



Year 9 & 10

ELECTIVES

2021



SELECTION INFORMATION FOR STUDENTS

INTRODUCTION

In 2021, Year 9 and 10 students will study courses in English, Mathematics, Science and Humanities & Social Sciences. All students will also participate in general Health and Physical Education studies.

In addition to these compulsory courses, students will choose three elective courses. These may be selected from any of the following Learning Areas:

- The Arts
- Languages other than English (LOTE)
- Health and Physical Education
- Science
- Technologies

The details of the courses on offer in 2021 are outlined in this booklet. Students are encouraged to choose electives that they are interested in studying and that they consider choosing electives that will prepare them for a Senior School pathway.

Students need to **select six (6) preferences from the list of subjects available** (see Year 9/10 Elective Selection Form) and number them from 1 through to 6 in the preference column, with 1 being their first preference, 2 their second preference and so on. Students should remember that they may not necessarily get their first three preferences, so they should choose all six preferences carefully and be prepared to study any of the six. Only courses with sufficient numbers will run in 2021.

Please note that electives attract **compulsory extra charges** which are necessary to run courses effectively. The cost listed against each elective is the approximate cost for 2021.

Please return this form to the front office by Friday 25th September 2020.

If you have any questions regarding this process, please contact the school on 9796 7000.

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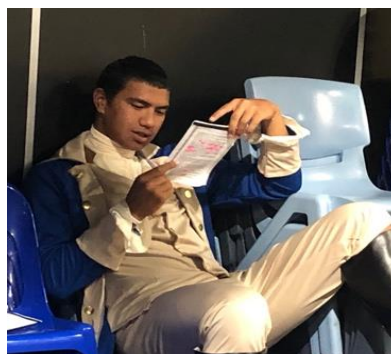
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DRAMA – Years 9 & 10



DESCRIPTION	
<p>The Year 9 and 10 Drama courses offer an introductory understanding of theatre. Students create, produce and perform their own drama productions and will be given the opportunity to explore the following roles:</p> <p>ACTOR – PLAYWRIGHT – COSTUME DESIGN – MAKE UP DESIGN – SET DESIGN – LIGHTING DESIGN – DIRECTOR – FRONT OF HOUSE – PRODUCTION ASSISTANT – STAGE MANAGER – THEATRE CRITIC</p>	
What knowledge and skills will be taught?	Senior school pathways
<p>Students will learn:</p> <ul style="list-style-type: none"> • Acting skills • Elements of Drama • Creative design skills • Voice and movement skills • Reflective practices • Time management • Group work skills • Independent work skills • Drama terminology • Problem solving skills • Analytical skills 	<p>The skills that students learn in Drama not only assist them with their future Drama studies in both General and ATAR Drama in Years 11s and 12, but will also help them gain confidence and communication skills that are essential in many aspects of everyday life.</p>
	What else do I need to know?
	<p>Students are expected to act/perform in front of other students and teachers.</p> <p>The skills and knowledge learnt in this course could help you become a:</p> <ul style="list-style-type: none"> • Theatre or Screen Actor • Director • Playwright • Designer • Technician • Back stage crew • Producer • Theatre critic <p>Cost: \$60</p>

MEDIA STUDIES – Years 9 & 10



DESCRIPTION

The Year 9 and 10 Media courses offer an introduction to a wide range of media production skills and help to develop an understanding of the importance of being media literate in today's society.

Students design, produce and evaluate their own media productions and will be given the opportunity to develop a variety of filming, photography and editing skills and techniques. They will be expected to create a wide range of productions that could include:

Film Posters - Short Films - Film Trailers - Multimedia Displays - Advertising Campaigns - Stopmotion Films
Magazine Covers - Webpages Photography Portfolios - Music Videos - News Programs - Radio Plays
Television Opening Sequences- Podcasts - Sound Recordings

What knowledge and skills will be taught?

