

# 2018 North East Victorian HOPE Conference

## For Teachers of Health, OES and Physical Education

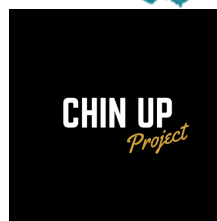


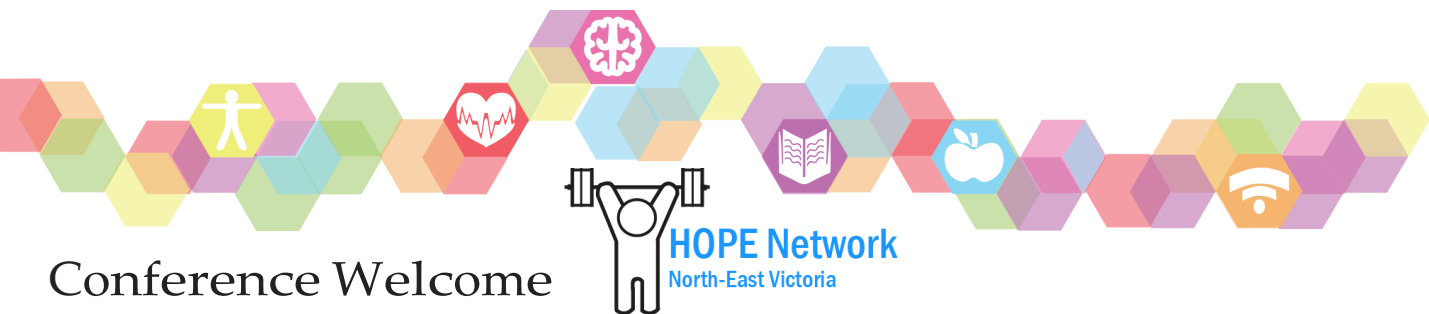
### Friday 7th September Yarrawonga Mulwala Golf Club Resort

Proudly Supported by:



Leaders in Physical Education.





# Conference Welcome



## *A message from Jessica Harris and the HOPE Conference team*

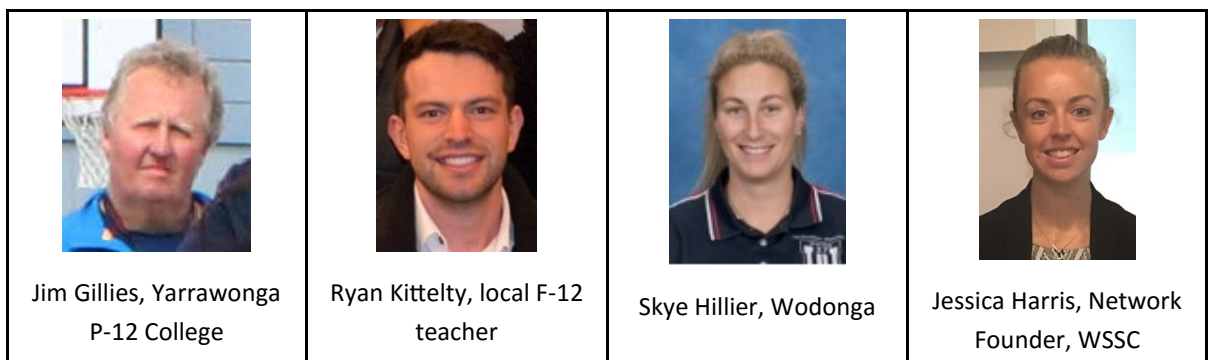
Welcome to the third annual HOPE Conference, at the beautiful Yarrowonga-Mulwala Golf Resort. After two successful conferences held in previous years at Wodonga Senior Secondary College, our local conference aims to reach more local teachers around the region by moving locations and sharing the love amongst a range of schools around the North East. This year a team of four enthusiastic local teachers have worked together to give you an innovative conference experience like no other. It is so inspiring to see our community of educators continue to grow, with over 250 members sharing ideas, encouraging one another, and establishing genuine relationships. How lucky our regional students are to have access to such motivated and dedicated educators.

