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The Focal Point

November Issue

November already, how the time flies! And it's this time of year that Physical Education teachers from across the state look forward to the annual ACHPER (Australian Council for Health, Physical Education and Recreation) conference at Monash University's Clayton campus on Thursday 30th November/Friday 1st December.

This year we are setting up a trade display (in conjunction with The Athlete's Foot) to promote the Peak Fitness Challenge. So for all of those teachers out there that are planning on attending (or know of a colleague that is attending)

we would love to see you to discuss the challenge. The Athlete's Foot will also have their Fit Print machine (which is used at every challenge) set up so that you can find what type of feet you have. So come along and see us, put your name into the competition to win an Athlete's Foot prize pack and find out more about our plans for 2007. A couple of quick notes: the prize pack will be drawn on Friday during lunch (12-12.45) and the trade display this year has been moved to the Engineering Halls.

Dale Ringin



Stretching



There is a lot written about stretching nowadays and all good health professionals will reinforce the benefits of stretches done properly. However, there are different types of stretches, all having their own benefits:

Static stretching– is what most people associate with stretching. This is where a muscle or group of muscles are stretched to their farthest point and then held or maintained. Definitions can also incorporate passive and active stretches but static stretches should be done after activity as they help increase muscle resting length along with numerous other benefits.

Dynamic stretching– is preparing the body for the sport or activity that it is about to undertaken. For example, a swimmer that swings their arms forwards, backwards and side to side before a race is doing dynamic movements (those which will be used in the swimming motion). Dynamic stretching is best applied prior to the activity as part of the warm up and for athlete preparation.

PNF stretching– proprioceptive neuromuscular facilitation is not really a stretch but a technique that combines passive stretching and isometric stretching. The technique generally involves a partner in which a muscle group is passively stretched and then isometrically contracts against resistance while in a stretched position. A common example of this is the hamstring stretch where the subject's in a laying position and their foot is rested on the partner's shoulder. The subject's leg is then gradually taken back towards their head with resistance against the partner's shoulder used for the isometric contraction.

All stretches should be completed with correct technique and to assist with function.



The Focal Point



Two of our most well supported programs over the years have been at Newtown PS and Kardinia International College, with both programs operating again in Term 4 this year.

The Kardinia International College program (with a record 32 enrolments) began on Thursday 5th October. The program (for Prep to Grade 2 students) has been divided into two groups with Melissa and myself leading the groups. The children are participating in the Team Triumph program which has a strong emphasis on teamwork and cooperation. The games utilised in the program are based upon a variety of team orientated sports such as basketball, netball, Australian rules football, soccer, touch rugby and bocce.

Newtown Primary School has previously operated four Team Rex programs with great success. This Term's Double Dribble program began on Thursday 12th October and is being operated by Paul. The Double Dribble program is based upon the skills used in Netball and Basketball. The children (in Prep to Grade Three) are gradually building upon their skills so that they can participate in more minor games as the program progresses.

"Overall, my daughter who loves ball sports enjoyed it and looked forward to it" Parent

PFC Incursion

Norlane West Primary School had their Grade 1/2 students participate in a PFC Circuit on Monday 6th November. The school is providing a variety of opportunities for the students in this age level to be active during class time and in their recess/lunch breaks. On the dry and dusty oval the students eagerly took to the ten activities with some fantastic assistance provided to the teachers by parents and Grade Six students.

Newtown PS had their second of three PFC Tabloid incursions on Wednesday 8th November. The students participated in seven of the ten events that were used in October, with the Stair Climb, Soccer Throw and Mini Hurdle Dash all new on this occasion. The children were out to better their own scores from the previous incursion, which was evident in the results being posted on the leader board. At the end of the session the children also had a hand in deciding which two events would be rotated for the December incursion. Photos taken at Newtown PS.





PEAK FITNESS

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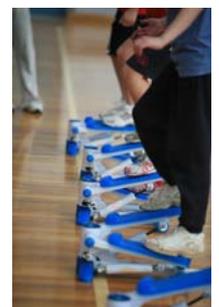


The start of a new school Term has been a busy one for Peak Fitness Challenge Interschool events.

In Bendigo on Friday 20th October 220 students from 8 different schools in the region participated in the 3rd Bendigo Challenge. Of the 8 schools Wedderburn College, Raywood PS and Winters Flat PS all made their challenge debut. This year's challenge was won by California Gully PS, making it three different schools taking out the challenge in as many years. The fittest boy went to Jake McLean from St Monica's PS and the fittest girl was Raquel Howie from California Gully PS.

Werribee District followed on Friday 27th October and equaled their participation numbers (of 280) from the previous year, which is a challenge record. Werribee Secondary College officiated the day, bringing along 38 students and showed the positive influence their students are having within their community. The back to back winning school was Werribee PS with the fittest boy going to Keenan Wadrope from Manorvale PS and the fittest girl was won by Morgan Mitchell from Werribee PS.

After the disappointment of not operating an event in 2004 the Bellarine District and East Geelong Districts combined on Tuesday 31st October. The Surfside Centre and Bellarine-Eastern Geelong challenge is the traditional "home" for the Peak Fitness Challenge, with our very first event being held there in 2002. This year there were 220 students from 8 schools across the Bellarine peninsula, with Portarlington PS and St Leonard's PS making their debuts. In a tight finish the challenge was eventually won by Surfside PS with fittest boy going to William Finlay from Moolap PS and Ella Saunders from Point Lonsdale PS winning the fittest girl with a massive 920 (from a possible 1000) points.



Arthur Reed Photos have been a proud sponsor of the challenge since 2004. In that time they have captured hundreds of brilliant images of the challenge in action at over 15 events. A number of these images are used by us to promote the challenge on the website and in print material.



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Resistance Bands are a great tool for adding resistance training to your fitness program, assisting with stretching, warming up for activity, improve function in the upper and lower body, and aiding with rehabilitation. The bands come in different resistance levels with the darker the colour, the greater the resistance. They are lightweight, portable and easy to store- great for the home or office!

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THE SPORTY SPOT: NOEL FANNING

This month we are profiling Noel Fanning from GEST Media.

Noel has been teaching at St Joseph's Secondary College for 23 years and is currently teaching media studies. His interest in media combined with his passion for Australian Rules Football combined in 1987 when he formed GEST Media with Ron Brain. GEST Media originally covered the games for whichever league or individual local club booked them. This progressed to getting a contract with the Geelong and District Football League to do all of their games. This coverage continued for five years before the Geelong and Bellarine leagues also used GEST Media to cover their games. In 1999 GEST Media began their own television shows that aired on Channel 31, giving the local commentators, coaches and sporting personalities an opportunity to discuss the week's happenings in local football. Some of GEST Media's other clients include Avalon Speedway, the Geelong Business Excellence Awards and a number of local primary schools for the end of year concerts. GEST Media can be contacted on 5229 1829 or 0418 503 588.

Noel's own sporting pursuits include playing junior tennis, senior cricket for six years and having a social hit of golf. His passion for Australian Rules Football started by playing junior football for Newtown & Chilwell, St Mary's and St Joseph's Football Clubs before a long senior career at Newtown & Chilwell. Noel holds the club games record and only spent two seasons away from the mighty eagles (at Winchelsea and St Joseph's). Some of his other achievements at Newtown & Chilwell FC include two premierships, a best clubman award and a reserves best & fairest trophy.