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May 2007 Issue

May marks the 5th birthday of Physical and Sport Focused Services. In five years of operation, the business has evolved and incorporated numerous areas relating to physical education, fitness and sport. Through Peak Fitness Challenge events, Team Rex after school programs, personal training, physical education teaching and organization of sporting activities (in both schools and the wider community) we have reached over 5,000 adults and children. I do stress the word we, as without some of the fantastic staff I've had over the five years along with the support of those that have shown faith in the business; five years would have been just a hope. I'd also like to acknowledge the great support I've had from my family

and my wife, none of it would be possible without their belief in me. The experts say the first 5 years of small business is the toughest, well I'm definitely looking forward to bigger and better things for the next 5 years!

One of the great opportunities we have recently been given is the opportunity to sponsor (through the Peak Fitness Challenge) the 12th annual Victorian Teachers Games which will be again held in Geelong from 24th to 26th September. For more information about the games go to www.victeachersgames.com

Also, if you have something you wish to promote or add to our newsletter about your school or sporting group, then send me an email- info@psfs.com.au.

Dale Ringin

Staff Profile- Luke Daffy

Luke joined us this Term, starting at Geelong Grammar's Bostock House and also helped out at the Melton Shire Huff 'n' Puff Day during Term 1 holidays.

He is currently in his third year of a Bachelor of Education (Primary) degree at Deakin University with Health and Physical Education being his major sequence.

Luke has a general interest in sport and fitness, casually playing basketball and netball, representing St Mary's Football Club in the Geelong Football League and was vice captain of the Highton Cricket Club first eleven for the 2005/2006 season.

Luke has also assisted with the Milo Have A Go cricket program over the past two years at his local club along with completing successful teaching rounds at both Fyans Park and Christian College Junior School.





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Our Team Rex report this Term is on the AASC program operating at Geelong Grammar's Bostock House. This Term the school has their Grade 1/2 children learning the skills and games related to Hockey. Luke (featured in this month's staff profile) is conducting the program for 12 children.

With hockey being a sport that demands stick/ball control, spatial awareness and team play the program has been designed around developing the fundamentals in conjunction with minor games relating to Hockey.

The participants are also fortunate to have the added assistance of four students from the Corio campus each week to assist them with their skill development along with strengthening the links between senior and junior campus sport.

Work with Resistance Bands

Resistance bands (or tubes) are a great way to get a work out for those that don't have the storage space or money to buy machines or free weights. They can be a great add on to an existing resistance training program, used for targeting specific muscle groups (especially for rehabilitation or developing correct function) and can be used at home or the office. This month I have focused on some exercises that can be done for the upper back and shoulder regions.

1. Lateral Raises (preferably done with 2 bands, 1 in each hand). Standing on the band at one end and holding it in your hand at the other, raise the band from the side of the body up to a horizontal position and then lower. Make sure that the raise is done at a consistent pace and balance is maintained through both sides of the body.



2. External Rotations. Great for people that sit at a computer all day as it strengthens the muscles the resist the shoulders being pulled forward. Hold the band at shoulder width, keep the elbows tucked in and stretch the band externally.

Which colour band/tube to use? The darker the colour, the greater the resistance.

3. Pull Down. Great to use as a stretching exercise along with a resistance movement. Reach high and with a controlled movement bring elbows down towards the ground, remembering to squeeze the shoulder blades together in the downward motion.





PEAK FITNESS

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CHALLENGE™



On Tuesday 1st May we headed west along the Princes Highway to Camperdown to operate a PFC Tabloid for Years 7-9 students at Camperdown College. The session involved some of our tried and tested events but we also introduced the Medicine Ball Toss and the Gymstick Overhead Push for the first time with a larger group of students. The Camperdown community is fortunate enough to have a recently built stadium (which the school has access to during the day); this provided the perfect space for us to set up the ten events. The students all participated with great enthusiasm and effort (with injured students helping to officiate specific events), with a range of students being presented with ribbons at the end of the session. Thank-you to the parents and teachers that supported the session and to Emily O'Sullivan for organizing the challenge.

PFC news:

- Due to a unique sponsorship arrangement for the Bendigo region a revised pricing structure for Bendigo Interschool Challenge has been put in place. The Bendigo PFC has been set for Friday 19th October at the Bendigo Schweppes Centre. Refer to the website (www.psf.com.au) for more details about the challenge and online entry form.

The pricing structure is as follows:

200-220 total participants= \$4.10 per child

221-250 total participants= \$3.85 per child

251 plus total participants= \$3.60 per child

- St Andrew's PS (Werribee) have booked their annual PFC On Campus Program session. This will be the third year the school has operated an On Campus Program session, with the Grade 6 students to participate in a Mini PFC and the Grade 4/5 students to complete a PFC Tabloid.
- 240 students have been enrolled by their schools in the inaugural Southern B District Grade 3/4 challenge. The schools involved in this challenge are Fyans Park, Roslyn, Highton, Grovedale & Oberon South primary schools.
- Ascent Shoes has officially signed on as minor pinnacle sponsor for 2007. We have been fortunate enough to have Ascent Shoes involved in the challenge since 2005 and also had great input from Kelly Morton (Victorian State Sales Manager) at all of the Interschool challenges in 2006. Ascent Shoes are also able to provide free lessons to schools on educating students about feet along with trying the 'FitPrint' machine. For more information contact Kelly Morton on 0418 286 511 or email ascent_kelly@iprimus.com.au.





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Fitness Facts- Diet Myths

1. **Skipping meals helps you lose weight:** Your body uses food as an energy source and requires energy to function. If you are skipping meals then it makes you hungrier and you therefore have cravings which can cause over eating.
2. **Carbohydrates cause weight gain:** Carbohydrates are our body's main source of fuel. There are good and bad carbohydrates , so eat more of the good ones and limit the bad ones. For example, complex carbohydrates like cereal, fruit and vegetables are good. Whereas, simple carbohydrates such as biscuits and sweets are bad.
3. **Low fat foods limit my calories:** Be wary of this one as many manufacturers will substitute the fat content in their foods with high amounts of sugar. This means that they are still high in calories as the sugar can be converted into fat by your body if you are not burning off the calories.
4. **Fat is bad for you:** Fats can also be considered good and bad. "Essential fatty acids" (good fats) are required for overall health and can be found in things such as fish oil and nuts. Bad fats increase the risk of heart disease and other health related issues. Make sure you are eating the right type of fats.
5. **Diets are the short cut for losing weight:** Are bodies are not designed to crash diet so we need a balanced diet combined with regular exercise to help lose weight. Fad diets can have side effects and at the end you may be disappointed.

Make a healthy lifestyle change, set yourself some realistic and attainable weight loss goals and give your body time to adapt to the changes you are making to it.

Melton Shire Huff 'n' Puff Day Photos



Exercising in between skipping



Listening to instructions at the Army Ladder Run



Working hard on the mini steppers



Throwing the tennis ball at the Speed Pitch
