

SEPEP

**SPORT EDUCATION
IN
PHYSICAL EDUCATION
PROGRAM**

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MODULE 13

MAKING USE OF AVAILABLE RESOURCES



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PURPOSE OF THE MODULE

This module provides a brief description of some of the additional resources currently available to help you and your students in SEPEP.

THIS MODULE CONTAINS THE FOLLOWING:

Page 2	What SEPEP teachers and students said about making use of available resources
Page 3	Using available resources: What you need to think about
Page 4	SEPEP Directory of Assistance
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MAKING USE OF AVAILABLE RESOURCES

WHAT SEPEP TEACHERS AND STUDENTS SAID ABOUT MAKING USE OF AVAILABLE RESOURCES

TEACHERS

Material for Sports Board showing a variety of rosters on tournament formulas, ways of recording results and doing ladders would be useful.

(Teacher questionnaire, Tasmania)

It would be good to know where to find other information to support what's already in the (trial) manual.

(Teacher teleconference, New South Wales)

One boy who is officially blind, but who can see images with the aid of a really powerful eyeglass, started doing up the results and fixtures on his computer. The next thing the others in the class got him to join in by taking the throw-ins and goal kicks. It's the first time he has ever done PE. We have a few kids with disabilities at this school and the 'Willing and Able' resource has given staff more ideas about including them.

(Teacher conference, Western Australia)

We have found resourcing is a problem. Umpiring, community contacts, coaching resources are scarce around here.

(Teacher questionnaire, Victoria)

(Trial) teacher support materials often referred to. Very beneficial.

(Teacher questionnaire, South Australia)

SPARC (trial) materials were very good but more information to help student coaches with skill practices would be good.

(Teacher questionnaire, Tasmania)

SEPEP (trial materials) doesn't cover everything.

(Teacher questionnaire, South Australia)

STUDENT

As a coach, I would have liked some ideas in addition to those I picked up from the teacher at the start of the season.

(Student interview, Western Australia)

MAKING USE OF AVAILABLE RESOURCES

WHAT YOU NEED TO THINK ABOUT

Accessing additional resources can help students move toward the achievement of higher order learning outcomes. SEPEP must be different for the different year levels. Reflective teachers with a sense of program will ensure that students experience only one season of introductory SEPEP.

Of course you can run your SEPEP season without any of the additional resources referred to in this module. Many teachers have effectively implemented SEPEP without these suggested resources. All listed resources are for teachers to consider for application in various parts of the season and for a range of student roles.

It is important that these resources are available in the PE office and in the school library. If students are to develop cognitive, affective and psychomotor skills they need to 'own' their season. The out-of-class work that SEPEP encourages must be facilitated by joint teacher and resource teacher/librarian planning.

It is strongly recommended that you attend a full-day workshop on SEPEP and try to talk to other teachers who have trialled the model in their schools so that their experiences and the resources they have used and produced can be integrated with your season.

This SEPEP manual has been designed in a modular format to allow additions and updates to be included. It is hoped that in the same collaborative way that ideas and suggestions have made their way into this manual, teachers and researchers will continue to work together to make SEPEP real, relevant, accessible and meaningful for all students.

You will find that your own district/region/state sporting organisations and education departments will have policies, assessment materials and resource guides relevant to your school. This module contains details of some of the material that is available through AUSSIE SPORT and other agencies.

State AUSSIE SPORT offices all have staff who are informed about SEPEP. These people will be in a position to direct you to additional resources as well as forthcoming workshops, seminars, new resources and other teachers who are implementing SEPEP.

Sport Development Officers in your region/state should be able to supply you with up-to-the-minute information on rule changes, skill development ideas and team strategies. Most importantly, they can also supply information on how students can access their closest club and sporting competition. This may include dates of competitions and contact telephone numbers as well as details on costs and other topics.

The table below indicates who you may need to contact with an inquiry about SEPEP. Before making contact with these agencies carefully consider the questions to which you need specific answers.