Students will learn:

- Camera skills
- Film recording techniques
- Film editing skills
- Photoshop skills
- Graphic design
- Media terminology
- Analytical writing skills
- Production Roles
- Reflective practices
- Time management
- Group work skills
- Independent work skills
- Problem solving skills



Senior school pathways

The skills that students learn in Media will prepare them for both General and ATAR Media and General Design Photography in Years 11 and 12.

Through investigating issues involving the media and their effect on society, and exploring aspects of the media industry, students will be better equipped to cope with future social and technological changes.

What else do I need to know?

The course involves both theory and practical components. As well as making media products, students are expected to analyse and respond to texts through written work.

The knowledge and skills learnt in this elective could help you become:


- Graphic designer
- Film director
- Screenwriter
- Game developer
- Web design
- Sound technician
- Journalist and Media Presenter
- Digital marketing
- Photographer
- TV or film camera operator
- Production crew member

Cost: \$55

VISUAL ART – Years 9 & 10



ARTWORKS DONE BY YEAR 9 AND 10 ECC STUDENTS

DESCRIPTION	
<p>Year 9 and 10 Visual Arts students have access to a wide variety of materials and equipment to complete several major artworks. These could include:</p> <p>DRAWING - PAINTING - PRINTMAKING - CERAMICS - SCULPTURE – MIXED MEDIA</p> <p>Analysing and interpreting artworks is also a component of this course and in so doing, students will gain an understanding of how art reflects different cultures and times.</p>	
What knowledge and skills will be taught?	Senior school pathways
<p>Students will learn:</p> <ul style="list-style-type: none"> • Hand-eye coordination • Use of a variety of equipment • A variety of styles • To be experimental • Problem solving • How to develop ideas • Time management • Analysing of artworks using correct terminology • Self- reflection • Presentation skills 	<p>Students choosing this course will be gaining an introduction to the Senior School General and ATAR Visual Arts courses.</p>
	<p>What else do I need to know?</p> <p>Being creative produces positive brain chemistry by releasing endorphins. It should be considered as a component of our good health and well-being. Career-wise you could become a:</p> <ul style="list-style-type: none"> • Graphic or web designer • Illustrator • Art teacher • Art therapist • Game developer • Gallery director • Fashion, Industrial or Jewellery Designer • Art writer • Architect or Interior architect • Public works architect • Landscape designer • Hair stylist <p>Cost: \$85</p>

JAPANESE – Year 9 & 10



DESCRIPTION	
<p>Students will build upon the Japanese language content learnt in Years 7 and 8 and develop their proficiency and understanding of Japanese culture. Students will use written and spoken Japanese to interact with peers, the teacher and other Japanese speakers to exchange information and opinions about personal interests and experiences. With support, they will share information about broader topics of interest such as education, travel, sport, teenage life and popular culture.</p>	
What knowledge and skills will be taught?	Senior school pathways
<p>Students focus on the skills of Viewing, Reading and Responding, Listening, Speaking and Responding, and Writing.</p> <p>Students in Years 9 and 10 cover a range of topics including:</p> <ul style="list-style-type: none"> • Shopping • Weather and seasons • Hobbies • People around us • Places around town • School Life • Daily Life • Dates 	<p>Students choosing this course will be gaining an introduction to the Senior School Japanese Courses including:</p> <ul style="list-style-type: none"> • ATAR Japanese • General Japanese
	What else do I need to know?
	<p>Students will be able to participate in a variety of optional excursions throughout the year. The cost of these are not included in the compulsory charge for this course. If students choose to participate, they will need to pay at the time of the excursion.</p> <p>The Japan Tour runs every second year. If students choose to participate in this optional trip, there are extra fees involved.</p> <p>Cost: \$25</p>

PHYSICAL SCIENCE - Year 10 only



DESCRIPTION

Physical Science is a practical based subject using Science, Technology and Engineering to solve everyday problems. Students will design and build prototype models to demonstrate the solutions that they have developed. The areas for investigation may include:

- Lego Cars
- Electronics
- Bridges and Structures
- Solar Boats

What knowledge and skills will be taught?

