



Presidents Report 2010

Welcome to the 2010 report of ACHPER, Northern Territory Branch. Since the last report tabled in November 2009, a wide range of events and support have been provided by the Branch to members and the community.

Our work this year has been supported mainly through grants available to the association through membership with the Northern Territory Joint Council of Professional Teaching Associations (NTJCPTA).

ACHPER NT, DET Health and Physical Education Conference NT 2010

The Australian Council for Health, Physical Education and Recreation NT (ACHPER NT) and the Department of Education and Training (DET) hosted this conference which attracted approximately 50 educators from the Primary, Middle Years and Secondary Levels of schooling in the Arnhem, Katherine, Alice Springs, Darwin, Palmerston and rural clusters. All educators in government, independent and Catholic education sectors were invited to attend the Conference held at Darwin High School on 17 and 18 June 2010.

The conference was supported with financial assistance from the NTJCPTA and this grant also funded accommodation in Darwin during the conference for 12 remote teachers.

The two day conference provided high quality professional learning in addition to networking opportunities within the fields of Health and Physical Education. The Keynote speaker for the conference was Dr Les Fabre, an educator with over 40 years experience in Australia and South Africa. He has worked as a Lecturer, Deputy-Principal and now as a Consultant in Education. Dr Fabre's Keynote Address and sessions were motivational and practical, providing educators with skills and knowledge to make positive changes to their teaching practices.

The Conference program provided a range of sessions both theoretical and practical on subjects such as sport education, games, dance, athletics, aquatics, gym sports, nutrition, sexuality education, personal well being, programming and assessment. This year we had presenters from interstate such as the the North QLD Toyota Cowboys Development Manager, CEO of Northern Australia Futsal, Health Promotion Officer from Family Planning QLD and the National Executive Director of ACHPER.

A survey conducted after the conference targeting delegates and also teachers who were unable to attend the conference, provided positive valuable feedback on the conference and will shape conference planning for 2011.



Australian Council for Health, Physical Education and Recreation, NT Branch Inc.

Health and Physical Education Week 20 – 26 September 2010

Launch of the ACHPER NT Website

ACHPER NT launched its website at www.achpernt.com.au for Health and PE Week, where information on the website was sent to all members and all principals in the NT to advertise events and activities available in Health and PE Week.

ACHPER DET Sports Ability Come and Try Day Tuesday 21 September 2010

To acknowledge Health and Physical Education Week, ACHPER NT and Health Promoting Schools NT (HPSNT) hosted a *Sports Ability Come and Try* event for students with special needs at Darwin Basketball Stadium, Marrara. This event attracted 35 students from Darwin High School, Palmerston High School, Humpty Doo Primary, Woodroffe Primary and Namarluk School.

Students participated in a range of Sports Ability activities such as table cricket, wheelchair basketball, bocce and bean bag activities. The activities and bbq lunch were supported by Total Recreation, Cricket NT, Richard Nicholson from the Australian Sports Commission, Canberra, Jason Bremner from the Australian Paralympic Committee and DET School Sport Coordinators.

The event was organised so that students could participate in activities which revolve around team work and provide students with information on how they can get involved in sport in the community. Feedback from teachers and students involved in the day was positive and all are eager for this event to be repeated in the future.





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ACHPER DET Come and Try Days, 22 and 23 September 2010

To acknowledge Health and Physical Education Week and Water Safety Week, ACHPER NT and Health Promoting Schools NT (HPSNT) hosted their annual *Come and Try* event at Lake Alexander. This event attracted over 450 students from schools in the Darwin, Rivers, PARCS, remote and rural areas.

The Come and Try Days were supported with financial assistance from the NTJCPTA.

Students participated in a range of water and land based activities not typically offered in schools such as Canoeing, Rock climbing, Sepaktakraw, Fishing, Traditional Indigenous games, Royal Life Saving, Golf, Life Be In It, Surf Lifesaving, Team Building, Softball, Baseball and Orienteering. Through participation in activities, students gained understanding and skills in water safety awareness, team work, listening and the importance of being physically active and pursuing a healthy lifestyle.

This event is continuing to grow with more presenters offering their time to run activities and more schools involved from rural and remote localities.