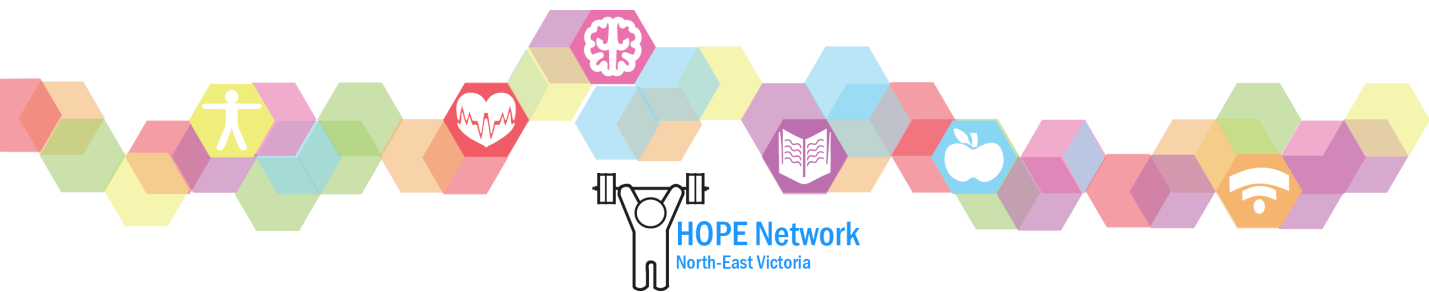
This network only succeeds through the contribution of its members; so if you have engaged with the sharing of resources, thoughts and ideas within our network, I thank you for supporting the staff and students in our region and beyond. I encourage staff to continue to share their ideas, to maximise the potential of our community. This conference allows us the opportunity to bring together numerous passionate and creative individuals, to share ideas, offer varying perspectives, and to establish meaningful connections.

The HOPE organising committee shared a fun and rewarding journey in planning for today’s conference. If you see Jim Gillies, Ryan Kittelty, Skye Hillier or Jess Harris wandering around at the conference, please say hello, and if you are interested in contributing to the team for 2019, please let one of us know – many hands make light work, and a fresh take is always welcomed! Now that the conference and network is established, the pillars are in place, and we are able to add innovative and exciting twists each year. Look out for the surprise activities happening mid-morning, and our lightning rounds return this year, promising short, sharp and valuable activities you can take and use in your own classroom! This year also sees the inaugural HOPE Conference Masters - a short 9-hole course, with prizes for nearest the pin on all four par three holes!

Thankyou to this year’s conference presenters who have volunteered their time to present this year, bringing excellent high quality Professional Development to the teachers in Regional Victoria. The conference highlights some of the amazing things that local teachers are doing, and provides an opportunity to share and network with local professionals, and gain insight into innovative practices in our teaching areas.

Each year, the HOPE Conference promises to be a professional development day like no other—with games and networking opportunities intertwined with learning, attendees are set to leave feeling energised and inspired. The HOPE Conference organising team hope that today exceeds your expectations and builds on the networking that has already begun in our local area. We encourage you to be active in our network, share resources and talk to one another. - Teachers are special people, let’s empower one another and acknowledge the amazing influence we have on the lives of our students, our next generation of global citizens.





## General Information

### Car Parking

There is ample free parking available surrounding the venue, with no time restrictions.

### Conference Registration and Information Desk

Registration will start from 8:30am at the Yarrawonga Mulwala Golf Resort reception. Attendees are welcome to come at any time to pick up their name tag and sign in. To make it easy, please bring your ticket confirmation for easy scanning. We encourage attendees to wear name tags at all times inside the conference, to assist with networking and identification.

### Networking Breaks

Lunch and morning tea will be served in the Willow Room with espresso coffees available to order at the Sandwich Bar, and another at the Bistro. There will also be 'help yourself' tea and coffee available in the Willow Room.

### Start Times

We ask that you be ready to go and on time for your sessions, so that the conference schedule can run on time.

### Conference Challenge

In your welcome pack, you will receive a Conference challenge card. This contains a number of challenges which can be completed around the school during the day. The first person to complete the challenge card will receive a prize, with extra prizes offered for great responses!

Staff (including helpful students in their sports leaders shirts) will be pleased to assist you if you have any questions or require assistance, including directions to each session, to the bus and any location.

### Acknowledgement of Country

The HOPE Network acknowledges the traditional owners of this land and pay our respects to Elders, both past, present and future, for they hold the memories, the Traditions and the culture of Aboriginal and Torres Strait Islander people.

### WiFi

Available at venue, please see codes on tables.

### Bring Your Own Device

Where required, please bring your own device to the workshops. Some sessions require, and will actively use these devices.

### Mobile Phones

We greatly value mobile devices as learning tools, however as a courtesy to delegates and presenters, please ensure your phone is turned on silent during presentations.