- Students will use the scientific method to investigate solutions to the given problems.
- Properties of materials will be investigated to determine suitable materials for the given task.
- Simple scientific calculations will be used.

Senior school pathways

- This course will help students with all Senior School Science courses, particularly Physics.

What else do I need to know?

This course will help to develop your skills in working both independently and as part of a group. Physical Science students are invited to the Science Teacher's Association of WA day at Adventure World where they can learn about careers in Science as well as gaining a better understanding of the physics of amusement parks.

Cost: \$35
plus \$55 for the excursion to Adventure World.

CHILDREN AND FAMILY STUDIES – Year 9

Conception to 1 year of age



DESCRIPTION

CFS is a practical, hands-on subject where students learn about contraception, reproduction, prenatal development, childbirth, teen pregnancy and related topics from the perspective of a childcare worker. In Year 9, they will focus on topics related to conception through to the first year of a child's life. Practical activities include making a variety of products suitable for newborns through to 1-year olds, such as:

- Baby mobile made through use of the D&T Laser Cutter
- Infant tactile crinkle tag toy
- 1 year old felt busy book
- Bento Box lunch
- Light up Christmas toy.

Students will also have the opportunity to take an electronic baby home to experience what it is like to care for a newborn child. In this interactive environment, students will experience such things as pregnancy weight gain through the use of an empathy pregnancy belly simulator and visits from a midwife, the school nurse, soon to be parents and parents with newborn babies. Most importantly, CFS is a safe and encouraging environment where all students are encouraged to ask any and all questions about the topics covered in class.

What knowledge and skills will be taught?

- Contraception, reproduction, prenatal development, childbirth, and teen pregnancy
- Cognitive and physical development of a child
- Cooking and nutrition for pregnancy, breastfeeding, infant first food etc
- The basics of sewing
- Basic electrical circuit to create a Christmas toy/tree decoration
- How to use "Adobe Illustrator" to create a baby mobile
- The design process to design and create suitable child products and activities

Senior school pathways

This course is good preparation for a pathway into the Year 11 and 12 courses in Children, Family and Community. At the completion of this course, a student will have comprehensive knowledge which will enhance their opportunities for further study in the Community Services Area (Early Childhood Studies - Child Care).

What else do I need to know?

Students will be able to keep all products made in class. Parents with infants are welcome to attend at various times throughout the year.

Cost: \$80

CHILDREN AND FAMILY STUDIES – Year 10

From 12 months to 6 Years of Age



DESCRIPTION	
<p>CFS is a practical, hands-on subject where students learn about the development of children from 12 months through to 6 years of age. They will look at their physical, social, emotional and cognitive development, make sensory items (see below) and develop a variety of activities suitable for this age group. There will be many opportunities for the students to interact with children through incursions with local families and excursions to a local primary school and playground. They will actively participate in story times and use the items and activities they have developed in play sessions with children.</p> <p>The course also includes a focus on family types, positive play environments and the requirements needed to work with children.</p> <p>Products that students will produce include:</p> <ul style="list-style-type: none"> • Slime, playdough and connective sand • Felt story board • Sensory bins to support the physical and cognitive develop of children • Puzzles and similar activities - created using the laser cutter • Interactive outdoor activity wall • Quick and healthy food for children 	
What knowledge and skills will be taught?	Senior school pathways
<ul style="list-style-type: none"> • Cognitive, social, emotional and physical development of children • The importance of play and sensory play • Requirements and standards of working with young children • The importance of encouraging reading and supporting literacy with young children • The design process to create suitable child products and activities • How to use “Adobe Illustrator” • The basics of sewing • Cooking and nutrition for young children 	<p>This course is good preparation for a pathway into the Year 11 and 12 courses in Children, Family and Community. At the completion of this course a student will have comprehensive knowledge which will enhance their opportunities for further study in the Community Services Area (Early Childhood Studies - Child Care).</p>
	What else do I need to know?
	<p>Students studying this course must like children.</p> <p>Students will be able to keep most products made in class. Parents with young children are welcome to attend at various times throughout the year.</p> <p>Cost: \$80</p>