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Health Promoting Schools Seminar, Wednesday 22 September 2010

This seminar was hosted by ACHPER NT and the Australian Health Promotion Association (AHPA) NT Branch at the Novotel Atrium in Darwin. Attendees heard about current health promotion initiatives and opportunities in schools such as the Stephanie Alexander Kitchen Garden Project at Alawa Primary School and the Sports Ability Program from the Australian Sports Commission.

Feedback provided by attendees at the conclusion of the seminar was positive and will guide planning for future seminars.

Health and PE Week Registrations and Competitions

Registration of events and entries into the Health and PE Week Competition was disappointing, considering that we had some great prizes to give away and the competition main prize was worth \$500.

The three winning registrations were:

- Alyangula Area School and Angurugu School, Year 2/3 classes who had organised to integrate and participate in an afternoon of health and PE activities
- Sadadeen Primary School, who had organised 'The Big Walk', a school and community walk and bbq lunch

The winner of the Health and PE Week Competition was:

- Woodroffe Primary School, Year 5/6 students who wrote an article containing information on the school's activities for Health and PE Week which included Kite flying, Life Be In It, Yoga, Skipping, Flags and a Fitness Course

NT Editor for the Healthy and Active Lifestyle Magazine

Anne Goodman undertook the role of NT Editor for the Healthy and Active Lifestyle Magazine this year. The Australian Editorial Group is made up of representatives from each state and territory and through teleconferences; they discuss themes and suggest the types of articles appropriate for the next issue. The magazine is put out 3 times per year.

Anne wrote an article in March this year based on a Fitness program she had designed to include unique body styles and disabled students. The article and its corresponding photos, made front page of the April issue. Anne is responsible for sourcing NT based programs, events and information for the magazine.



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She has recommended we advertise the opportunity to submit articles or programs on our website and through periodical e-mails to our membership group.

Anne is currently writing a book review for an ACHPER published booklet, Games for Preschoolers. She is the only Primary School based representative on the Australian Editorial Group and has been asked to review the primary based publications for ACHPER. With the new curriculum will come many new resources and we foresee Anne being very busy reviewing resources throughout next year.

Membership

ACHPER NT membership has grown in 2010 and the branch currently has 53 financial members, which is 7 more than last year.

Membership is an area that we are working on improving over the next five years as part of our strategic plan.

Strategic Plan 2010 - 2015

The Board has worked to put together a strategic plan for the next five years.

Our Mission

ACHPER NT mission is to promote healthy lifestyles for all Territorians and particularly to increase skills and knowledge in and promote its areas of focus – physical and sport education, recreation, personal development, health promotion and health education.

Our Aspirations

ACHPER NT aspires to become a strong branch with a large membership base, able to provide professional services and support to all Territorians so that they can gain the knowledge required to make healthy lifestyle choices.

Our Purpose

The purpose of ACHPER NT is to organise professional learning, provide advice and support and organise school and community events to increase skills and knowledge and promote physical and sport education, recreation, personal development, health promotion and health education.

Our Vision

ACHPER NT to be recognised and respected as the Northern Territory's premier association of Health, Physical Education and Recreation professionals, a knowledge resource and a leader in the promotion of healthy lifestyle.

The Strategic goals/directions for ACHPER NT 2010 to 2015 are:



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1. Improve services to members
2. Source funding to achieve financial stability
3. Improve on advocacy

Sponsored Awards

ACHPER NT sponsored the NT Board of Studies, *Physical Education Award for 2009* for the student who achieved a score of 20/20. This award was won by Tom Clarke from Centralian College in Alice Springs.



In 2010, ACHPER NT is sponsoring the CDU School of Education, *Recognising Excellence in Health and Physical Education Award*, for the top graduating student in the Health and Physical Education Unit. This award was won by Kara-Maree Laskazeski.

We are also sponsoring the CDU School of Environmental and Life Sciences, *Best Student Graduate in the Bachelor of Exercise and Sport Science Award*, for the top graduating student in the Bachelor of Exercise and Sport Science.

Acknowledgements

All of these activities could not have been achieved without the support of the ACHPER NT Board and I thank Tamie Needham (Vice President), Rebecca Johnson (Treasurer), Jenny Verrall (Secretary), Lorraine Hodgson, Anne Goodman and Rowan Barrow (Board Members) for the outstanding work that they have done and the valuable time they have given to the Branch this year.

I hope that Branch membership continues to grow in 2011 and that ACHPER NT remains an active contributor to professional learning and community support in the fields of health, physical education and recreation.

Natalie McMaster, President, ACHPER NT Branch.