### Conference Website

For the latest information about the conference, including presentations following the conference, please visit our website:  
<https://regionalhope.wixsite.com/hope>

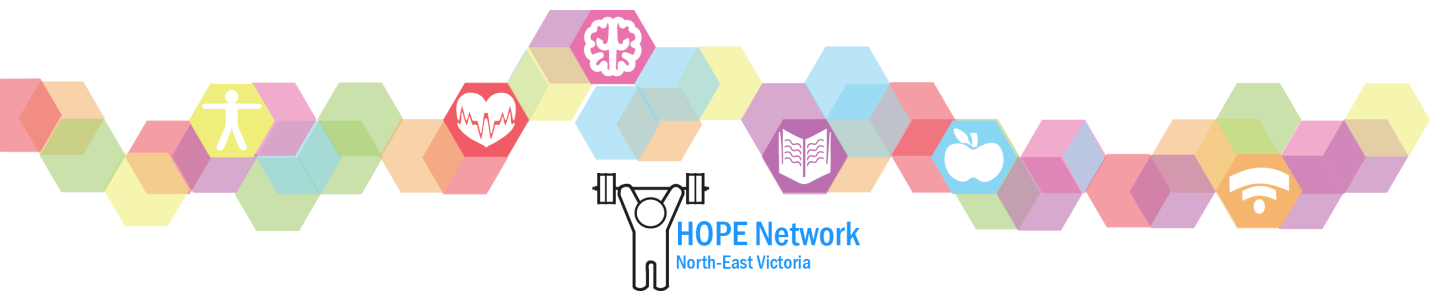
### Evaluating our Conference

We would love to know what you thought of the conference: what worked well, what could be done better, and how can we make next year even better?

You can evaluate our conference by completing our online survey, which can be found here:

