

NSW K-6 Physical Activity and Health Conference Albury



Workshop Choices:

Delegates have the opportunity to attend three workshops during the day.

• Physically Active Classrooms

This workshop provides practical activities for differentiating and integrating physical activity into a range of Key Learning Areas, with a focus on English and Mathematics. It will provide explicit teaching strategies incorporating games and classroom energisers that will assist in the planning of 150 minutes of physical activity across the school week. Teachers will explore support resources and examples of weekly physical activity timetables.

• Literacy through Physical Activity

This workshop will assist teachers to teach literacy and social skills through a range of fun physical activities and games. Participants will develop an understanding of how to incorporate physical activity into their literacy classes and provide the students with a fun, engaging way to learn.

• Thinking While Moving (Integrating PA into Maths)

This workshop targets ways teachers can integrate physical activity into their classroom teaching of mathematics. Utilising physical activity concepts, participants will acquire teaching ideas, resources and class management skills to engage students more effectively in mathematics.

• Incorporating Technology into Physical Activity

This workshop will increase teacher's awareness of opportunities to integrate learning technologies in ways that enhance or contribute positively to student learning. Participants will be given the opportunity to explore programs and web tools that can be used to increase student's physical activity levels both inside and outside of the classroom.

• Dance

This workshop will provide teachers with simple ideas, strategies and resources to incorporate dance into their daily classroom schedule. Teachers will engage in locomotor and non-locomotor movements allowing them to acquire the skills needed to develop, compose and assess specific aspects of dance and movement as well as being introduced to a range of dance styles.

• Grids

Grids focus on group organisation and class management techniques that maximises student involvement and the use of space and time. This workshop will provide teachers with the skills and the opportunity to participate in activities that assist in increasing all students moderate to vigorous activity levels when participating in physical activity.

• Traditional Indigenous Games

This workshop provides an overview of games and activities from Aboriginal and Torres Strait Islander societies around Australia. It allows for an opportunity to learn about, appreciate and experience aspects of Indigenous culture. Participants will play games and activities in their traditional forms with modern equipment. The games and activities can be used as skill games, lead-up games in physical education lessons or specific sport practice sessions.