td>
<td>Physical activity with minimal equipment or confined space and integration of literacy &amp; numeracy</td>
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<tr>
<td>B15</td>
<td>The new era for lawn bowls Modifying and challenging stereotypes</td>
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<tr>
<td>B16</td>
<td>Unit VCE Outdoor &amp; Environmental Studies – teaching ideas, assessment and more</td>
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12.25 pm-1.30 pm

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<td>C10</td>
<td>Ball handling-setting the foundation for ball sports</td>
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<td>C11</td>
<td>Complete class engagement through inclusive baseball programs</td>
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<tr>
<td>C12</td>
<td>Fun warm up games and fitness games</td>
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<tr>
<td>C13</td>
<td>Game Sense – for intermediate and advanced teachers</td>
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<tr>
<td>C14</td>
<td>Working with challenging students</td>
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<tr>
<td>C15</td>
<td>Tennis Australia’s Primary and Secondary Schools program: Tennis activities designed for large groups of students</td>
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<tr>
<td>C16</td>
<td>Practical application of the E5 instructional model in OES</td>
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1.30-2.20pm

Free access to the National Sports Museum @ MCG

3.50pm Prize Draw & Treasure Chest (Trade area)
Planning and implementation for teachers new to teaching VCE PE Units 1&2: including differentiation ideas

A1 This session is aimed at early career teachers or teachers new to teaching VCE PE Unit 1&2. This session will assist you to maximise your planning and development of teaching activities, resources and assessment. These presenters have decades of experience teaching VCE PE between them. The session will also include ideas on differentiated learning that will maximise classroom learning outcomes. This session will provide you with loads of examples and tips ready for use in 2016 and beyond.

Putting the Physical back into VCE PE Units 1&2

A2 In this session participants will engage in a number of practical based activities that can be used in VCE PE Units 1 and 2 to enhance student understanding of the key knowledge and skills in Physical Education. The session will cover core content and provide opportunities for participants to seek advice on implementing practical and applied learning tasks in areas that they find challenging, as well as a forum for discussion and sharing of ideas used by colleagues in other schools.

Making measurement and promotion of physical activity practical and engaging for students—All new in 2016 content, resources and assessment ideas

A3 This session will be totally new in 2016 and include a range of practical activities that can be integrated across the spectrum of teaching physical activity measurement and promotion. Amanda and Jackie will share a load of resources and activities with you that will cater for a diversity of learning styles and link to a range of resources. Information will be underpinned by some of the latest research in physical activity to inform planning and implementation of your teaching, school programs and assessment.
Elective Descriptions: Session A

Alcohol and other drugs: Teaching ideas for the Australian (Victorian) Curriculum

Need new ideas and engaging resources to teach ‘Alcohol and other drugs’ in the new Australian Curriculum, then this session is for you. You will be provided with up to date information and learning activities that will leave your students better equipped to make the right choice. Not only designed to provide Year 7 – 10 Health Education teachers with valuable lesson ideas, you will also further develop your knowledge and understanding of the Australian Curriculum through meaningful mapping activities. Emme is a co-author of the Fit for Life series. You will walk away with teaching ideas and activities that can be easily implemented into your lessons, as well as sample teaching programs and units of work.

VCE Health & Human Development Unit 1 Area of study 1

This is an interactive session that will look at any recent changes to the VCE HHD study design, assessment ideas, a wide range of teaching and learning activities and resources that you can use in the teaching of unit 1 Aos 1. A range of current resources and data to support your teaching will be presented, along with details of how to access them. A tried and tested range of teaching and learning activities to engage your students will be demonstrated along with some ideas about how to bring out the best in your students. Many of these ideas can be used across all four units of VCE HHD. The aim of this session is that participants will walk away with a range of ideas and resources that can easily be implemented in their own classroom to meet the needs of all students and all learning styles.

Engaging the millennial VCE HHD learner in Units 3&4

This session takes a look into the use of ICT and a variety of practical activities to assist you in developing and executing an engaging VCE HHD curriculum for the millennial HHD learner. Whilst not essential, bringing along a device with internet access may be helpful to allow you to get the most out of the session.

The New F-10 Curriculum is here!