LEVELS OF INQUIRY	CONTACT
1. Schools/teachers in the area who have implemented SEPEP	AUSSIE SPORT state contact, SPARC, ACHPER
2. Sport chosen and local contacts in the area	Sport Development Officer (ask the AUSSIE SPORT representative if you don't have the number)
3. Resources to further support the SEPEP season	Teacher networks, National or State AUSSIE SPORT Unit or SPARC
4. SEPEP newsletter, which highlights teachers' work, and the SEPEP mailing list	SPARC
5. Videos, journal articles, periodicals etc.	The National/State Sport Information Centre or Sport Development Officer

SEPEP DIRECTORY OF ASSISTANCE

(Be prepared for the phone numbers and contact person to change over time).

STATE	PERSON TO CONTACT <i>(be prepared for this name to change)</i>	CONTACT PHONE & FAX
Australian Capital Territory	Kim Nichols Manager, AUSSIE SPORT Unit	Ph: (06) 207 2076 Fax: (06) 207 2071
New South Wales	Colin Chambers Program Manager, AUSSIE SPORT Unit	Ph: (02) 707 4933 Fax: (02) 796 7138
Northern Territory	Phillip Leslie Manager, AUSSIE SPORT Unit	Ph: (089) 82 2362 Fax: (089) 82 2320
Queensland	Jenny Salpietro AUSSIE SPORT Education Co-ordinator	Ph: (07) 237 0442 Fax: (07) 237 0004
South Australia	Kylie Taylor AUSSIE SPORT Leadership Co-ordinator	Ph: (08) 416 6623 Fax: (08) 416 6626
Tasmania	Geoff Frier AUSSIE SPORT Program Co-ordinator	Ph: (002) 33 7322 Fax: (002) 31 1048
Victoria	Doug Sandiford AUSSIE SPORT Education Co-ordinator	Ph: (03) 9690 9340 Fax: (03) 9699 2657
Western Australia	Jane Slatter AUSSIE SPORT Unit	Ph: (09) 387 9781 Fax: (09) 387 9726
National AUSSIE SPORT Unit	Shirley Willis Assistant Manager	Ph: (06) 252 1527 Fax: (06) 252 1640
National Sport Information Centre	Reception	Ph: (06) 252 1369 Fax: (06) 252 1681
Sport & Physical Activity Research Centre (SPARC) at Edith Cowan University	Ken Alexander SPARC Director Physical & Health Education Department	Ph: (09) 370 6433 Fax: (09) 370 2910 Ph: (09) 370 6810 Fax: (09) 370 2910

RESOURCE GUIDE

INFORMATION FOR

BRIEF DESCRIPTION

SPORTS BOARD; SCHOOL-COMMUNITY LINKS OFFICER

RESOURCE 1

1. VOLUNTEER INVOLVEMENT PROGRAM (VIP)

1. Volunteer Involvement Program (VIP)

WHERE TO FIND IT

VIP National Co-ordinator
Ph: (06) 285 1887
Fax: (06) 282 3440

SEPEP COMMENT

(VIP) Some useful information for your Sports Board and others with administration duties.

The VIP program has developed a number of resources which have use for Sports Board members in SEPEP. VIP identifies and discusses issues associated with the recruiting, retention and management of volunteers in sporting organisations. The clear principles outlined can be readily adapted to SEPEP. A promotional video and booklet outline the essential elements of the VIP program and the Club Administration Manual provides guidance in the different areas associated with club administration.

The modules in the VIP kit suited to SEPEP include:

Committee Management: Describes and identifies the key roles within any organisation, and the best way of ensuring an informed, knowledgeable and effective committee.

How to Market a Club: Designed to assist participants to identify the principles of marketing and promotion.