<https://bit.ly/2wxhpaA>

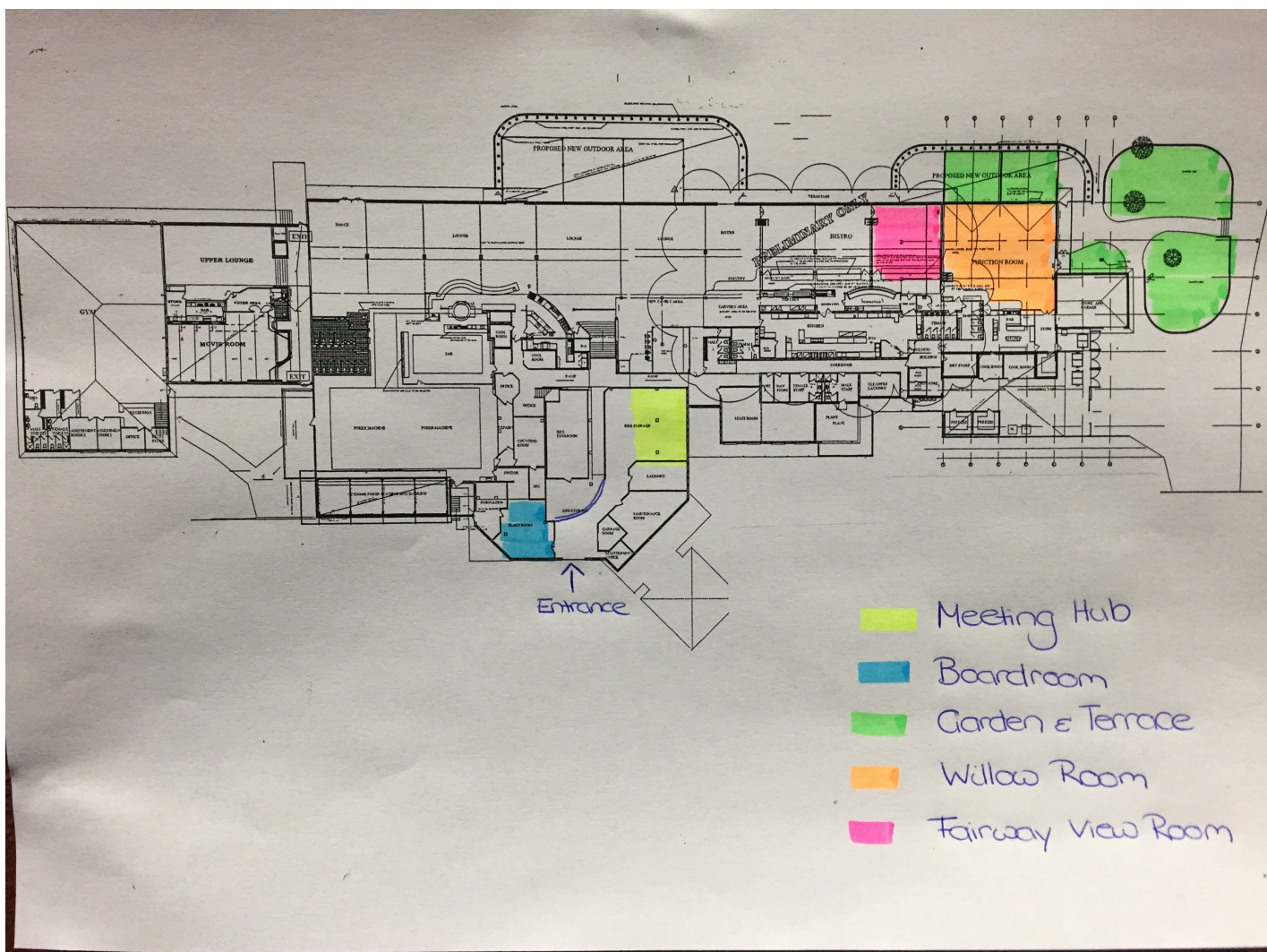


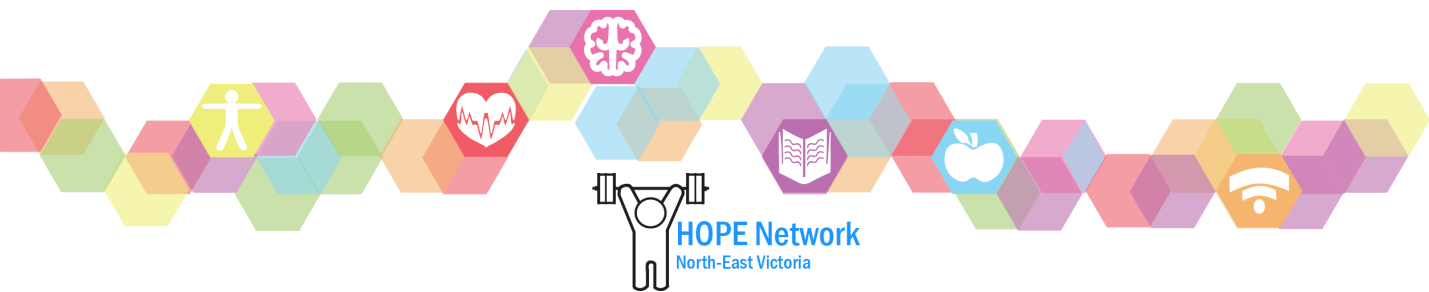


# General Information

## Conference Venue

Yarrawonga Mulwala Golf Club Resort  
 Golf Club Rd, Mulwala NSW 2647  
 Ph: (03) 5744 1911





# Conference Program & Agenda

## FRIDAY 7th September

8:30 am to 9:00 am	Registration
9:00 am to 9:15 am	Opening Ceremony
9:15 am to 10:15 am	Session 1: Electives
10:20 am to 11:20 am	Session 2: Electives
11:20 am to 11:45 am	Morning Tea
11:45 am to 12:20 pm	Energiser
12:20 am to 1:05 pm	<b>Keynote Speaker– Dale Sidebottom</b> 'The importance of staying on top of your game as a teacher'
1:05 pm to 1:30 pm	Lunch
1:30 pm to 2:15pm	Lightning rounds (10 minute teach-meet)
2:15 pm to 3:00 pm	Session 3: Electives
3:00 pm to 3:45 pm	Session 4: Electives
3:45 pm to 4:00 pm	Closing Ceremony

### Elective Session 1

### 9:15 am to 10:15 am

Outdoor Education	Health & Human Development	Physical Education Secondary	Physical Education: Primary	Respectful Relationships
<p><b>Improve your results through engaging learning activities</b> Through 10 years of teaching VCE Outdoor and Environmental Studies, Chris O'Neill has developed a number of engaging activities in all areas of the study. This session will share these activities and focus on how this approach has helped some of my students receive study scores above 45, with a perfect score of 50 achieved in 2017.</p>	<p><b>The Chin Up Project</b> The Chin Up project workshop, facilitated by offer primary prevention tools to young people. Young people are able to navigate their emotions while considering a number of topics including identity, violence, relationships, Decision making, communication, resilience, effective bystanders and cycles. Focusing on the beauty of real relationships with morality, is an incredibly powerful platform on which to engage young people.</p>	<p><b>PE Made Easy:</b> Explore the range of products and activities from PE made Easy and find out how they can fire up your PE classes, save you time and have your students begging for more! Run by Airlie Tudhope.</p>	<p><b>Blue Earth</b> Movement is vital for life, it develops our sense of self, builds confidence, improves resilience and cognition and reduces our risk of disease. Being active is part of life – we are designed to move. Let Matt guide you through a range of activities that will engage all your class in a non-threatening and mindful way.</p>	<p><b>Teaching about the Prevention of Gender Based Violence and Gender Equity</b> This inclusive workshop offers you an overview of the Respectful Relationship Initiative, teaching and learning materials and a chance to participate in some of the more challenging lessons, primary and secondary, on this topic. It is designed to build your confidence to navigate this tricky new part of the curriculum.</p>
<b>Location: Meeting Hub</b>	<b>Location: Fairway View Room</b>	<b>Location: Tennis Court</b>	<b>Location: Outdoor Area</b>	<b>Location: Willow Room</b>