Now is the time to start planning for the implementation of the new Health and Physical Education Curriculum. In this workshop Nerida will provide an overview of the new curriculum and will assist you to unpack the Content Descriptions and Achievement Standards relevant to your Health and Physical Education program. This workshop will provide an overview of the curriculum planning requirements in preparation for implementing the new curriculum in 2017.
**Elective Descriptions: Session A**

**Taking to the cloud, ways to successfully digitise your HPE curriculum**

A8  It’s never been easier to create an interactive and collaborative learning environment to enhance teaching and learning. In this interactive workshop we will explore the use of software (i.e. OneNote class Notebook Creator), learning management systems (i.e. Schoology) and video editing programs that will allow for student work and teacher feedback to be exchanged automatically anytime and anywhere. We will also look at how these educational technologies can be utilised so that you can implement the flipped classroom.

**Andrew Luscombe**
Ivanhoe Grammar School
PE HPE ICT

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**SHINE: wellbeing programs designed to focus on developing skills to cope with the increasing pressures students face in an increasingly complex society**

A9  The session would entail details of the evidence based research that underpins this program and a discussion of the themes that are central to Year 7 through to Year 12 students in the development of the SHINE Program. A discussion of the use of student collaborative groups to drive the program and the use of student-centred activities to empower the students to create work that reflects their needs. How important is a whole school approach? In particular the difficulties in motivating teachers to facilitate the program. A discussion of the variety of activities including mindfulness, speakers, organisation/study skills and digital citizenship, to name a few.

**Kate Gilchrist**
Lauriston Girls School
5-12 HPE WELLBEING

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**Fundamental movement skills and the brain**

A10  This practical workshop provides an innovative approach to teaching essential movement skills in F-6 HPE students. Highlighting the important role the brain plays in establishing movement skills, participants will learn fun and engaging activities they can incorporate into their teaching to develop rhythm and coordination.

**Lee Anton-Hem**
Consultant
PE PRAC PRIM

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**Easy Team-Building Exercises for Students**

A11  A practical, interactive program which will present a series of very simple ‘team-building’ activities which PE teachers and outdoor educators can use and integrate into their curriculum for the purposes of building self-esteem, team skills or simply to have fun. From simple two minute partner exercises to complex group initiatives, the activities are ideal for inviting lots of fun, safe and healthy interaction. Mark will also discuss critical program design principles to help you implement these games. Includes free copy of ‘Serious Fun’ book and a free trial subscription to playmeo.

**Mark Collard**
Playmeo
PE PRAC 5-10
**Elective Descriptions: Session A**

**Minor games for maximum fun and engagement**  
**A12** This session highlights a bag full of warm up activities for middle years PE that are sure to delight your students. Jarrod will present a range of activities from golden oldies to contemporary brand new games for any PE program. Jarrod who starred in the Amazing Race television show is an engaging young gun teacher who will deliver a fun and no doubt entertaining session.  

**Jarrod Jende**  
Pakenham Consolidated School  
PE PRAC 5-8

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**Using a game sense approach for invasion sports**  
**A13** Game sense activities are a widely accepted approach within modern day physical education programs. This session is designed to cover the basics of this complex approach and share lots of themes that transfer across a range of invasion sports.  

**Ray Breed**  
St Leonard’s College  
PE PRAC GAME SENSE

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**Speedminton – re-inventing school racquet sports**  
**A14** Geoff will take a practical look at how Speedminton has re-defined racquet sports in Australian schools. He will examine the flexible racquet program that suits all age and skill levels, and its relevance to Primary and Secondary Schools with its user friendly equipment and format. Sports attire and shoes required for this ‘hands on’ session.  

**Geoff Banister**  
Speedminton  
PRIM & SEC PE PRAC

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**ICT and PE: Practical and Complimentary!**  
**A15** This session will be a practical session where different teaching and coaching iPhone and Android ‘apps’ will be used to assist the demonstration, teaching and assessment of practical PE skills. It will involve group work and be interactive! Teaching and assessment resources will be provided. Attendees will need to download the following apps prior to the session (‘$’ indicates a small cost is involved): coachmyvideo (both platforms), ubersense (iPhone), notability ($, iPhone), Coach’s Eye ($, iPhone), Simple notepad or lecture notes (Android).  

