



Department of  
Sport and Recreation

be active wa  
Physical Activity Taskforce

Australian Government  
Australian Sports Commission



# Junior Sport Development Day

Building stronger, healthier, happier and safer communities.

The Department of Sport and Recreation is hosting a professional development day for all schools and program providers interested in promoting physical activity and education.

The Junior Sport Development Day is an opportunity for teachers to gain new ideas on how to deliver sport to students and make their physical education lessons and required two hours of physical activity more exciting and inviting.

<b>DATE</b>	Tuesday 13 December 2011
<b>TIME</b>	8.45am–3.00pm
<b>VENUE</b>	Loftus Recreation Centre Cnr Loftus and Vincent streets, Leederville
<b>CATERING</b>	Morning tea and lunch provided
<b>RSVP</b>	Monday 5 December 2011
<b>COST</b>	<b>FREE</b> for 'Schools Network' members <b>\$33.00 pp</b> (inc. GST) for non-'Schools Network' members

## PAYMENT OPTIONS

- OPTION 1** 'Schools Network' members – **FREE**
- OPTION 2** Non-'Schools Network' members **\$33.00 pp** (inc. GST)
- OPTION 3** Join the 'Schools Network' today and attend for **FREE**
- \$110 (inc. GST) for a two year membership
  - Visit [www.dsr.wa.gov.au/schools-network](http://www.dsr.wa.gov.au/schools-network) for more details

## STEPS TO REGISTRATION

- STEP 1:** Complete the attached Registration Form
- STEP 2:** Circle session options
- STEP 3:** Post or fax registration form and payment to the contact provided

# Junior Sport Development Day

Loftus Recreation Centre  
Cnr Loftus and Vincent streets, Leederville

## COMPLETE THIS FORM

Complete this form by Monday 5 December and post/fax to:  
**Callum Warner**, Department of Sport and Recreation  
PO Box 329, LEEDERVILLE WA 6903  
Facsimile 08 9492 9711

## Date of course

Tuesday 13 December 2011  
8.45am–3.00pm

## PARTICIPANT DETAILS

FIRST NAME \_\_\_\_\_ SURNAME \_\_\_\_\_  
 SCHOOL \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 TOWN OR SUBURB \_\_\_\_\_ POSTCODE \_\_\_\_\_  
 TELEPHONE \_\_\_\_\_ FACSIMILE \_\_\_\_\_  
 MOBILE \_\_\_\_\_ EMAIL \_\_\_\_\_

- PLEASE INDICATE IF YOU ARE A:
- PRIMARY TEACHER       SECONDARY TEACHER       AIEO SCHOOL  
 ESD SCHOOL       SPECIAL EDUCATION SCHOOL       ACTIVE AFTER-SCHOOL COMMUNITIES COACH       UNIVERSITY

## SPECIAL REQUIREMENTS

DIETARY, PHYSICAL ETC. \_\_\_\_\_

## PAYMENT DETAILS

- OPTION 1** – ‘Schools Network’ member: I am currently a ‘Schools Network’ member and will be attending for FREE  
 **OPTION 2** – Non-‘Schools Network’ member (\$33 per person, inc. GST)

I wish to pay \$\_\_\_\_\_ via:

\*Cheque  \*Money order  VISA  Mastercard  (Company Card Y / N)

\*(Cheques and money orders payable to Department of Sport and Recreation)

A tax receipt will be sent upon payment

Card number \_\_\_\_\_ Expiry date \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Card holder's name \_\_\_\_\_ Signature \_\_\_\_\_

- OPTION 3** – Our school is joining the ‘Schools Network’ today and will attend for FREE

## MEDICAL CONDITIONS

Person to contact in case of emergency:

NAME \_\_\_\_\_ TELEPHONE \_\_\_\_\_

Office use only

The course may involve physical activities, some of which may require a reasonable level of fitness. Are there any known reasons – illness, disability, impairment or otherwise – which may impact, limit or restrict your participation in the course?

NO     YES    If ‘Yes’ please specify: \_\_\_\_\_

Cost Centre	Account	Fund	Sub Project	Activity
34115	12002	CF	AAAA	AAAAA

**DSR ABN: 14445022107**

## APPLICANT'S RELEASE AND ACCEPTANCE

I declare the above information is true and correct. I authorise Department of Sport and Recreation personnel to obtain the medical assistance that they deem necessary should any medical problem or accident occur, and I agree to pay all medical expenses incurred on my behalf.