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# Conference Agenda

## Elective Session 2

10:20am to 11:20am

Outdoor Ed	Health & Human Development	Secondary PE	Primary PE	Respectful Relationships
<p><b>Looking at the new study design</b> Great chance to network and unpack the new study design including looking at great ideas around journals.</p>	<p><b>The Chin Up Project</b> The Chin Up project workshop, facilitated by offer primary prevention tools to young people. Young people are able to navigate their emotions while considering a number of topics including identity, violence, relationships, Decision making, communication, resilience, effective bystanders and cycles. Focusing on the beauty of real relationships with morality, is an incredibly powerful platform on which to engage young people.</p>	<p><b>Energetic Education Secondary Focus</b> Dale Sidebottom is the founder of Energetic Education. Dale has been referred to as the energiser bunny of the teaching world. Dale's latest project is Learning with Games. This platform provides game mechanics in the classroom to get buy in and excitement from students and can be applied to any subject being taught</p>	<p><b>FMS</b> Rachael has an international reputation in human movement, physical education and dance. Rachael has had a long research focus on developing fundamental motor skills in young people. She would love to share her knowledge and wisdom in this fantastic play-based hands on work shop.</p>	<p><b>Respectful Relationships</b> Have our primary school programs kept up-to-date with children's sexuality education needs? What are the challenges schools and families are facing and how do we address them? How do schools juggle fear of conservative backlash with children's needs, curriculum priorities and new Child Safe Standards for the prevention of child sex abuse? A year-by-year overview from K to 6 of new and familiar SRE priorities and how to teach them.</p>
<p><b>Location: Meeting Hub</b></p>	<p><b>Location: Fairway View Room</b></p>	<p><b>Location: Tennis Court</b></p>	<p><b>Location: Outdoor Area</b></p>	<p><b>Location: Willow Room</b></p>

### Session 2: Keynote in the Willow Room:

**Dale Sidebottom presents 'The importance of staying on top of your game as a teacher'**

12:20pm to 1:05pm

Dale Sidebottom is the founder of Energetic Education. Dale has been referred to as the energiser bunny of the teaching world. He has changed the way fitness is conducted in school settings around the world through his regular podcasts and creation of over 35 mobile applications for teachers. Dale's latest project is Learning with Games. This platform provides game mechanics in the classroom to get buy in and excitement from students and can be applied to any subject being taught. Dale joins us today to explore the importance of staying on top of our game as teachers, bringing fun and excitement to our classrooms to engage all learners.

### Lightning Round: 3x 10 minute 'Teach-meet' sessions (choose 3!)

Sessions include:		
FMS: Rachael Jefferson-Buchanan	Richmond Institute of Sports Leadership: Airlie Tudhope	Falls Creek Mountain Biking: Xena Pahi-na
Sexuality Education & RR: Kristy Lang	Quick activities for a Rainy Day: Matt Pywell (Bright P-12 College)	Ultimate Frisbee: Jack Toebelman





HOPE Network  
North-East Victoria

# Conference Agenda

## Elective Session 3

2:15pm to 3:00pm

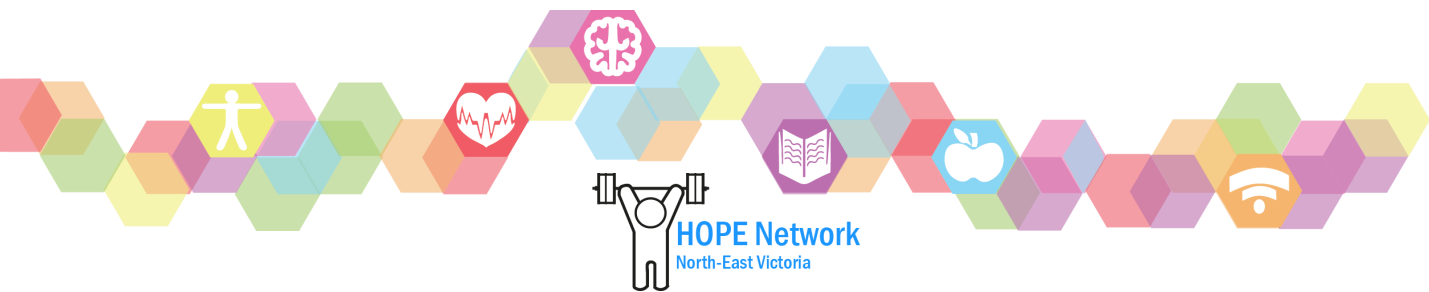
Outdoor Education	Health & Human Development	PE Secondary	PE Primary	Respectful Relationships
<p><b>Bike Education</b></p> <p>This will be a great hands on session to develop your knowledge of bike education <i>Please note</i> *90 minute workshop. Session 3 &amp; 4</p>	<p><b>Sexuality Education</b></p> <p>How to teach a (fun) sexual ethics framework and address young people's big questions about love, romance, getting to know someone, consent, friendship, porn, breaking up, digital dramas, and good sex.</p>	<p><b>Get the bounce back into Basketball</b> Brett is a highly decorated coach and player with a wealth of knowledge and experience. This will be a hands on session aimed at supporting PE Staff with developing Basketball in their schools both from a drill and organisational viewpoint and a Strategy and tactic view point. Ideal for junior coaches and teachers of Year 5 -12 Basketball. <i>Please note</i> *90 minute workshop. Session 3 &amp; 4</p>	<p><b>Energetic Education Primary Focus</b></p> <p>Dale Sidebottom is the founder of Energetic Education. Dale has been referred to as the energiser bunny of the teaching world. Dale's latest project is Learning with Games. This platform provides game mechanics in the classroom to get buy in and excitement from students and can be applied to any subject being taught</p>	<p><b>Respectful Relationships: Reflections</b></p> <p>Reflections from teachers and schools in the field – how to overcome school specific fears and concerns around the content of topic 7 &amp; 8. What to expect from students, parents and colleagues.</p>
<b>Location: Gormans Park</b>	<b>Location: Fair View Room</b>	<b>Location: Please meet at the Golf Club reception to travel via bus to Yarra-</b>	<b>Location: Tennis Court</b>	<b>Location: Willow Room</b>