**Sarah Hogan**  
Yarra Valley Grammar  
ICT PE PRAC

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**As Outdoor Education fights for its place in the Australian Curriculum we may ask, “why do we do it?”**  
**A16** How do our students benefit from these programs? Why do schools invest so much time and money in Outdoor Education programs? Surely there must be something there! Here are some ideas, philosophies, activities and program structures that can give your ‘Junior – Middle School’ Outdoor Education some creativity and achievable outcomes. Go and play outside.  

**Paul Dietszch**  
Whitefriars College  
OUTDOOR ED
Designing a sport science elective (Part A)

More and more schools are introducing sports science electives for students who are keen to expand their appreciation and understanding of sports performance. Increasingly they are using this as a stepping stone to accelerate student entry into VCE Physical Education Studies. Part A will investigate what modules can be considered for inclusion into a sports science course as well as cover assessment options. Delegates will contribute to a ‘collaborative course design activity’ and leave the day with a sample course, timelines, assessment ideas and essentially the ‘whole box and dice’.

Enhancing student understanding of skill acquisition in VCE PE

This session will provide some ideas on how to teach and incorporate motor learning and skill acquisition principles such as skill classification, feedback, traditional and constraints-based approaches to instruction and practice design into teaching senior PE.

VCE PE Units 3 and 4 Exam Review

In this session, participants will be taken through a review of the 2015 VCE Physical Education exam. It will include a general overview of student performance in the 2015 exam, areas of strengths and areas for further improvement. Suggested solutions to exam questions will be provided and focus areas for student preparation for the 2016 examination will be discussed. Teachers are advised to bring an electronic or hard copy of the 2015 exam to annotate throughout the presentation.

Food and nutrition teaching ideas for the new Australian (Victorian) curriculum

If you have been asked to teach HPE and you are not sure where to start with the Australian (or Victorian) Curriculum, this is a session for you. Links to the curriculum, support materials, teaching ideas and making food and nutrition education engaging will be the focus of this interactive session.
Elective Descriptions: Session B

VCE Unit 1 Area of study 2 Health & Human Development

This is an interactive session that will look at any recent changes to the VCE HHD study design, assessment ideas, a wide range of teaching and learning activities and resources that you can use in the teaching of unit 1 AOS 2. A range of current resources and data to support your teaching will be presented, along with details of how to access them. A tried and tested range of teaching and learning activities to engage your students will be demonstrated along with some ideas about how to bring out the best in your students. Many of these ideas can be used across all four units of VCE HHD. The aim of this session is that participants will walk away with a range of ideas and resources that can easily be implemented in their own classroom to meet the needs of all students and all learning styles.

Sonia Goodacre
Plenty Valley Christian College
VCE HHD UNIT 1

Health and Human Development Exam Review

This session will be a review of the 2015 VCE Health and Human Development exam. The session will identify student strengths and weaknesses in their exam responses, provide sample answers and also provide teachers with some key areas to help further prepare their students for the exam in 2016. Teachers are advised to bring an electronic or hard copy of the 2015 exam to annotate throughout the presentation.

Ash Mills
Penola Catholic College
VCE HHD UNITS 3&4 EXAM REVIEW

Respectful relationships in the HPE curriculum

In Victoria, there is a government focus on teaching about respectful relationships. In this workshop Nerida will explore why it is important for students to learn about respectful relationships and how it fits in both the new Health and Physical Education curriculum and the Personal and Social Capability curriculum. The session will discuss the elements of good practice in relation to teaching students about respectful relationships including practical ideas for classroom activities.

Nerida Matthews
Curriculum Manager,
Health and Physical Education
Victorian Curriculum and Assessment Authority
HPE SEC

Using ICT to provide feedback in your classes from capture to meaningful outcomes

This session will focus on methods of using iPad’s, iPhone’s and other devices for visual feedback in your class. This session will demonstrate how to easily utilise a device, record within your class, download this information to your computer and then place in an interactive environment (i.e. youtube, school portal’s, blog sites etc).

