

NSW K-6 Physical Activity and Health Conference

Sydney



Workshop Choices:

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

• Fundamental Movement Skills in Action

Fundamental Movement Skills (FMS) act as the building blocks for movement. This workshop will provide teachers with skills and strategies to successfully implement FMS into their physical activity lessons. Examples for K-6 will be explored with a focus on K-2. Participants will be provided with a range of engaging minor/small team games as well as a comprehensive resource of FMS activities.

• 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.

• 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.

• Get Active with Games

This workshop focuses on providing teachers with skills and teaching strategies required to increase students moderate to vigorous physical activity levels. Teachers will learn how to implement multiple small team games, used to develop specific skill and/or game concepts.

• Adapting Physical Activity for Children with Special Needs

This workshop will provide teachers with knowledge and practical experience to adapt and modify their physical activity sessions using the TREE principle (Teaching style, Rules, Equipment and Environments) to include students with special needs. Teachers will develop strategies and gain greater confidence in providing opportunities for students with special education needs in practical sessions.

• 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.

• 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.

• 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.

• 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.