## Elective Session 4

2:10pm to 3:10pm

Outdoor Education	Health & Human Development	PE Secondary	PE Primary	Respectful Relationships
<p><b>Bike Education</b></p> <p>This will be a great hands on session to develop your knowledge of bike education <i>Please note</i> *90 minute workshop. Session 3 &amp; 4</p>	<p><b>Build your resources: Units 1-4 VCE PE</b></p> <p>You know that "Physeders" are social animals willing to network and share resources. Well here is our chance to prove it. Participants need to bring with them one or more resources/learning activities that are examples of excellence for learning the content of the New PE study design. They will walk away with much more. This session will be facilitated by an extremely talented and experienced VCE teacher, Karen Rennie</p>	<p><b>Get the bounce back into Basketball</b> Brett is a highly decorated coach and player with a wealth of knowledge and experience. This will be a hands on session aimed at supporting PE Staff with developing Basketball in their schools both from a drill and organisational viewpoint and a Strategy and tactic view point. Ideal for junior coaches and teachers of Year 5 -12 Basketball. <i>Please note</i> *90 minute workshop. Session 3 &amp; 4</p>	<p><b>PE Investigations</b></p> <p>Taking PE and Health into the 21st Century. A new, innovative, student driven, holistic approach to teaching and exploring Physical Education. You supply the equipment and then allow your students to plan it, use it, explain it, reflect upon it and improve it. PEI allows all students to maximise their time, effort and self-satisfaction.</p>	<p><b>Teaching about the Prevention of Gender Based Violence and Gender Equity</b> This workshop offers you an overview of the Respectful Relationship Initiative in relation to a whole school approach (Assembly, school camps, yard duty, sports days, other KLA's and their choice of teaching resources). Specifically focusing on further development of a gender lens and how gendered language affects the kids we teach.</p>
<b>Location: Gormans Park</b>	<b>Location: Meeting Room</b>	<b>Location: Please meet at the Golf Club reception to travel via bus to Yarrowonga College P-12</b>	<b>Location: Outdoor Area</b>	<b>Location: Willow Room</b>





# Presenter Biographies



## **Dale Sidebottom**

### ***Energetic Education***

Dale Sidebottom is the founder of Energetic Education. Dale has been referred to as the energiser bunny of the teaching world. He is also the owner of Fitness Games Zone and Bottoms Up Fitness, where he has changed the way fitness is conducted in school settings around the world. Breakappz is also another of Dale's businesses where he has created over 35 mobile applications for teachers.

Dale's latest project is Learning with Games. This platform provides game mechanics in the classroom to get buy in and excitement from students and can be applied to any subject being taught.



## **Matt Dillon**

### ***Bluearth Regional Coordinator***

Matt comes to the conference as a representative of Bluearth. Bluearth is a nationally registered charity and is working across 178 communities Australia wide. The Bluearth team is truly devoted to active living and improving kids' physical, social and emotional health. We are working across communities to build a healthier Australia, one step at a time.



## **Rachel Jefferson-Buchanan**

### ***Charles Sturt University***

Rachael is a lecturer in Human Movement studies (Health & PE) and Creative Arts within the School of Education on the Albury-Wodonga campus. Rachael holds a BEd (Hons) in Physical Education, Dance and Special Educational needs, and an MA in Dance Studies. She also has a Postgraduate Certificate in Applied Social Research and a Diploma in Research on Yoga in Education (RYE UK). Rachael has nearly 30 years of experience in education, teaching and managing arts and physical education activities. She has extensive experience in writing and leading Professional Development for both Primary and Secondary teachers.