Planning and Management of an Event: Describes and identifies the essential components of event management through the provision of skills that will assist in the preparation and running of successful events

RESOURCE 2

2. MODIFIED SPORT PROGRAM AND LESSON PLANS FOR SPORTS LEADERS

2. Modified Sport Program

WHERE TO FIND IT

AUSSIE SPORT Resource Centre
Ph: (06) 252 1525
Fax: (06) 252 1640

SEPEP COMMENT

The Modified Sport Program and the 'Name of the Game' pamphlets are very useful for both Sports Board and coaches.

These resources give the Sports Board, coaches and captains ideas on over 30 different sports and their modifications.

Modifying sports so that young people can experience maximum involvement is integral to SEPEP.

AUSSIE SPORT produces a range of modified sport resources which can be used 'off the shelf' in your SEPEP season or adapted to suit the needs of your class.

AUSSIE SPORT Modified Sport Program Resource including 'Lesson Plans for Sport Leaders' (formerly 'Ready Set Go'). This resource is packed with advice, hints and ideas for the sport leader (coach, captain or team manager in SEPEP). It includes a section on warm up and warm down, with sample lesson plans for a variety of different sports. It even includes hot and wet weather ideas.

AUSSIE SPORT 'Name of the Game' pamphlets. There is a full-colour pamphlet for 30 different sports explaining the rules, equipment and giving skill development ideas. The pamphlets give useful modified games and the local contact number of the Sport Development Officer in your state.

INFORMATION FOR

BRIEF DESCRIPTION

COACHING

RESOURCE 3

3. COACHING CHILDREN

3. Coaching Children manual

WHERE TO FIND IT

Australian Coaching Council
Ph: (06) 252 1550
Fax: (06) 252 1200

SEPEP COMMENT

Encourages students to take responsibility for finding information useful to their coaching role during SEPEP.

The Coaching Children manual is a useful resource for both teachers and students participating in SEPEP.

The manual provides both teacher and student coach with valuable hints on:

- coaching for fun and success – group organisation, demonstration
- strategies, how to conduct a coaching session
- why children participate in sport
- sports safety.

The resource provides appropriate warm-up activities, teaching points for particular skills, and practice activities.

RESOURCES 4 & 5

4. ORIENTATION TO COACHING (OTC)

4. Orientation To Coaching courses
5. Multi Sport Orientation To Coaching:
Course Co-ordinators Kit
The MOTC is the more general alternative to OTC.

WHERE TO FIND IT

AUSSIE SPORT Resource Centre
Ph: (06) 252 1525
Fax: (06) 252 1640

SEPEP COMMENT

Conducting an OTC course for students involved in SEPEP provides them with valuable information on coaching with an emphasis on the practical.

The MOTC is an excellent introduction to coaching for budding SEPEP coaches

ALSO AVAILABLE

(from the Australian Coaching Council)
Beginning Coaching.
Better Coaching.
Coaching Female Athletes.

Some SEPEP teachers have conducted this course with their students prior to the SEPEP season and have had great success

Orientation To Coaching courses aim to provide teachers, parents and interested sports people with an introduction to coaching information and activities

OTCs are ideal for secondary school students participating in SEPEP.

The Coaching Principles Presenters Kit provides the teacher with all they need to present the Coaching Principles component of an OTC course:

- presenters' notes
- overhead transparency masters
- suggested activities
- references.

The OTC places the teacher in the role of Coaching Co-ordinator or National Coach. Assistance with conducting or permission to conduct a Sports Specific component can be obtained from the relevant state sporting organisation

An OTC course will help students to:

- organise a coaching session
- realise that children in sport are different to adults in sport
- be able to teach basic sporting skills
- develop coaching confidence
- understand the benefits of modified sport
- enjoy coaching and make it fun for others.

5. MULTI-SPORT ORIENTATION TO COACHING: COURSE CO-ORDINATOR'S KIT (MOTC)

Multi-Sport Orientation to Coaching (MOTC) enables a teacher to introduce coaching strategies in four to six sports. It does not replace a single sport OTC course. Ideally suited to the development of higher level student outcomes and upper school PE studies courses using SEPEP.

