

PDHPE workshops

Workshop Name	Syllabus Dot Points Learn to :	Workshops Synopsis:
<i>Making time for practical experiences in PDHPE – where are the opportunities?</i>	Coverage of learn to's under the Core 2 focus question: How does training affect performance? and IP Option focus question How do athletes train for improved performance?	One of the main areas that causes concern for teachers when delivering the Stage 6 course is having time to get students out in the field and doing practical lessons. This session will provide practical learning experiences that address syllabus content whilst providing experiential learning opportunities for students.
<i>Teaching for deeper understanding of content knowledge in Preliminary and HSC PDHPE</i>	General coverage of syllabus concepts or selected preliminary or HSC content with specific strategies aligned.	This session will explore the use of explicit direct instruction strategies to build syllabus knowledge and understanding of verbs. The session will model a range of teaching strategies used to check for understanding, explain, model, and demonstrate key concepts.
<i>Applying energy systems to sports performance</i>	<ul style="list-style-type: none"> analyse each energy system by exploring: <ul style="list-style-type: none"> – source of fuel – efficiency of ATP production – duration that the system can operate – cause of fatigue assess the relevance of the types of training and training methods for a variety of sports compare the dietary requirements of athletes in different sports considering pre-, during and post performance needs 	This session will cover the physiology of energy systems using theory and practical activities to showcase the interrelationships between energy systems, types of training, dietary intake and physiological adaptations. This session aims to provide teachers with a range of innovative ideas for practical experiences they can implement with their classes.

<p><i>Exploring the principles of social justice</i></p>	<ul style="list-style-type: none"> investigate the principles of social justice and the responsibilities of individuals, communities and governments under the action areas of the Ottawa Charter 	<p>This session will focus on the social justice principles and explore the role they play in the health of individuals and communities across Australia's diverse population. The focus is on improving student understanding of equity, diversity, supportive environments and how they relate to access, participation and rights.</p>
<p><i>Core 1 and Health of young people</i></p>	<p>Core 1: Ottawa Charter content</p> <ul style="list-style-type: none"> critically analyse the importance of the five action areas of the Ottawa Charter through a study of TWO health promotion initiatives related to Australia's health priorities <p>HOYP Option content</p> <ul style="list-style-type: none"> analyse through meaningful and realistic situations how the skills can assist young people to enjoy good health (developing personal skills) evaluate a range of strategies that have been implemented by government and non-government agencies that target TWO major health issues impacting on young people. 	<p>This workshop will show how Core 1 and HOYP Option content can be integrated and delivered at the same time to allow for deeper understanding and gain valuable time within your program. Focusing on TWO major health issues that impact young people and exploring TWO health promotion initiatives that address them in order to demonstrate the Ottawa Charter at work.</p>
<p><i>Core 2 - Learning environment and stages of skill acquisition</i></p>	<ul style="list-style-type: none"> examine the stages of skill acquisition by participating in the learning of a new skill design a suitable plan for teaching beginners to acquire a skill through to mastery. 	<p>This session will provide practical ideas for teaching this content with a focus on critical thinking and collaboration as key skills that can be developed through practical lessons to increase understanding and breadth of application.</p>

<p><i>Core 1 - Health care in Australia</i></p>	<ul style="list-style-type: none"> • evaluate health care in Australia by investigating issues of access and adequacy in relation to social justice principles • describe the advantages and disadvantages of Medicare and private health insurance, eg costs, choice, ancillary benefits 	<p>This session will provide the latest up-to-date information on Medicare and private health insurance. Participants will investigate recent changes and the decrease in private health insurance coverage and explore the impact this will have on access to services, equity in participation in private health care system and rights of people to access quality public health care in their community.</p>
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CAFS workshops

