



The Focal Point

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April 2009 Issue

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I'd like to start this issue by welcoming Abbie Silver to the Peak Fitness Challenge team. Abbie will be taking on a Certificate IV in Sport & Recreation (Administration Manager) traineeship. Abbie is actively involved in team sports and has experience in the administration field. She has also been along to a PFC Holiday Program circuit and looks forward to also being able to be an "in the field" staff member. I look forward to having Abbie as part of the team.

April has been a great month for developing stronger links with local government programs. We again worked with Melton Shire as a part of their regular Huff 'n' Puff in the Park day, this time at Diggers Rest. We also operated first time sessions for Monash City Council's holiday program on 14th and 15th. I'm extremely excited about being able to work with

more local government agencies in the coming months.

Have you heard about the **Cursions** website? www.cursions.com.au The site has been developed to help schools search for excursions, incursions, professional development, classroom activities and resources along with helping providers to promote their services. Peak Fitness Challenge services are now listed on the Cursions website.

Finally, thank-you to Rebecca Hickey for all her work on our risk management documents. It's taken a while to finalise but Rebecca's professionalism and thorough approach has been truly appreciated. The version we now have will assist all staff members as a working document when operating PFC events.

Dale Ringin



Motivating Students by Rob Baker

"Do I have to?" "I've got a sore leg!" "I want to finish this computer game!" "I don't want to!"

Are these whinges from kids familiar to you? As a teacher? As a parent? How do we encourage our students/children to get out and exercise regularly to a level that we know is conducive to a healthy mind and body? This is something that parents and teachers in our modern world are wrestling with on an increasing scale as our sedentary lifestyle increases.

As a person who has quite a few decades of life behind me I can remember my childhood on a farm including roaming the hills and paddocks, rabbiting, billy carting, bike-riding, chasing a football in the "imaginary MCG", walking a mile to and from school each day, and helping with a range of chores involving much physical activity. I can also remember my weekly junior sporting activities, such as football and tennis, which were encouraged by my parents and inevitably involved them spending many hours driving me around the countryside to the various club venues. Obviously, the kids of today, particularly in urban environments, don't have some of these physical challenges and opportunities. However, they do live in a rich world of resources and community activities which have the potential to keep them active, fit and healthy.



Motivating Students cont. by Rob Baker

If I may, I would like to make a few suggestions to help you as a parent or teacher, motivate our kids to get active. Firstly, some kids need to be provided with a wider range of physical activity – not just the traditionally popular sporting and physical activities which, possibly because of body shape, previous failure, peer influence etc. they shun. For example, footy, netball, cross country, “Boot Ball” may not be motivating for some but instead rock-climbing, roller-skating or jazz ballet may provide more interest. What other non-traditional activities can we involve kids in?

Secondly, I think that kids are motivated by passionate adult leaders. Parents may have an influence here by involving their kids from an early age into their preferred activity such as cross-country running, bushwalking or bowling. I was heavily influenced by an aunty who was passionate in her sport of tennis. Encouragement, tutoring, supplying equipment etc are ways that kids can be influenced. Let’s make our kids aware of these people.

At a young age, children are involved in family activities so why not provide a wider range of activity that kids are included in. Walking and exercising the dog, flying kites, playing on the beach on a winter’s day, a family bike ride, a walk in the bush etc may help to motivate young kids to be active. A mindset change by the whole family may be needed to provide greater opportunities. Teachers may also need to look for more non-traditional ways of planning their program to include physical activity – a kilometre walking club, walking to local attractions or facilities instead of hiring a bus, Brain Gym, Jump Rope, gymnastics program at the local gym etc.

We are clever, imaginative people with a host of resources around us to provide for an active lifestyle. Let’s not be dictated to by “the couch potato” syndrome or the kid who whinges “I don’t want to!”

Rob Baker (former principal, teacher and father of 4 healthy, active kids)

Client Profile- Jenny Clissold

Age: 50 **Occupation:** Teacher

Program: Teacher Exercise Network

Joined Program: Feb 2006

What were your reasons for joining?

Initially it started off as a staff welfare activity and from there a group of the staff decided that it was convenient and easier to train at school, (often when you go home after school you lose the incentive to go back out and exercise). Personally my motivation to participate was to lose a bit of weight and get a bit fitter.