Physical Education teachers are ideal presenters of the multi-sport course to their SEPEP group of potential leaders

The resource outlines how to program a course, how to conduct sport specific practical sessions, and provides summary skill sheets. The resource also has a contact list of Coaching Centre Co-ordinators' names and addresses.

INFORMATION FOR

BRIEF DESCRIPTION

EQUITY

RESOURCE 6

6. ACTIVE GIRLS CAMPAIGN

6. Active Girls

WHERE TO FIND IT

Women in Sport Office in your state or contact:
 Australian Sports Commission
 Ph: (06) 252 1634

SEPEP COMMENT

The resource kit provides some excellent strategies and discussion areas directly relevant to SEPEP. Higher level student outcomes can be generated by the use of this resource.

Active Girls Campaign is a national awareness and education program to promote community understanding of the benefits of sport for adolescent girls and to stimulate greater support for them in sport.

The campaign addressed the following inter-related aspects:

- identification of ways in which to 'package' sport to increase its appeal to girls, so creating an appreciation of sport and physical activity as an accepted integral part of their lives.
- changing current attitudes in teenage girls which contribute to them perceiving sport as socially unacceptable in their world and therefore influencing their decision to drop-out.
- changing of deeply entrenched social attitudes which cause adults, media and social institutions to discriminate inadvertently against girls' sporting participation
- provision of greater opportunities for adolescent girls to engage in positive sporting experiences

RESOURCE 7

7. AN INTRODUCTION TO INCLUSIVE PRACTICES

An Introduction to Inclusive Practices (disability & sport)

WHERE TO FIND IT

AUSSIE SPORT Resource Centre
 Ph: (06) 252 1525
 Fax: (06) 252 1640

SEPEP COMMENT

The philosophy and practicalities of inclusive PE and sport should become essential reading for all teachers involved in working with students with disabilities. This will help teachers include young people with disabilities in PE and sport programs.

The philosophy and characteristics of SEPEP in many ways mirror those that are considered best practice for inclusive PE and sport

- By giving students ownership of physical education in a program such as SEPEP, negative stereotyping and preconceptions of what young people with disabilities are capable of doing are reduced. The most valuable source of information on how to modify the activities to suit the needs of the student with a disability will come from the student with a disability
- As the role of the teacher changes to one of learning facilitator, the teacher has greater opportunity to 'stand back' and assess what is going on. This gives the teacher a better opportunity to consider how a student with a disability may be included in activities.
- Planning by both the teacher and the Sports Board is a prerequisite for SEPEP. Planning is also needed when considering the student/s with disabilities and how they fit into the SEPEP season.

In the past students with disabilities have often been assigned roles such as 'scorer' or 'timekeeper'. Their role as a player has been largely overlooked. This form of integration is not inclusion. If this difference can be understood and considered fully by teachers they may find that students will then strive to find the solutions themselves.

INFORMATION FOR

BRIEF DESCRIPTION

**CAPTAINS/COACHES/
UMPIRES/SPORTS BOARD**

LEADERSHIP PROGRAMS & RESOURCES

RESOURCE 8

8. YOUNG PEOPLE CAN TAKE A LEAD

8. Young People Can Take a Lead

WHERE TO FIND IT

AUSSIE SPORT Resource Centre
Ph: (06) 252 1525
Fax: (06) 252 1640

SEPEP COMMENT

This approach can be a great tool for supporting SEPEP and will help many of the student roles.

An AUSSIE SPORT approach designed to assist with developing and promoting leadership skills in young people. This may include:

- facilitating a leadership planning workshop to develop a specific approach for your group
- providing access to existing leadership programs and resources
- sharing best practices of current approaches to leadership
- providing a framework for developing a successful leadership initiative highlighting the components of:
 - training and learning
 - mentor support
 - recognition of leaders.