Workshop Name	Syllabus Dot Points Learn to :	Workshops Synopsis:
<i>Parenting and caring - Social parenting</i>	<ul style="list-style-type: none"> describe the different types of parents and carers explore the impact of legal, social and technological change on social parents by considering changes in: <ul style="list-style-type: none"> – legislation – community beliefs and attitudes – reproductive technology 	This session will explore the different types of parents and carers with a focus on social parents. The workshop activities will explore some of the legal, social and technological changes that are now making forms of social parenting more accessible and accepted.
<i>Investigating groups in context - Inequity and government policy and legislation</i>	<ul style="list-style-type: none"> examine government policy and legislation to determine its role in ensuring equity for each group investigate a current inequity issue faced by each group and propose strategies to address the issue 	This session will explore how a current inequity issue faced by a specific group is addressed through government policy and legislation. The workshop will model the investigative examination process for ONE group from Category B.
<i>Resource management (Prelim): Needs and wants and Maslow's Hierarchy</i>	<ul style="list-style-type: none"> describe each of the specific needs and compare the significance of each to different individuals critique Maslow's hierarchy and debate its relevance and validity after considering contemporary views on human needs 	This session will explore how needs and wants are part of the fundamental concepts of the Preliminary Core Resource Management. The session will focus on Maslow's Hierarchy and provide practical ideas to support students to understand and critically analyse the relevance of it in today's world.

<i>Individuals and work - Rights, responsibilities, entitlements and gender</i>	<ul style="list-style-type: none"> • explain the importance of rights and responsibilities in the workplace • examine the extent to which the workplace can provide equal access to work entitlements for females and males. 	This session will explore the rights and responsibilities in workplaces and examine how employers are responsible for providing equal access to work entitlements to workers regardless of their gender.
<i>Social Impact of Technology (HSC Option)</i>	<ul style="list-style-type: none"> • critically analyse the impact of technology on interpersonal relationships within families • critically examine the impact of technology on community health and wellbeing 	This session will look specifically at the impact of emerging technologies with a focus on families and community wellbeing.
<i>Innovative ways of teaching Research Methodology and the IRP</i>	Coverage of learn to's under the Research Process heading	This session will unpack the requirements of the IRP and provide practical strategies for effectively implementing it with your class. The focus will be on creating a process of implementation and assessment that meets requirements without creating a huge workload for teachers and students.

General workshops

Workshop Name	Workshops Synopsis
Teaching Creativity in Stage 6	Creativity is the act of turning new and imaginative ideas into reality. Creativity is characterised by the ability to perceive the world in new ways, to find hidden patterns, to make connections between seemingly unrelated phenomena, and to generate solutions. Creativity involves two processes: thinking, then producing. This workshop will model practical strategies for nurturing creativity in your students that can be used with both CAFS and PDHPE students.
Building opportunities for collaboration into your teaching	Focusing on how to set up, manage and monitor group-based learning activities. Practical ideas about how to use collaborative group work to conduct research, complete analysis and to create authentic discussions in both PDHPE and CAFS.
Critical thinking for deeper understanding and inquiry	Critical thinking and analysis are key skills that are required to be demonstrated in HSC responses according to the HSC exam rubric and are what stands apart the Band 6 responses from the rest. The workshop will unpack practical teaching strategies for developing and applying critical thinking and analysis in both CAFS and PDHPE.
Purposeful assessment: What can it look like?	This session will focus on the importance of clear learning intentions and linking your assessment in a transparent, purposeful and sequential manner. This hands-on workshop will focus on the importance of assessment and how it links to planning, teaching and student feedback. A variety of formative and summative approaches to assessment will be discussed. Participants will explore hard copy and digital recording methods to ensure they have clear, reliable and consistent evidence to make judgements.
NESA Exam setting and Standard setting - Jo Macfarland	This session will take participants through the NESA processes for setting exams, the judging process, moderation and standard setting procedures.

Teacher Wellbeing: Looking after yourself and making sure you still get the job done!

This session will explore practical strategies participants can use to maintain their own wellbeing when things get frantic at work. With syllabus change being a constant part of our work lives we need to have strategies in place to make sure we look after ourselves when the work piles up.