What benefits have you experienced?

The benefits have been many. Firstly I have become much fitter and more confident in my ability. I have more energy to do everything and I feel healthier. I am more motivated to do other forms of exercise apart from our Monday night session at school. My beep test scores have improved along with my strength and aerobic capacity. It has been very satisfying to see the steady improvement over this time. Dale is always ready to offer suggestions and answer questions regarding fitness and health concerns and issues.

What’s the best part of participating? We have a lot of fun. Although we take it seriously, no one takes it too seriously. We get to do a variety of activities that challenge us and help us improve our personal fitness. We encourage and support each other.



What has been your experience of PFC? We have been training with Dale for the past three years. Our sessions have incorporated general fitness training, core work, strength training, cardio sessions and stretching exercises. We have set goals along the way and challenged each other to achieve these goals. The variety in the sessions as well as the encouragement we have received has kept us returning each week.

Any tips for other teachers/schools? This form of activity is a great way teachers can work together in a social and less formal way, to improve their health and fitness. It has worked for us because we organise sessions for straight after school so no one has to go home first, we are able to use school facilities and we keep each other motivated and keen.



Echuca PS Fit 'n' Fun by Carmel O'Connell (PE coordinator)



Peak Fitness joined the masses of people at Echuca Primary School on March 25th. It was a huge day for our “healthy school communities” focus. Beginning with National Ride to School day and the Healthy Breakfast - care of our school canteen (serving fruit kebabs, pancakes and yoghurt) and Peak Fitness for Level 1, 2 and 3, there was great excitement and lots of families involved. Approximately 340 children participated throughout the day and teachers and students remarked on the level of fun and enthusiasm that was evident. It proved to be a good way to engage students in short, focused fitness activities and also gave staff plenty of ideas for future activities. As a result of this day, we expect to have a very positive approach to our morning fitness program that runs throughout the year. Both kids and teachers have great ideas that can be presented in 10 minute segments. I would highly recommend this program to other schools as it highlights fitness for all and showcases some simple ideas that anyone can implement.



Photos courtesy of Echuca PS:

Students let punches fly before working through the ladder at the Ali Shuffle (top).

The steppers go up and down at a rapid rate at the Stair Climb (bottom).



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May Calendar



DAY & DATES	PROGRAM OR EVENT	DETAILS
Friday 1st, 8th & 15th	Pairs Power Work Out	Cardio based sessions with a partner, Varied venues.. 6.15-7am
Monday 4th & 11th	Pairs Power Work Out	Circuit based sessions with a partner, Wandana Heights Hall, Wandana Drive, 6.15-7am
Monday 4th, 11th, 18th & 25th	Leopold PS Teacher Exercise Network	LINC front room, 4-4.45pm, upfront payment
Tuesday 5th, 12th & 19th	Boxing for Fitness program 2	\$10 per session, Wandana Heights Hall, Wandana Drive, 6.30-7.15pm
Wednesday 6th, 13th, 20th & 27th	Autumn Action Training Camp	9.30am training camp. 1 or 2 sessions a week. Prices on our web page
Thursday 7th, 14th & 21st	Boxing for Fitness program 2	\$10 per session, Wandana Heights Hall, Wandana Drive, 6.15-7.00am
Friday 8th, 15th, 22nd & 29th	Autumn Action Training Camp	9.30am training camp. 1 or 2 sessions a week. Prices on our web page
Sunday 10th	Mothers Day	Mothers Day Classic fun run- \$ goes to Breast Cancer Foundation
Saturday 16th & Sunday 17th	Great Ocean Road Marathon weekend	www.greatoceanroadmarathon.com.au
Friday 22nd	Pairs Power Work Out/Training Camp dinner	Details will be posted on our News & Events page
Tuesday 26th	Client information & activity session	Details will be posted on our News & Events page



News: May is the month to book or run a challenge. Schools can receive free personal training sessions for staff, local government agencies can receive discounts and there will be an online quiz for anyone to enter. Keep an eye on our News & Events page.

On Campus Program: Sunshine Christian School, Bendigo South East College, Monash City Council holiday program and Melton Shire Huff 'n' Puff in the Park were all successful days throughout March and April. Thank-you to all staff members that were involved in these events and the organizations for using our programs.