RESOURCE 9

9. SPORTSFUN

9 Sportsfun

WHERE TO FIND IT

AUSSIE SPORT Resource Centre
Ph: (06) 252 1530
Fax: (06) 252 1640

SEPEP COMMENT

An after-school program aimed at developing students' leadership skills by providing a sport experience for primary-aged children. Useful resources for a variety of SEPEP roles.

A program where trained secondary-school-aged leaders conduct fun-oriented modified sport sessions for primary students. This can be a natural progression from SEPEP and includes the CAPS program.

Sports Fun includes these guidelines:

- leaders are secondary-school-aged students
- participants are from primary schools
- a training component for leaders provides opportunities for both initial personal development and follow up
- support and feedback is provided to the leaders
- a variety of skill-based and modified sports experiences are offered
- the program is conducted over a minimum of 10 one-hour sessions
- leaders are given recognition
- AUSSIE SPORT resources are provided to conduct the program.

RESOURCE 10

10. THE CAPS SCHEME

10. CAPS (Challenge, Achievement, Pathways in Sport)

WHERE TO FIND IT

AUSSIE SPORT Resource Centre
Ph: (06) 252 1530
Fax: (06) 252 1640

SEPEP COMMENT

A natural progression for students (aged 14–21) to carry the responsibility gained through working in SEPEP on into an award scheme.

Challenge, Achievement and Pathways in Sport is modelled on the concept of an apprentice learning from a mentor. Both CAPS and Sportsfun require teachers to help students take this direction.

It offers young people an opportunity to work with community sport mentors to learn new skills, develop leadership qualities and provide service by participation in four or more of the following areas:

- administration
- event/team management
- sports health
- coaching
- refereeing/judging/umpiring
- sports participation
- Sportsfun.

Participants may use a combination of these activities to complete one of three steps in the Scheme and then may advance to the ASC Sport Leader Award.

Employers are beginning to show an interest in students who have taken on responsibility in CAPS. The skills developed by participation in CAPS are very similar to some of the outcomes generated by participation in SEPEP. In many ways CAPS can be considered as an extension of SEPEP.

INFORMATION FOR

BRIEF DESCRIPTION

RESOURCE 11

11. CODES OF BEHAVIOUR

11. Codes of Behaviour

WHERE TO FIND IT

AUSSIE SPORT Resource Centre
Ph: (06) 252 1530
Fax: (06) 252 1640

SEPEP COMMENT

Appropriate for Sports Boards when determining behaviour policy for the Tribunal. Useful when teaching fair play, teamwork and working with umpires.

A free pamphlet designed to assist groups to discuss and promote fair play. Codes of behaviour are included for:

- Players
- Teachers
- Officials
- Media
- Administrators
- Parents
- Coaches
- Spectators.

***SCHOOL-COMMUNITY LINKS OFFICER;
SEPEP ACTION RESEARCHER;
FIRST AID OFFICER***

RESOURCE 12

12. SPORT SEARCH

12. SPORT SEARCH

WHERE TO FIND IT

AUSSIE SPORT Resource Centre
Ph: (06) 252 1530
Fax: (06) 252 1640

SEPEP COMMENT

SPORT SEARCH has been used by SEPEP teachers as an introduction to the season and by School-Community Links Officers to provide students with details about the sport they are playing.

Sport Search is an interactive, user-friendly computer package, designed to enable young people (aged 11–17) to match their physical, psychological and skill attributes with sports they may enjoy. Some students may not realise what sports are available, and what they may be best suited to. Sport Search can provide that information, as well as information on community sport availability.