## **Jenny Walsh**

Jenny is a Former senior member, and current Visiting Fellow of the Australian Research Centre in Sex, Health and Society, La Trobe University. Her work includes The Practical Guide to Love Sex and Relationships for Years 7-10, explaining relationship skills, pornography, sexual consent and gender; Catching On Early, a primary school teaching resource for Years 1-6 for the Department of Education and Training; and Talk Soon, Talk Often: a guide for parents talking to their kids about sex.



## **Airlie Tudhope**

### ***PE Made Easy & Richmond Institute of Sports Leadership***

Airlie has been teaching PE for 11 years and has been a leading teacher in a government secondary school for 7 years. Airlie co-founded the online network PE Made Easy (which provides professional development and resources for HPE teachers) and has been presenting fun fitness games and warm-up activities to hundreds of PE teachers. This year she has also been delivering tailored practical PD workshops for HPE teams throughout Victoria.







# Presenter Biographies

**Dan Crocker**

***The Chin-Up Program***



Dan has a passion for social justice and restorative interventions and is significantly involved in communities in which criminal offending has had an impact. To this end, Dan works with offenders and victims, providing support, education and emotional compensation. He manages to achieve positive change through a range of educational videos, and complementary training packages aimed at preventing family violence and anti-bullying campaigns for the Department of Education, Men's behaviour change, and sports mentoring workshops.

**Chris O'Neil**

Born and raised in Ballarat Victoria, Chris attended Ballarat University, completing a Bachelor of Physical Education with Honours, whilst also studying a Graduate Diploma of Outdoor and Environmental Studies. Chris has called Yarrowonga home ever since and for the last 11 years he has taught at Yarrowonga College P-12. Chris is a passionate about Outdoor and Environmental Studies and has helped many of his students achieve Study Scores over 40.



**Cathryn Gordon**

***The Balancing Buddha***

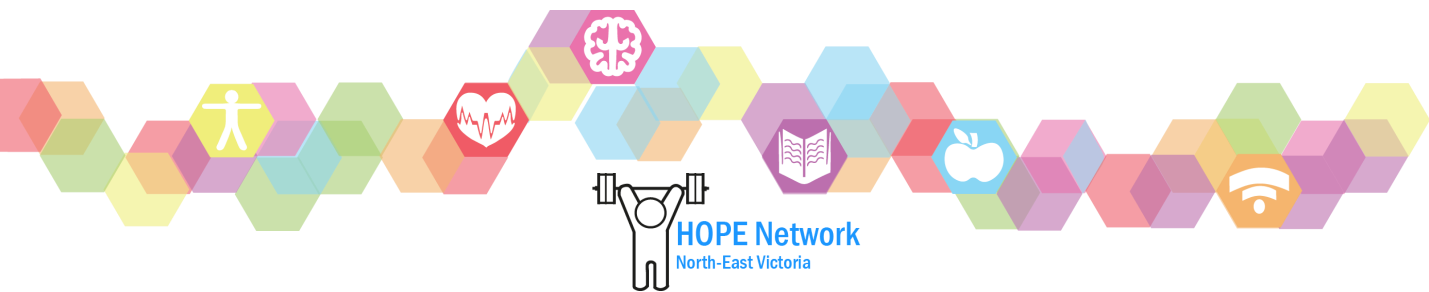
Cathryn found her passion for yoga after a serious knee injury. Prior to teaching yoga Cathryn was a professional water-skiier with over 13 National Championships to her name and a member of the Australian Team for over 15 years. Whilst competing, Cathryn also worked as a Primary Teacher. Cathryn's background in elite sports gives her an edge when teaching and working with athletes and people suffering injury. She is great when working with kids and brings a new dimension to teaching yoga and mindfulness to children.



**Kristy Lang**

Kristy is an experienced teacher with a high level of interest and extensive experience working in the area of Respectful Relationships in schools. She is a skilled trainer with a sophisticated working knowledge of Social and Emotional Learning, Gender Education and Sexuality Education, topics which make up the DET Resilience, Rights and Respectful Relationships resource. Kristy has worked for over 10 years in Alternative settings for 'at risk adolescents', and has a vast range of experience teaching Respectful Relationships content, including sessional lecturing at Deakin University. Kristy also worked and collaborated with Dr Debbie Ollis at Deakin University, developing some of the lessons that are in the Building Respectful Relationships Resource (within the RRRR resource) at the year 9 and 10 level.





# Presenter Biographies



## **Brett Harvey**

Brett is a highly decorated coach and player with a wealth of knowledge and experience. Brett has a passion for assisting PE Staff develop Basketball programs within their schools both from a drill and organisational viewpoint. He focuses on strategy and tactics within the game, ideal for junior coaches and teachers of Year 5 -12 Basketball.



