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The Focal Point

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April 2007 Issue

I hope that everyone had a safe and enjoyable Easter break.

I'm going to start of this month's edition with a small personal plea. I'm assisting my beloved Modewarre Football & Netball Club in building upon our small but serviceable gym. We are currently looking to add some more up to date and purposeful equipment, item as such as a treadmill, seated row, leg press, squat rack. If anyone has any of these pieces of fitness equipment that they are looking to clear out of their garage or sell at a discounted price then please contact me. The club would be most appreciative of any way that you be able to assist.

Getting back to the business side of things I'm extremely excited

about the upcoming inaugural Grade 3/4 Peak Fitness Challenge for the Southern B District in Geelong. We now have standards set specifically for the Grade 3/4 age level and are keen to operate more Interschool Challenges or Mini PFC events for individual schools.

I'm also going to give another push for the Geelong area people about the City of Greater Geelong's Transformation (group personal training) program. A 9.30 am session will be starting mid April with the new 6.00am program starting on May 5th. The prices have been reduced so it's now an even greater opportunity to work on your fitness levels. Dale Ringin

Staff Profile- Margaret Anderson

Margaret started with us in March taking over the Peak Fitness Challenge Assistant Coordinator's role from Marnie (who was unable to continue in a part-time capacity).

Margaret's recreational leadership roles vary, having been a Scout leader since 2001, a long time Horse Riding Coach and a gymnastics coach. She has also worked on projects for the Sheep and Wool Industry along with being a session teacher at the Gordon Institute of TAFE.

Margaret holds a Certificate IV in Assessment & Workplace Training, a Diploma of Technical Teaching, an Associate Diploma of Horse Management and is currently studying a Bachelor of Science (Agriculture).

Margaret brings a wealth of life experience in dealing with different organizations and filling varied roles which we know will be of great value to the Peak Fitness Challenge.





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Another successful Term of Team Rex programs, thank-you once again to Rhonda, Julie and Gavin for working with us over Term 1. We are looking forward to Term 2 with AASC programs continuing at Fyans Park PS, Geelong Grammar and Barwon Valley School. We also have “user pays” programs for Preparatory to Grade Two students starting at Newtown (Team Triumph program) and Barwon Heads (Magic Movement program) Primary Schools.

Term Two will also see some new staff beginning with the Team Rex program, their profiles will appear in the coming editions of The Focal Point.

Core Exercises with medicine balls (part 2)

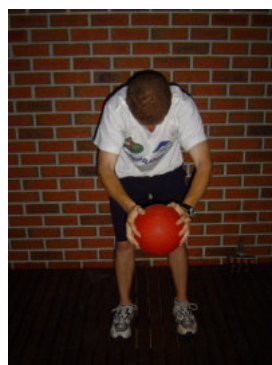
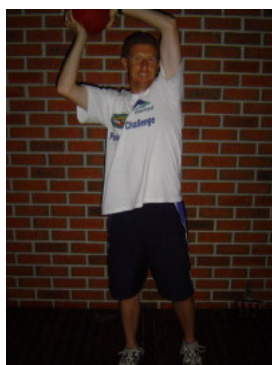


Some more core exercises following on from last month's edition. The first exercise involves simply starting the medicine ball down one side of the body and then extending up and across the other side of the body. Make sure that you work both sides of the body equally and you'll be surprised how much this simple movement not only benefits your core muscles but raises your heart rate. It's a great exercise to also use as a warm up and mirrors some of the movements you do in everyday life.



The next movement involves a powerful driving of the ball into the ground which activates the core muscles. Starting with the ball above the head and then stepping forward onto one leg as the ball is thrown down into the ground. It's important to really slam the medicine ball as hard as possible into the surface on each occasion to gain the maximum benefits. Make sure you give appropriate rest periods in between each set to ensure maximum effort for each repetition.

The third exercise is similar to the one above but involves a “wood chopping” motion. The ball starts at the side of the body and is brought up along the side of the body and above the head before being driven down into the ground. Feet should be shoulder width apart to maintain balance as



there is no stepping forward during the driving of the ball into the ground. Again, each repetition must be done with maximal effort and both sides of the body need to be worked equally.

As I mentioned in the last edition, the weight of the medicine ball has a lot to do with your own capabilities but a 2kg ball is a great place to start if you are unsure.



PEAK FITNESS

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CHALLENGE™



On Wednesday 21st March we operated our first Interschool Event for the year on behalf of the Corio District. There were 260 students (an additional 60 participants from 2006) from 6 different schools competing. This year's challenge was officiated by students from North Geelong Secondary College, although it was short notice the students did a magnificent job. The winning school for 2007 went to Rollins Primary School, meaning that the trophy again rotates to a different school and a healthy rivalry is starting to build amongst the district to be known as the "fittest school".