Chris Bolton
Hale School WA
ICT PE SEC
**Elective Descriptions: Session B**

**We’re not all the same, but we are all equal: creating a teaching environment that is inclusive of sexual and gender diversity**

B9 Direct and indirect discrimination of same-sex attracted and gender diverse students and staff are still present at our schools and in our school sports teams. Discover how you can make a difference to your Health and PE classrooms, sports teams and school environment, so that your everyday teaching practice is inclusive and welcoming of sexual and gender diversity. The presenters from the Victorian Equal Opportunity and Human Rights Commission invite you to explore ways in which you can affect change at your school and in particular, in your HPE classes.

Robert Moolman
Victorian Equal Opportunity and Human Rights Commission

Alana Wearne
Castlemaine Secondary College

**The Power of Circus**

B10 The ‘Power of Circus’ session will provide teachers with the opportunity to increase their knowledge and develop skills to implement a program that will engage, explore, elaborate, explain and evaluate learning, fostering confidence and growth for all. Participants will be involved in activities using spinning plates, devils sticks, rolla bolla’s, clubs, flags, stilts, unicycles, mini bikes, balance bikes, hoops and more. Regardless of entry level, success is achievable by everyone.

Christine Burns
Grovedale West Primary School

**Minor games to maximise participation and engagement**

B11 This session will include loads of fun, inclusive and engaging minor games that can be incorporated into a range of units and contexts within any quality PE program. This session will explore a range of activities to cater for students varying interests, skill and fitness levels.

Leanne Guinea
Lauriston Girls School

**The Amazing Race**

B12 Every year we offer this session it is a sell out and gets rave reviews so back by popular demand is Lee’s version of the Amazing race for PE. Based on the concept of adventure racing this session provides a plethora of exciting, fun and unique activities to get students moving and running without them even noticing. The activities are highly inclusive, build team work and problem solving skills whilst giving students an opportunity to develop cardiovascular fitness.

Lee Anton-Hem
Consultant

**Game sense for beginners**

B13 For beginners who need to get a quick grasp on game sense models and understand how they can be implemented quite easily through their own experience/sport. Colin is a master of teaching game sense and will be able to break it down into a user-friendly model for all delegates.

Colin Cooper
Penleigh & Essendon Grammar School
Elective Descriptions: Session B

Physical activities with minimal equipment or confined space, and ideas for developing literacy and numeracy

**B14** This workshop will focus on getting students participating quickly and efficiently through fast, energising games which have been developed for a range of ages. Links to literacy and numeracy will be developed, catering for all students learning needs. Teachers will participate in a variety of activities and skill based games which they can use in their schools across many ages. Participants will learn how to link games to specific sports and their related skills and how to modify games for different stages and ability levels. There will be discussion on differentiating lessons and how to make lessons engaging, fun for all and collaborative. Emphasis will be on maximum participation and on the need for quality and feedback.

*Elissa O’Brien*
Hunter Valley Grammar School NSW
7-10 PE PRAC

The new era for lawn bowls Modifying and challenging stereotypes

**B15** This session will explore a range of inclusive activities using the Jr Jack Attack Bowls resources and equipment. Teachers will be provided with a variety of modifications to ensure all students have an opportunity to get involved and experience success.

*Scott Nicholas*
Bowls Victoria
PRIM & JR SEC PE PRAC

Unit 3 VCE Outdoor & Environmental Studies – teaching ideas, assessment and more

**B16** This session is designed to assist teachers gain a better understanding of Unit 3 VCE Outdoor and Environmental Studies. Key knowledge will be unpacked as well as the literacy demands associated with writing high quality answers for this unit of the study.

*Adam Hipwell*
Penola Catholic College
OUTDOOR ED VCE
Implementing a sport science elective
(Part B- preferably requires Part A)

C1 Part B will investigate the way practical elements can be incorporated into a sports science elective which allow students to apply key knowledge and skills and bring the theoretical components to life. Participants should wear appropriate attire to engage with physical activities and practical elements. Delegates will also spend some time discussing how to best gain support from curriculum and decision making bodies within their school in order to get sports science “up and running”.

Innovative and engaging activities for VCE PE Unit 2 AoS 2 Physically active lifestyles

C2 This session will provide teachers with loads of theory and practical-based activities and resources and assessments ideas for teaching VCE PE Physically active lifestyles. Amanda will include some of the latest evidences and examples of best practice that you can incorporate into your everyday teaching.
Elective Descriptions: Session C

Practical strategies to design and implement a training program

C3 This session focuses on how to assist your students to plan for and participate in an effective training program. How do you ‘fit it all in’? How do you validate students are actually training? What can you do ensure students ‘get it’ and how can you scaffold student learning and application via activities linked to the training program.