Sport Search can be used within SEPEP for a range of purposes, for example:

- to fitness test students at the beginning and end of a season to check on fitness improvements
- to find information on contacting your local sporting organisations
- use the proforma to contact the clubs listed
- use the range of options and the 'personal' approach to help increase students' enthusiasm for SEPEP

RESOURCE 13

13. SPORTS MEDICINE AWARENESS COURSE (SMAC)

13. Sports Medicine Awareness Course (SMAC)

WHERE TO FIND IT

AUSSIE SPORT Resource Centre
Ph: (06) 251 6944
Fax: (06) 253 1489

SEPEP COMMENT

SMAC can provide students with clear, practical and well presented information. This can be used as part of a SEPEP season, particularly in the secondary school area. If first aid officers can access this information their role will be more meaningful.

This course will assist students to gain an understanding in:

- sports medicine
- injury prevention
- first aid of specific sports injuries
- safer sports courses conducted by Sports Medicine Australia.

It is ideally suited to the training of the first aid officer and can add to the basic first aid discussions that may be led by the teacher at the start of the season.

INFORMATION FOR

BRIEF DESCRIPTION

***PUBLICITY OFFICER;
SCHOOL-COMMUNITY-LINKS OFFICER;
SEPEP ACTION RESEARCHER***

RESOURCE 14

14. AUSSIE SPORT ACTION

14. AUSSIE SPORT ACTION

WHERE TO FIND IT

AUSSIE SPORT Resource Centre
Ph: (06) 252 1530
Fax: (06) 252 1640

SEPEP COMMENT

A collection of 'ACTION' magazines is a valuable resource for SEPEP. Teachers can use the various guides and tips to keep their knowledge current. The newsworthy items are a great way to begin student discussions and debates on sporting issues relevant to SEPEP.

AUSSIE SPORT ACTION is a quarterly magazine packed full of various sport-related articles, administration hints, practical suggestions for teachers and coaches and more. Students can find plenty of useful ideas on modifying sports; hints on coaching; umpiring, sports injury prevention; ideas for publicity, and the list goes on. And, besides all this, it's a really good read. It provides:

- Activity pages which provide teachers with an excellent integration tool and pages can be photocopied for class use
- Articles of interest for circulation to parents, players, coaches or teachers (ACTION is copyright free, although an appropriate acknowledgment is appreciated)
- Past issues so you can compile a series of 'Administrative Hints' or 'Coaching Tips'
- Case studies and other articles for your next class discussion. Are there any ideas in these articles which your class could adopt or modify and implement to improve or expand existing programs?
- Articles for posting on the SEPEP noticeboard

Contact clubs featured as case studies or authors of other articles for further information/discussion.

RESOURCE 15

15. NATIONAL SPORT INFORMATION CENTRE

15. The National Sport Information Centre

WHERE TO FIND IT

AUSSIE SPORT Resource Centre
Ph: (06) 252 1369
Fax: (06) 252 1681
Internet: www.ausport.gov.au

SEPEP COMMENT

Contact the National Sport Information Centre to access their library, Internet or to obtain the current Australian Sports Directory.

The Centre provides access to a large range of books, videotapes and journals. Books and videotapes may be borrowed on inter-library loan and journal articles may be obtained directly from the centre.

The NSIC has established the Australian Sport World Wide Web which provides access to Australian and international sport information via the Internet.

RESOURCE 16

16. THE SPORT AND PHYSICAL ACTIVITY RESEARCH CENTRE (SPARC)

16. The Sport and Physical Activity Research Centre (SPARC)

WHERE TO FIND IT

Edith Cowan University
Ph: (09) 370 6810
Fax: (09) 370 2910

SEPEP COMMENT

SPARC has a mailing list of schools using SEPEP and can add you to the list of schools who receive the 'Sport Ed. News'

SPARC continues to conduct research and development activities with teachers implementing SEPEP. The ACHPER 'Healthy Lifestyles Journal' features SEPEP in the December 1995 edition edited by SPARC. The 'Sport Ed. News' is a quarterly newsletter containing reports from teachers involved with SEPEP. It will keep you up to date on current developments and provide information on workshops, new resources and teacher-developed ideas and innovations for getting the most from your SEPEP season.