DESCRIPTION	
<p>Cyber Technologies in Years 9 & 10 focuses on developing a student’s understanding and skills in using computers to solve problems and create systems. It also focuses on engaging students with specialised learning and solutions useful in Senior School pathways.</p> <p>As a CISCO Networking Academy partner, Eaton Community College, through the Cyber Technologies course, offers students in Years 9 & 10 the opportunity to further develop their information technology skills through the CISCO Learning Portfolio. These courses will give students an introduction to CISCO and Cyber Security.</p>	
What knowledge and skills will be taught?	Senior school pathways
<p>YEAR 9 CYBER TECHNOLOGIES</p> <ul style="list-style-type: none"> • Introduction to IoT: digital transformations, transformation of standard business processes, consideration of security concerns, using IoT to bridge the gap between operational and information technology systems • Introduction to Packet Tracer: simulation of data interactions, networking in both logical and physical modes, apply skills through practice and activities, develop critical thinking and problem solving <p>YEAR 10 CYBER TECHNOLOGIES</p> <ul style="list-style-type: none"> • Introduction to Cyber Security: the impact of cybersecurity, common threats, attacks and vulnerabilities, protection of businesses, latest job trends. • Cybersecurity Essentials: network and server security controls, security principles, data confidentiality, critical thinking. 	<p>Cyber Technologies in Year 10 will be a pre-requisite for studying the CISCO Networking Academy CCNA courses in Years 11 & 12.</p> <p>These courses would also be useful in studying other Senior School courses and/or qualifications in the area of Information Technology.</p>
	<p>What else do I need to know?</p> <p>The CISCO Academy courses are online modules.</p> <p>Students will be assessed against the WA Curriculum Digital Technologies Course as well as the CISCO Networking Academy Courses.</p> <p>Cost: \$45</p>

ENGINEERING – Year 9 only



DESCRIPTION

Engineering is a Science, Technology, Engineering and Maths (STEM) based course that covers knowledge and skills in engineering and its associated industries.

Students use materials, tools and techniques to design structures and mechanisms that solve particular problems. Projects include the development of a dragster from balsa wood, wind and solar powered vehicles, bridge construction, rocket development, a hydraulic arm, a Formula 1 model car and a project of their choice.

A key part of course is the “F1 in Schools” program. Students will work in teams of 3-5 to produce a car, demonstrating an understanding of project management, marketing, finance and a trade display. Each student will be allocated a position within their team and will be required to work together to design and develop their car. This will include time outside of normal school hours. **The ability to work independently and with others is essential.** Positions in each team are:

- Team and Project Manager - oversees and assists all team members and monitors time
- Design Engineer – CAD design and research
- Manufacturing Engineer – Car manufacture and testing
- Marketing and Graphic Design Manager – Marketing, graphics, signage and trade booth
- Resource, Sponsorship and Industry Relations Manager – cost and resource management, industry collaboration and funds management

During the year, students may be required to travel to Perth to compete in the state competition. If successful in state finals, students may be required to travel to compete in national finals (usually Melbourne).

What knowledge and skills will be taught?

Students will develop knowledge and skills in:

- Problem solving
- Planning and design
- Product evaluation
- Teamwork
- The use of tools and machinery in the workshop

Senior School Pathways

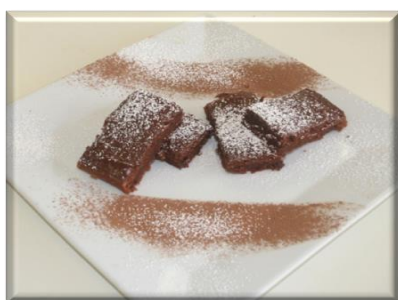
Engineering assists students in ATAR Maths and Science which may lead to university pathways in Maths, Physics, Engineering, Design and Architecture. Vocational pathways include trades certificates.