Rhonda Mallindar
Luther College
SENIOR PE

Teaching ideas for Mental Health

C4 Ideas for teaching Mental Health and Wellness in your classes. This material is designed to meet the Australian (and the Victorian) Curriculum for years 7-10. Claire will share with you loads of teaching strategies based on a wide range of freely available resources in addition to showcasing relevant activities from the new Fit for Life secondary textbook series.

Claire Stonehouse
Deakin University
HEALTH SEC

No fuss digital tools for teaching VCE HHD Unit 2

C5 Join in the conversation to discuss new ways to teach and assess health and individual human development for the lifespan stages of prenatal, childhood and adulthood, using a range of digital tools. This session will provide ideas of ways for students to demonstrate their understanding of the health and individual human development in engaging and contemporary ways that are easy to implement in the classroom. Ideas will be fuss-free, fun and fantabulous.

Leanne Compton
Victorian Curriculum and Assessment Authority
VCE HHD UNIT 2 ICT

HHD Unit 4 - Global Health and Human Development - an introduction for first time teachers

C6 A session for first time teachers of Unit 4 - Global Health and Human Development, we will discuss effective ways to deliver the course content and ensure students are well prepared for their all-important end of year exam. A suggested timeline and learning activities will be provided.

Ash Mills
Penola Catholic College
HHD VCE UNIT 4

The New F-10 Curriculum is here!

C7 Now is time to start planning for the implementation of the new Health and Physical Education Curriculum. In this workshop Nerida will provide an overview of the new curriculum and will assist you to unpack the Content Descriptions and Achievement Standards relevant to your Health and Physical Education program. This workshop will provide an overview of the curriculum planning requirements in preparation for implementing the new curriculum in 2017.

Nerida Matthews
Curriculum Manager, Health and Physical Education
Victorian Curriculum and Assessment Authority
AUST & VIC CURRICULUM

Repeated A7
Elective Descriptions: Session C

Leadership in HPE through ICT

C8 This session will focus on the use of video footage and cross moderation across multiple classes or schools. Phys Ed teachers have an innate ability to utilise professional judgement, however, how consistent is this approach across classes or neighbouring schools? This session will investigate the use of video footage in the progressions through AITSL standards within your department.

Chris Bolton
Hale School, WA
LEADERSHIP, ASSESSMENT, ICT

Mindfulness and meditation as a key to improving student health and wellbeing

C9 The session is the ‘101’ of mindfulness and meditation as a key to improve student health and well-being. The difference between the two and a “tool-kit” of practical exercises to demonstrate the difference. The research that supports the benefits and explanation of how we can change the brain through meditation and neuroplasticity will also be discussed.

Kay Watts
Smiling Mind
MIDDLE YEARS HEALTH

Ball handling- setting the foundation for ball sports

C10 This session will allow teachers to explore a huge range of ball handling activities that are the building blocks for success in dozens of sports. Jan will share many of the secrets of delivering a highly effective physical education program. Apollo Parkways Primary School is consistently one of the most successful sporting schools within the government sector within Victoria.

Jan Arney
Apollo Parkways Primary School
PE PRAC PRIM

Complete class engagement through inclusive baseball programs

C11 In this session, we will address the key elements to developing and implementing inclusive ‘striking sports’ sessions. We will also look at how to maintain the integrity of the sport while modifying the skill to engage every participant regardless of their physical activity background.

Thomas Dicker
Baseball Victoria
PE PRAC SEC

Fun warm up and fitness games

C12 Every PE teacher needs a repertoire of warm up and fitness games that are flexible, adaptable for a variety of fitness levels and ages, require minimal equipment, are easy to set up, are engaging and most of all, FUN! This session includes several old favourites again plus a selection of newly developed games. You will leave this session feeling ready to spark up your sessions with engaging activities, including new movements, stretches and exercises that your students will love.

