

**Inside  
The Focal Point**

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**The Focal Point**

**October 2007 Issue**

Not that I want to seem as though I’m jumping on the bandwagon, but I would to congratulate the Geelong Football Club on winning the 2007 AFL Premiership. The club has been a Peak Fitness Challenge for the past 3 years and numerous senior players (such as premiership players Jimmy Bartel, Shannon Byrnes and Joel Corey) have presented medallions and ribbons at PFC events. It was also great to see the ex-Modewarre footballers (in Gary and Nathan Ablett) have a strong influence in the game. And my mother (and longtime Geelong supporter) was over the moon!

“The Biggest Improver” competition between the Corio and Leopold PS Teacher Exercise Networks has started in earnest. The participants in both programs are out to improve their own fitness levels throughout the

program but are also pulling together to earn points for their school. The system is based upon the amount of exercise they do during the week and their points tallies go towards a team total (and one school will be crowned The Biggest Improver). I wish all of the staff the best of luck over the 10 weeks and there will be a progress report to keep everyone updated.

Last month was an ad in The Focal Point about joining us for the Anaconda Adventure Race. Information about our teams and the race itself (with other links) is now available on the website (and is being regularly updated) go to:

[www.psfs.com.au](http://www.psfs.com.au) and click on **Community Services**

Dale Ringin



Term 4 brings about three new programs beginning, with both the Ceres PS and Newcomb Park PS sessions are part of the AASC program. At Ceres PS Steve Smith will be operating Hockey for children in Grades P-6. Steve has a hockey playing background along with currently studying to be a primary school teacher. The Hockey program will cater to the skill levels of all students whilst building on skills developed to use in modified games. At Newcomb Park PS the program has been broken into age levels. The Preparatory to Grade 2 students will be taken through the Team Triumph program by Luke Daffy; participating in a games centred around a different sport each week and a strong emphasis on teamwork/cooperation running throughout the sessions. The Grades 3 to 6 program will be taken by Steve Smith and has been broken into Basketball (for 4 weeks) and Cricket (for 4 weeks). The children will be honing their skills in game settings and playing modified versions of the sports.



## Fitness Facts- Body Fat Percentage

What is body fat percentage? Wikipedia describes body fat percentage as “an estimate of the fraction of the total body mass that is adipose tissue (or referred to as Fat Mass), as opposed to lean body mass (muscle, bone, organ tissue, blood, and everything else) or referred to as Fat Free Mass. It is more accurate as a measure of excess body weight than body mass index (BMI) since it differentiates between the weight of muscle mass and that of the fat mass while BMI lump all masses into one figure. However, its popularity is less than BMI because equipment required to perform the body fat percentage is not readily available and skills are required to perform the measurement.”

Total body fat percentage consists of essential fat and storage fat. Essential fat is that amount necessary for maintenance of life and reproductive functions. The percentage for women is greater than that for men, due to the demands of childbearing and other hormonal functions. **Essential fat is 2-5% in men, and 10-13% in women.** Storage fat consists of fat accumulation in adipose tissue, part of which protects internal organs in the chest and abdomen. **So what is a healthy range?** Some figures are more accurate than others by taking into account age, gender and even athleticism/sport played by the individual. It also may depend on where the information is coming from, different countries or governing bodies may have slightly different figures. The example below I've taken from [www.shapeup.org](http://www.shapeup.org):

**Males: 18-39 years old= 8-19% 40-59 years old= 11-21% 60-79 years old= 13-24%**

**Females: 18-39 years old= 21-32% 40-59 years old= 23-33% 60-79 years old= 24-35%**

Remember these figures are only a guide but measuring your body fat can be inaccurate (if not carried out by a professional) so working with in a range (rather than pinpointing a figure) is a much healthier approach to take.

**What if my body fat percentage is above the healthy range?** Then it's time to look at what exercise (calories out) you are currently doing and what amount of food (calories in) you are eating- and it should all be done in consultation with a health professional! But don't wait as a long list of health issues can develop from being in the obese range for body fat percentage.

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## Staff Profile- Lynne Beaumont



Lynne began with us in August as a Peak Fitness Challenge assistant but actually already had a link to the challenge through her work at Werribee Secondary College. Lynne has been working at Werribee SC since 1995, teaching Physical Education to Years 7-10, Science for Years 7/8 and Year 11 Biology. She has also coached numerous school sporting teams along with being the Sport Education co-ordinator. Lynne has also taught Physical Education at Methodist Ladies College, been a gym instructor, swimming instructor, pool lifeguard, aerobics instructor and operated her own shoe sales business.