What else do I need to know?

The ability to work independently and with others is essential. Students may be required to travel (see above).

Cost: \$30
(plus possible excursion cost up to \$50)

FOOD TECHNOLOGY – Year 9



DESCRIPTION	
<p>Food Technology is taught twice a week: one lesson is a theory lesson and the other is a practical lesson where students prepare food that is related to the theory being taught. Doing this course will give students a broad knowledge of food properties, processing, preparation, nutrients and consumption and provide them with contexts through which to explore the richness, pleasure and variety food adds to life. They will also learn skills that can help them get a job in the hospitality sector.</p>	
What knowledge and skills will be taught?	Senior school pathways
<p>Students will learn about:</p> <ul style="list-style-type: none"> the importance of safety and hygiene food from different cultures, including indigenous Australians food-related issues, like the importance of different nutrients and a balanced diet. <p>Students will develop skills like:</p> <ul style="list-style-type: none"> Working in the kitchen (hygiene & safety) Knife handling and cutting techniques Food processing Measuring liquids and solids How to use different types of equipment. 	What else do I need to know?
	<p>Sustainable Education</p> <p>This course has a focus on sustainability. It develops the knowledge, skills, values and world views for students to be able to act in ways that contribute to more sustainable patterns of living.</p> <p>Sustainability Education is future-oriented, focusing on protecting environments and creating a more ecologically and socially just world for everyone.</p> <p>Cost: \$160</p>

FOOD TECHNOLOGY – Year 10



DESCRIPTION	
<p>In Year 10, Food Technology is taught twice a week – building on the skills and knowledge taught in Year 9. Students have a theory lesson and a practical lesson each week, where they will prepare food that is related to the theory being taught. Doing this course will give students a broad knowledge of food properties, processing, preparation, nutrients and consumption and provide them with contexts through which to explore the richness, pleasure and variety food adds to life. They will also learn skills that can help them get a job in the hospitality sector.</p>	
What knowledge and skills will be taught?	Senior school pathways
<p>The major emphasis of the Food Technology syllabus is on students exploring food-related issues through a range of practical experiences, allowing them to make informed and appropriate choices with regard to food.</p> <p>Students build on their Year 9 knowledge through the following focus areas:</p> <ul style="list-style-type: none"> • Meet your meat – Classifying meat • International foods – multi-cultural foods from around the World • Fast Food Nation – The eating habits of adolescents • The functional properties of food • Preserving techniques such as pickling and dehydrating • Food budgeting 	<p>Year 10 Food Technology will prepare students for Senior School pathways including Food Science & Technology and a Certificate II in Hospitality.</p>
	<p>What else do I need to know?</p> <p>Sustainable Education</p> <p>This course has a focus on sustainability. It develops the knowledge, skills, values and world views for students to be able to act in ways that contribute to more sustainable patterns of living.</p> <p>Sustainability Education is future-oriented, focusing on protecting environments and creating a more ecologically and socially just world for everyone.</p> <p>Cost: \$160</p>

METALWORK – Year 9



DESCRIPTION

Year 9 Metalwork focuses on developing knowledge in the safe handling and use of a wide range of tools used in the metalworking industry.

Students will undertake a number of projects which include the making of a tool carry tray, miniature garden set, hacksaw, hammers, small table of their own design, punch set and a school-based project.

This unit is designed specifically to engage students in metal industry trades and starts to build the required knowledge for further studies within a number of industries. Metalwork skills are highly regarded in all automotive trades, fabricators, boilermakers and vehicle body repairs.

What knowledge and skills will be taught?

Knowledge and skills include:

- Welding techniques (stick, mig, gas and tig).
- Sheet metal work.
- The safe use of hand held power tools and fixed machinery like lathes and mills.
- How to plan and design projects.