Heath Hay
Greensborough College
Airlie Swallow
Northcote High School
PE PRAC SEC
Elective Descriptions: Session C

Games sense for intermediate and advanced teachers

C13 This session is designed specifically for teachers with experience implementing game sense programs in schools. Teachers will have an opportunity to workshop and share ideas with Colin fuelling the session with a range of stimulus activities. This session is designed to challenge intermediate to advanced physical education teachers to enhance their game sense tool kit.

Colin Cooper
Penleigh & Essendon Grammar School
7-10 HPE PRAC GAME SENSE

Working with challenging students

C14 What is Autism? Why is this condition becoming so prevalent? We are finding more and more students entering our education systems with traits and behaviours that often create obstacles to their opportunity of achieving success in a traditional education system. How can we as educators, in conjunction with our school’s Curriculum Support team, provide improved learning outcomes for these students who have difficulties with social relationships and, in many cases, issues with motor planning? We need to begin with our attitude, they’re not “less” just “different”.

Paul Dietsch
Whitefriars College
UPPER PRIM & SEC PE PRAC

Tennis Australia’s Primary and Secondary Schools program: Tennis activities designed for large groups of students

C15 This practical workshop will demonstrate a range of activities from Tennis Australia’s Secondary Schools program. Specifically designed for maximum participation, inclusion and to cater for the developmental readiness of all students, this program consists of Playing the Game in addition to enhancing movement and fitness through Cardio Tennis.

Mitchell Hewitt & Patrick Landy
Tennis Australia
PE PRAC SEC

Practical application of the E5 instructional model in OES

C16 Outdoor Education and Environmental studies consistently provides our students with unique and empowering experiences. The link between the practical experiences and the classroom are sometimes difficult for students to grasp. We consistently ask our students to plan for and reflect on a range of practical outdoor experiences, but do they have the tools to do this? This session will aim to strengthen your pedagogy and curriculum programs by exploring practical uses and tools linked with the E5 model.

Tim Richardson
Balwyn High School
OUTDOOR ED 7-10
The ‘Heads Up’ for teachers new to VCE PE Units 3&4

D1  An ‘old head’ helping ‘new heads’ with stepping through the what, when and ideas for how. A session containing lots of help, handouts and ideas to facilitate good teaching and learning, with plenty of opportunity for discussion

Jackie Bell-Warren
Sacred Heart College
Geelong
Senior PE

Making biomechanics contemporary and interesting for students

D2  This session will show fun and innovative ways to investigate the biomechanics of human and projectile motion with minimum cost. It will provide resources and knowledge to develop interesting ways to engage students. This material will help students better understand the mechanics of motion (kinematics and kinetics). Noel is an experienced physical education teacher and full time biomechanist.

Associate Professor Noel Lythgo
RMIT University
SENIOR PE

All new application ideas for VCE PE Units 3&4– pracs, models, analogies and more...

D3  Students are good at remembering key knowledge/content but when we drill a little deeper their levels of understanding and application are sometimes superficial. This session brings learning to life via the use of models, analogies, role plays and other engaging strategies designed to provide students with that ‘light-bulb’ moment teachers constantly strive to provide their students.

Rob Malpeli
Peak Phys Ed
Rhonda Mallindar
Luther College
SENIOR PE

Respectful Relationships Education

D4  The Respectful Relationships Education Curriculum is available for schools to start teaching. Come and get a feel for the activities that have been written for Years 8 and 9. This is a Government led initiative currently being rolled out to some Victorian schools. Get a head start planning for Respectful Relationships Education in your school.

Claire Stonehouse
Deakin University
HEALTH 8-9
**Elective Descriptions: Session D**

**Engaging the millennial VCE HHD learner in Units 1&2**

**D5** This session takes a look into the use of ICT and a variety of practical activities to assist you in developing and executing an engaging VCE HHD curriculum for the millennial HHD learner. Whilst not essential, bringing along a device with internet access may be helpful to allow you to get the most out of the session.

**Casey Hawley**
Billanook College
VCE HHD UNITS 1& 2

**VCE Health & Human Development Unit 4**

**D6** This is an interactive session that will look at any recent changes to the VCE HHD study design, assessment ideas, a wide range of teaching and learning activities and resources that you can use in the teaching of unit 4. A range of current resources and data to support your teaching will be presented, along with details of how to access them. A tried and tested range of for teaching and learning activities to engage your students will be demonstrated along with some ideas about how to bring out the best in your students. Many of these ideas can be used across all four units of VCE HHD. The aim of this session is that participants will walk away with a range of ideas and resources that can easily be implemented in their own classroom to meet the needs of all students and all learning styles.