Lynne has been a great asset to the Peak Fitness Challenge program given her experience in both the teaching and fitness industries and her previous knowledge of how the challenge operates.

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## PEAK FITNESS CHALLENGE™



On Friday 7th September the inaugural Castlemaine area Peak Fitness Challenge was operated. The challenge involved 200 students from Winters Flat PS, Newstead PS, Guildford PS, Olivet Christian College and Malmsbury PS with Castlemaine Secondary College students taking on officiating duties. The overall fittest team on the day was won by Malmsbury PS, with the fittest male award going to a Malmsbury PS student and fittest female to Winters Flat PS. I'd like to extend a huge thank-you to Samantha Chapman for all of her work in aiding to get the challenge "off the ground".

The Melton Shire again ran a free Huff 'n' Puff in the Park Day during the school holidays (we were involved in the inaugural day during the April holidays). The session was this time held at the Brookside Oval in Caroline Springs with 4 Peak Fitness Challenge activities (thank-you to Kieren, Luke, Barry, Robbie, Kate and Mayra for leading the activities) involving quick step ladders, skipping ropes, mini steppers, mini hurdles, agility poles and the radar gun. Go for Your Life, Djerriwarrh Health Services and Best Start were also involved in the day with free activities also provided for parents. Rebecca Hickey and her team again provided a positive health and fitness session for children aged 5 to 12 and we were again proud to be involved.

Newtown PS has again taken fitness "by the horns" for their Grades 3-6 students by operating three PFC Tabloids over Term 4 (as was done in 2006). Our first session, on Friday 12th October got off to a great start (despite the threat of hail!). There was great support from parents (acting as officials) and a spread of students receiving ribbons for winning individual events. In our next session, 4 different events will be substituted to keep the students challenged and engaged.

On a beautiful Spring morning I drove to Carlisle River (south west of Colac where they don't know what drought is) to run a PFC Circuit for 38 children. The students from Carlisle River, Swans Marsh and Cressy primary schools combined for a day of activity. The students put in their best efforts at every event and showed the group of parent helpers how fit they really are!

### REMEMBER TO CHECK THE WEBSITE FOR UPDATED RESOURCES & UPCOMING CHALLENGES



Photos from the 2007 Castlemaine area Peak Fitness Challenge. The Speed Pitch (to the left) and the Mini Hurdle Dash (to the right).





## Victorian Teachers Games report

The 12th annual Victorian Teachers Games in Geelong on 23rd to 26th September went off with a bang with over 2,000 competitors participating. The Athlete's Foot Peak Fitness Challenge was a proud sponsor of the games, with our involvement taking on a convening role for Basketball (mixed and single gender), Volleyball, Novice Indoor Soccer and Badminton.

The Monday was Badminton and Mixed Basketball at the Corio Leisure Time Centre, with 18 teams playing basketball and approximately 100 people competing in male doubles, female doubles and mixed doubles (at both a competition and social level). Thank-you to Kieren and Leigh for their operating the badminton in such a professional and calm manner.

On the Tuesday the Novice Indoor Soccer was played at the Life Be In It Centre and the basketball (single gender) at the Corio Leisure Time Centre. The Indoor Soccer had 16 teams playing and after the being let down (by referees not showing up) the teachers showed great sportsmanship by umpiring their own games. We managed to get through the day and have a great tournament, with Frankie doing a great job as acting as my right hand man. The basketball only had 4 teams playing in each gender group but Luke and Sara did a brilliant job of keeping it all on track.

The Wednesday was Novice Volleyball at the Corio Leisure Time Centre and Championship Volleyball at the LINC (Leopold). A massive 36 teams (in the novice) and a strong 6 teams (in the championship) competed with great enthusiasm despite it being the last day of the games. Thanks to Frankie for watching over the championship games and to Anne Kuklych for her help with organising varied elements of the Volleyball competition.

Many thanks to all of the referees, volunteers, officials and Barwon South-Western region staff that helped make the games a success and huge thank-you to John Jackson (games coordinator) for his patience, understanding and support.

## Victorian Teachers Games photos



Top left- The ladder at the novice Volleyball on Wednesday.

Top right- A big spike at the Volleyball.  
Centre- mixed basketball on the Monday.



Bottom left- more Volleyball action.

Bottom right- Dad and son supposedly hard at work