Our second On Campus Program session for the year took us to Flora Hill Secondary College in Bendigo to operate a Mini PFC for two hundred and fifty Year 7 students. The challenge operated very similar to an interschool event with students competing as individuals but also scoring points for their house. Year 10 students from the school also took on the officiating duties for the day. The totaled results saw Bronte House come out on top. Thanks must go to Carl Hardingham for all of his work and support to get the day off the ground and to all of the other teachers involved on the day of the challenge. Hopefully we will see the challenge become a new house tradition at Flora Hill SC.

The last day of Term is traditionally not one that I pencil in for a Peak Fitness Challenge but St Columba's Primary School in Elwood were making a big day of the end of Term 1. As I was setting up for the PFC Tabloid the junior students were having their Teddy Bear Picnic, a man on a Harley Davidson showed up and then it rained! However, the clouds cleared and all of 153 Preparatory to Grade Six students displayed great enthusiasm and energy for the 10 fitness based activities.

PFC news:

- The Surfcoast District have booked their inaugural Interschool Event for Wednesday 8th August at the Life Be In It Centre Geelong.
- The Geelong North Cluster Schools are exploring the option of an interschool Event spread over 2 days. Information on dates to come in following editions of The Focal Point.
- Last month I wrote that the Bendigo PFC would not be able to be operated at the Bendigo Schweppes Centre. New negotiations relating to covering costs are currently being determined, more information to follow in next month's edition of The Focal Point.

A quick "all the best" to Carly Mitchell (who was assistant challenge coordinator in 2006) who heads overseas with her boyfriend Brendan Beck to see the world in April!



Images from the Corio District
Interschool Event





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Melton Shire's Huff 'n' Puff Day



The Shire of Melton showed fantastic initiative during the April holidays in tackling sedentary lifestyles amongst children aged 5 to 12 by operating a Huff 'n' Puff day. In combination with the Best Start program, Western Water and Bacchus Marsh/Melton/Melton East Community Health Centres I was approached to have the Peak Fitness Challenge play a role.

The day operated on Thursday 12th April at the Hannah Watts Park in Melton. We set up 6 Peak Fitness Challenge activities (that catered for all age levels) which included The Army Ladder Run, The Horseshoe Hurdle, The Sipping Track, Speed Pitch, Stair Climb and Agility Weave. Volunteer Physical Education students (thank-you to Kate, Robbie and Barry) from Victoria University along with PSFS staff members (well done Kieren, Luke and Amanda) operated the events.

The weather was kind and the day ran smoothly with approximately 100 children aged 5 to 12 participating in the activities. All of the children involved demonstrated great enthusiasm and were all rewarded at the end of the day with a show bag. Hopefully we'll have some pictures from the day in our next edition.

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Thank-you to Rebecca Hickey for giving the Peak Fitness Challenge the opportunity to be involved in such a fantastic community event and for all of her hard work in organising so many aspects of the day. Also thanks for Tony Watt for allowing us access to the Victoria University students, we hope it was as beneficial to them as it was to the children and the wider Melton community.

Sporty Spot- Peter Cecil

This month's Sport Spot profiles Peter Cecil. Peter graduated from Coburg Teachers College and worked as a primary school teacher for 19 years. In 1994 he took up a position with Sports Parade (now operating as Sports Force) as a sales representative (dealing with clubs and schools) and has only recently taken on a Sales Director role with Smash Gear (a subsidiary of Smash Enterprises Pty Ltd).

Peter's sporting passions lie in all sports but his number one is Australian Rules Football. He played Under 19's and Reserves with Richmond FC, winning the goal kicking as a midfielder. His most memorable moment was playing in the curtain raiser in Victoria vs. The Rest in front of 80,000 people on the MCG. However, the G turf wasn't so kind that day with Peter vividly remembering bouncing the ball down the wing and inexplicably overrunning the ball causing a turnover late in the last quarter. After leaving Richmond he went on to play in 3 premierships for Melton FC. Peter has also tried to put back into the game he loves by coaching the Western & Geelong Under 16 Schoolboys squads, coaching the North Melbourne FC Under 16 squad, State coach of the Victorian squad in an International rules series and acting as the Geelong FC Development Officer for the Geelong/Werribee Zone. For the past 20 years he has also coordinated the recruiting of players for the North Melbourne/Kangaroos FC in the inner Western, Outer South Western Victoria and ACT areas. Making his way back to "the den", Peter now plays an extended recruiting role for the Richmond FC.

Outside of his own sport Peter is very passionate about helping students and teachers alike in the field of Physical Education and Sport, especially in the area of innovative equipment and ideas. When time allows, he volunteers his assistance at school sporting days at all levels or speaks to studying and current teachers about the use of equipment across the Sport Skill Proficiency Continuum.

Peter says all of this would be possible without the support of family and friends.