**Sonia Goodacre**
Plenty Valley Christian College
VCE HHD UNIT 4

**Building effective pedagogies in the new HPE curriculum**

**D7** The new Australian and Victorian Curriculum provides teachers with a framework of what to deliver and this session will provide suggestions on how to deliver the content included in the new Australian and Victorian curriculum in an effective and engaging manner. Participants will build on their existing repertoire of teaching skills and expand their knowledge of effective pedagogical approaches to teaching health and physical education in years 7 - 10.

**Rachael Whittle**
Consultant
AUST & VIC CURRIC

**Gamification and so much more-Innovative but meaningful integration of ICT in your HPE program**

**D8** The ability to drive students learning in PE is paramount and technology used carefully can both enhance and broaden experiences of students and teachers. This session looks at how LMS (learning management systems), Schoology and Canvas and reward systems; Red critter and Classcraft (Gamification) can be utilized for so many great reasons. We will look at many features of an LMS alongside reward systems to enhance student engagement and bringing even more fun to the PE classroom inside and out! Embedding rubrics and course content; online discussions; e-portfolios; live interaction with the class; gradebooks; Gamification; and online quizzes/tests; just to name a few of the fantastic array of functions these areas of technology offer. This will be a hands on session so bring your iPad, laptop, phone, surface, in fact whatever you have.

**Colin Edwards**
CBC St Kilda
ICT HPE SEC
**Elective Descriptions: Session D**

**Mind, Body and Soul – Creative and engaging electives for Year 9 and 10 physical education**

D9  This session explores a range of lifelong physical activity options for engaging year 9 and 10 students within your health and physical education program. A range of student electives beyond traditional team sport designed to appeal to a diversity of students’ interests and needs will be showcased. Delegates will also have an opportunity to share the various elective/program models being implemented in schools.

**Kim Gray**
Lalor North Secondary College
PE 9-10 ENGAGEMENT

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**Mindful learning activities for HPE or the Classroom**

D10  Mindfulness is fast becoming one of the most important factors relating to mental and emotional health in our fast paced world. Not only is there overwhelming evidence of its benefits to our brain but also to our body and overall functioning. Learning to stop, be still and listen is critical to developing calmness and through calmness we can then make the right decisions or take the correct action needed in any moment. This practical based session will give you endless activities that you can undertake with your students to allow them to make contact with that inner calmness, reset their brains for learning or to help them improve their movement performance. These are must have tools that everyone needs!

**Lee Anton-Hem**
Consultant
PE PRAC MINDFULNESS

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**Minor games and wet weather activities**

D11  Minor by name, but not by nature. This session will have loads of creative ideas you can adapt when using minor games for skill development, lead ups to major games, to develop problem solving and communication skills or even when the weather turns nasty and confined to an indoor space.

**Alana Wearne**
Castlemaine Secondary College
5-9 PE PRAC

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**Engaging and interactive fitness ideas**

D12  Teaching year 7-9 Fitness doesn’t have to be a drag – This session aims to make it your passion! This is an interactive session where you will play many games and activities based around improving student fitness. You will also be provided with many resources in order for you to be able to run your own sessions. Be prepared to be involved in lots of creative activities using teamwork, challenges and collaboration so make sure you have your running shoes on! Many activities involve the use of ICT, so bring your phone or iPad to get maximally involved.

**Melissa Diston**
Billanook College
PE 7-9 PRAC

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**Game sense and decision making in AFL football**

D13  Game sense coaching is an important component in AFL football and can be developed/trained for using a range of activities and games for players to develop their decision making and technical skills. Run by Steve who is the Coaching and Umpiring Development Manager for AFL Victoria, the session will provide each participant an opportunity to be involved in a range of activities, review key elements of game sense coaching and learn how to develop a game based on game situations.