SIGNATURE \_\_\_\_\_

DATE    /    /

# Junior Sport Development Day Sessions



Department of Sport and Recreation



## YOUR SESSIONS

Please indicate your order of preference for the **practical sessions** (e.g. 1, 2, 3, 4). NOTE: The chosen session must be attended for the full time.

- MYGOLF
  ACTIVATE AND ENGAGE THE CORE
  GEOCACHING
  RIPPABALL

Please indicate your order of preference for the **workshop session** (e.g. 1, 2). NOTE: The chosen session must be attended for the full time.

- PREVENTING AND MANAGING INJURY
  SUCCESSFUL INCLUSION

<b>8.45–9.15am</b>	<b>Registration/welcome</b>			
9.15–10.15	Warm up/Ice breaker games			
10.15–11.15 Session One	MyGolf	Geocaching	Activate and Engage the Core	Rippaball
<b>11.15–11:30am</b>	<b>Morning tea</b>			
11.30–12.30 Session Two	MyGolf	Geocaching	Activate and Engage the Core	Rippaball
<b>12.30–1.00pm</b>	<b>Lunch</b>			
1:00–2.00 Session Three	MyGolf	Geocaching	Activate and Engage the Core	Rippaball
2.00–3.00 Workshop	Preventing and Managing Injury		Successful Inclusion	

## MYGOLF

The MyGolf National Junior Golf Program is a nationwide program by Golf Australia to introduce kids to golf and further encourage the growth of the game. Golf WA offers the opportunity for schools in the Perth metropolitan area to experience and be introduced to golf through the MyGolf in Schools program 1 and 2. The sessions in schools are:

- free and open to primary and secondary schools;
- conducted by a qualified Level 1 community golf coach;
- run using modified golf equipment supplied by Golf WA;
- suitable for ages 6–16 years old;
- safe to run in schools, ovals or indoor centres; and
- held during the school's PE Classes.

## GEOCACHING

If you're looking to create a high-impact lesson – and don't mind the possibility of getting your hands a little dirty – consider Geocaching. Imagine the reaction you'd get by telling your students that tomorrow's mathematics/history/science/sport/English lesson will be held outdoors AND they can use their iPhone/smartphone! Interested? The creativity and real-world problem solving involved in making and finding geocaches are a natural fit across all grade levels and subject areas – so come along for a 'crash course' in the WHAT, WHY, WHERE and HOW of this new activity.

## ACTIVATE AND ENGAGE THE CORE

With kids becoming more sedentary the incidence of postural issues and lower back pain is becoming more prevalent. By activating and engaging the core muscle groups we can reduce the incidence and enhance performance. This will be a theoretical and practical session highlighting the effective use of core exercises in the warm up and cool down.

## RIPPABALL

Rippaball is a new and exciting sport, combining the riding of caster boards with traditional sporting concepts. Rippaball is played on a basketball court with a basketball while riding a caster board. The game was created to engage inactive kids and those not attracted by traditional sporting activities. The average time taken to learn to ride a caster board for a complete beginner is 1 hour. Rippaball is a low injury non-contact sport. Players feel safe, which builds confidence in their abilities. Continuous movement gives a good aerobic workout, develops balance and builds core strength. Rippaball can be played by people of all ages, genders and body types together. Grades of the game are determined only by the players' skills and ability to ride a caster board.

## PREVENTING AND MANAGING INJURY

A one hour Sport Medicine Awareness Course that is both practical and informative. This course details the latest teaching techniques and aims to develop an awareness of the various skills and techniques for injury prevention and management. Topics will include:

- Injury prevention (warm ups, cool downs, stretching, hydration and protective equipment).
- Injury management (STOP and RICER regimes).

## SUCCESSFUL INCLUSION

See some great examples of inclusive programs that have delivered excellent outcomes. Case studies from successful programs including disability, culturally and linguistically diverse and Indigenous groups will be presented, demonstrating the process of designing an inclusive program and the rewarding results that can be achieved.