

Managing Outdoor Spaces

Managing outdoor spaces aims to provide teachers with a theoretical base that can be put into practice when conducting practical lessons. Participants will explore numerous strategies that build their capacity to program and deliver outdoor lessons that incorporate teacher delivered instruction and student-centred learning. Focus areas include “Setting up the lesson”, “Using Equipment” and “Teaching and Learning Structures”.

Change It: Adapting Physical Activity Lessons to be Challenging and Inclusive for All

In this workshop participants will learn how to apply the CHANGE IT! Principles in their teaching of physical activity through a guided exploration. Delegates will participate in a range of small-sided games and then working in small groups will problem solve on how to modify games to change the level of challenge and to maximise inclusion. This is a practical course where participants will learn through experience.

Creative Movement Skills (Dance)

This workshop is suitable for teachers with limited experience in developing a dance program or teaching a selected group. Participants will develop knowledge, skills and confidence to create and implement a dance program within their school. It will also focus on aligning the teaching of dance with movement and performance skills as part of the PDHPE syllabus. The content is developed at a Stage 2 level but can be adapted for any age, stage or ability.

Developing FMS using Game Sense Principles

This workshop is aimed at delegates who have a sound level of knowledge and experience teaching the Fundamental Movement Skills. The focus is ‘where to from here...’. After a quick review of the selected FMS and activities to teach them, we will move forward with learning how to apply them in the Game Sense approach. The Game Sense is an approach to modified sport that engages students in minor and modified games where there are opportunities to develop both skills and an understanding of the tactics of the game. The workshop will focus on Court Invasion skills and their application.

Thinking While Moving: English/Literacy

This workshop targets primary teachers interested in integrating physical activity into their classroom teaching of English and literacy. Teachers will acquire research-based teaching ideas, resources and practice classroom management skills to engage students more effectively in literacy by including physical activity in the context of English lessons.

Creating Leadership Opportunities Through Sport, Physical Education, Physical Activity

This workshop will explore a variety of strategies that will build leadership capacity of teachers and students through sport, physical education and physical activity. Participants will investigate leadership opportunities related to: Establishing and maintaining a supportive school environment that encourages physical activity and develops student capacity to lead school routines and events. An inclusive Athletics carnival approach. This approach facilitates maximum student participation, authentic use of student-voice in carnival design, engagement of the community and further development of self-management and interpersonal skills while performing movement skills. Student-centred teaching and learning programs that align to the NSW K-10 PDHPE syllabus and develop student skills across all three domains. These resources relate to physical education programs that address in-school carnival preparation, student-led carnival design and facilitation.

Traditional Indigenous Games (TIG)

Traditional Indigenous Games (TIG) and activities have a rich history, with many being passed down through generations of Indigenous Australians. Others were recorded by explorers, government officials, settlers, scientists and missionaries throughout the nineteenth century. This workshop will provide an introduction to Aboriginal culture through engagement in traditional Indigenous games using modern equipment and build staff capacity to consistently implement TIG programs in schools and communities.

Using Energisers in the Classroom

This workshop provides practical activities for teachers to implement ‘energisers’ (i.e. short breaks which get students up and moving) into their daily class timetable. Energisers use physical activity as a way to refocus students and consolidate on different learning concepts. As a planned and structured activity, energisers assist teachers in addressing the Department’s mandatory guidelines of 150 minutes of physical activity across the school week. These energisers will focus on reinforcing English and Mathematics concepts.

Using ICT to Enhance Physical Activity

This workshop provides participants with a framework in which to integrate ICT within the school curriculum. It focuses on how ICT tools can enhance student learning/engagement with the PDHPE curriculum, maximising learning opportunities through providing ICT embedded activities. The workshop also examines modern day ICT trends and outlines ways in which teachers to use these trends to engage students and promote physical activity within the school context.

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