**Steve Teakel**
AFL Victoria
5-10 PE PRAC GAME SENSE
Elective Descriptions: Session D

Top Ten Interactive PE Games and Activities

D14 A practical, interactive session which will present the ten most popular PE games and activities as featured on playmeo, the world’s largest online database of PE Games. Emphasis on outrageously fun, highly interactive and very simple activities most of which do not require equipment and appeal to all ages. This session will cover a range of activities and discuss how they can be easily integrated into your classes to not only warm-up your students, and generate energy, but develop critical interpersonal skills as required by the new Australian curriculum. Includes free copy of ‘Serious Fun’ book and a free trial subscription to playmeo.

Mark Collard
Playmeo
PE PRIM & SEC PRAC

Six elements of movement—a holistic approach to physical activity and wellbeing

D15 This interactive workshop will encourage participants to explore and share ‘what works’, acknowledge and discuss what is challenging and keep the essence of the physical activity alive in your teaching. An engaging practical session which will focus on the experience of the participants and draw key developmental learning such as mindfulness, focus and attention back into the classroom setting. Bluearth utilise movement, motivation and learning to support, encourage, enable and challenge active living. It not only teaches children the enjoyment and fun of being physically active, it also draws on their feelings, reactions and thoughts that resulted from their participation.

Paull Jeffery & Mick Wilson
Bluearth VIC
PRIM PE PRAC

Outdoor & Environmental Studies Exam Review

D16 A review of the 2015 VCE OES exam, including areas of student strengths and weaknesses, common errors and discussion of solutions. This session will help you to understand the VCAA specifications for this study and is a must see for all those teaching VCE OES Units 3 and 4 in 2016. Teachers are advised to bring an electronic or hard copy of the 2015 exam to annotate throughout the presentation.

Marcia Cross
Haileybury
VCE UNITS 3&4 OES
Registration Form / Invoice

DISCOVERY – Australian Physical, Health & Sport Education Conference

Friday 26 February 2016

Melbourne Cricket Ground (MCG) & National Tennis Centre (NTC), Melbourne, Victoria

ABN: 28423617946

Please complete the registration form and the elective selection sheet and submit via preferred option. Cheque payable to Peak Phys Ed can accompany mailed registrations, otherwise 7-day payment invoices will be issued.

General Information

(please photocopy for additional delegates OR register groups online)

School/Organisation: _________________________________________________________________

School Mailing address (PO Box if relevant): ____________________________________________ State: ____________________________

________________________________________________________________________________ Postcode: _____________

School/Organisation Email: ___________________________________________________________

Total $: _______________

Business Manager’s Name: _________________________________________ School Order No: _____________

Business Manager’s Email: ________________________________________________

All schools GST Included in all registration fees. Pre-service teachers must present a full-time student card upon registration on the day. Early Bird registrations must be paid prior to 11 December 2015.

Delegate One

First Name: _______________________________ Surname: __________________________________

Email: ____________________________________________

Special Dietary Requirement: _______________________________________________________

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To register additional delegates please attach another form or register online.

Photographs and/or digital images of conference participants will be taken for use in newsletters and/or promotion materials. These materials might be used in printed or electronic publications, the internet and other publicly accessible Australian educational websites. Clearly indicate at time of registration if you DO NOT give permission for this to occur and you will be provided with a special name tag.

**CANCELLATION POLICY**: If you are unable to attend this event, a replacement delegate may be sent in your place at no extra charge. We do not provide refunds for cancellations made more than 7 days after your registration is received therefore the invoiced fee remains payable in full. Should you wish to cancel your registration within the 7 day cooling off period, we will refund your registration fee less an administration fee of $75 per delegate (GST inclusive). Any cancellation must be made in writing and sent by email. Peak Phys Ed will make available conference resources to any delegate who is unable to attend and who has paid in full.
Elective Selection Sheet

DISCOVERY – Australian Physical, Health & Sport Education Conference

Friday 26 February 2016
Melbourne Cricket Ground (MCG) & National Tennis Centre (NTC), Melbourne, Victoria

Please use the conference program codes to nominate your first, second and third preferences. All delegates will be allocated their first preference, unless a session has been cancelled. Only sessions with fewer than 10 participants will be cancelled.

Sample Selection Sheet

Select three preferences per sessions as per sample shown

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Fit for Life authors at the ‘Discovery’ Conference in 2016:

• Rob Malpeli
• Dr Amanda Telford
• Lee Anton-Hem
• Claire Stonehouse
• Rachael Whittle
• Emme Wild