## **Karen Rennie**

Karen Rennie has been a teacher of Physical Education and Health for 18 years. Karen began her teaching career at Benalla High School in 1989 -1993, teaching Year 11 and 12 PE. She has been at Yarrawonga College since the year 2000 and has been involved in 4 new study designs over the years! Karen thoroughly enjoys teaching senior students and is always looking at new and innovative ideas to help students engage and learn, but at the same time have a bit of fun along the way!



## **Brett Gilbee**

Brett has been working in the Victorian State Education system for over 30 years in various roles including curriculum coordination, and as a music and Physical Education specialist teacher. He has a passion for developing thinking skills in students. *“Thinking about thinking is a passion that drives the way in which I still teach.”* Brett believes that thinking is a developed skill and can be enhanced with training. More and more, students of all ages are being encouraged to think about how they are learning; to trial, understand and connect their thinking. With this in mind, Brett has developed the ‘Physical Education Investigations’ learning approach which encourages students to take learning risks, to think outside of the box, to think ridiculous things, and to be brave, resilient, gritty learners.



## **Jordan Wakeling**

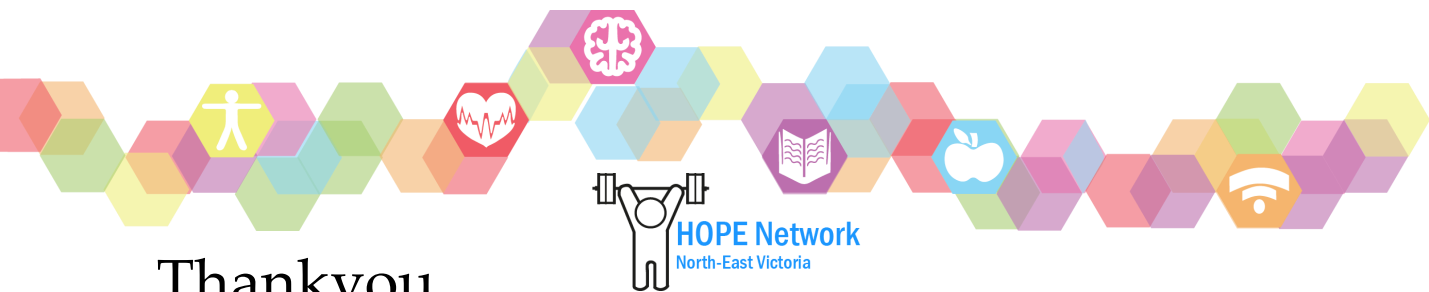
An experienced teacher of Outdoor and Environmental Education, Jordan recently completed the accredited Bike Education course, and after being inspired at the 2017 HOPE Conference, brings his great knowledge about riding to us in 2018. Jordan has been teaching Outdoor Education at Wodonga Middle Years College for a number of years and has some great experience with nearby outdoor locations.



## **Jessica Harris**

Jessica is an experienced VCE Outdoor and Environmental Studies teacher based in North-East Victoria. She founded the HOPE Network for regional teachers in 2015. She has extensive experience developing commercial examinations and assessments; and facilitating professional learning at schools, conferences, universities and online. Jessica has worked as a Specialist Teacher for the Victorian Curriculum and Assessment Authority and is currently a Curriculum Co-ordinator at her school. She recently co-authored a textbook for VCE OES: Cambridge Checkpoints.

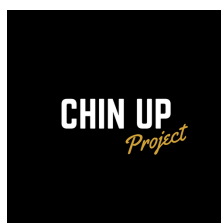




# Thankyou

Thankyou to all the local teachers who have supported the North-East HOPE Network through your attendance today. An even bigger thankyou to the teachers and educators who have volunteered their time to present at our conference. Your continued support ensures the success of our network—making our regional schools even better places to work, ultimately improving the outcomes of our students.

The North-East HOPE Network would also like to say a HUGE thankyou to our sponsors and supporters, who made the 2018 conference happen:



Leaders in Physical Education.



## Join our network: <https://goo.gl/qrvJcz>

Our network now consists of over 250 teachers from our regional area. We share resources that we have created and found, and provide opportunities for students and staff which are usually only available in metropolitan areas. To make the most of this network, please, share something that you have used to improve your teaching—it may just help somebody else, and caring is sharing!

**Please sign up to our network using the above url, and share or request resources by emailing them to [RegionalHOPENetwork@gmail.com](mailto:RegionalHOPENetwork@gmail.com)**

## Feedback

We would love to know what you thought of the conference: what worked well, what could be done better, and how can we make next year even better?

You can evaluate our conference by completing our online survey, which can be found here:

<https://bit.ly/2wxhpaA>





# Thankyou for attending the 2018 HOPE Conference

We HOPE to hear from you soon!

We would love to know what you thought of the conference: what worked well, what could be done better, and how can we make next year even better?

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# HOPE Network

North-East Victoria