Senior school pathways

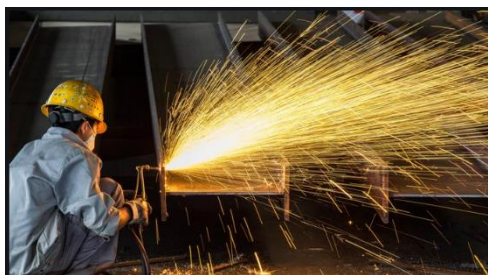
Further pathways include Year 10 Metalwork, leading to Materials Design and Technology in Years 11 and 12.

What else do I need to know?

Workshop safety is paramount. Students must follow all safety requirements and are required to wear all safety equipment at all times. It is recommended that students provide their own safety glasses for hygiene reasons.

Cost: \$100

METALWORK – Year 10



DESCRIPTION

A number of projects and practical assessments are undertaken in Year 10 Metalwork focusing on further developing and refining skills learnt in Year 9.

Students will be assessed on their skills using arc, MIG, TIG and gas welding, oxy cutting and plasma cutting. Students will build a portfolio of completed work for future work placements/studies, construct items such as a small bench vice, cannon, car stands, tool box, fire pit, various hand tools and a project of their own choice.

An excursion may be undertaken to an engineering workshop to give students the opportunity to see the processes and discuss with tradespeople the real-life experiences in the industry.

What knowledge and skills will be taught?

Knowledge and skills include:

- Engineering drawings
- Accurate marking and cutting techniques (including oxy and plasma cutting)
- The different properties of metals
- Different welding techniques (including stainless steel and aluminium)

Students will also gain experience in:

- Safe workshop practices
- Sustainability within the metalworking industry
- Problem-solving skills

Senior school pathways

Completing Metalwork in Year 10 will provide students with the required skills to complete further studies in Years 11 & 12 Materials Design and Technology, and prepare them for careers in fabrication, boiler-making, construction, automotive engineering and vehicle body repair.

What else do I need to know?

Workshop safety is paramount. Students must follow all safety requirements and are required to wear all safety equipment at all times. It is recommended that students provide their own safety glasses for hygiene reasons.

Cost: \$100

WOODWORK – Year 9



DESCRIPTION

Year 9 Woodwork teaches students how to safely handle a wide range of tools and machines in the timber industry. They will also learn how to plan and design projects including items such as:

- a pen
- tool tray
- small table
- jewellery box
- clock
- chopping board

A project of the student's choice, using resin, will also be undertaken.

What knowledge and skills will be taught?

Knowledge and skills include:

- How to accurately measure, mark, cut, join and finish timber using a number of techniques.
- How to use lathes, bandsaws, various drills and a laser cutter.
- How to plan and design projects.

Senior school pathways

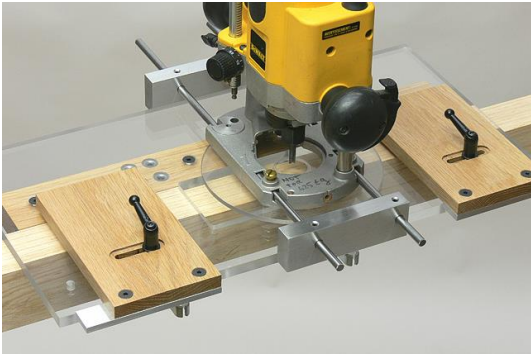
Completing Woodwork in Year 9 will build the basic skills required for Woodwork in Year 10. Further studies include, but are not limited to, Material Design and Technology in Years 11 & 12 and Certificate II in Building and Construction.

What else do I need to know?

Workshop safety is paramount. Students must follow all safety requirements and are required to wear all safety equipment at all times. It is recommended that students provide their own safety glasses for hygiene reasons.

Cost: \$90

WOODWORK – Year 10



DESCRIPTION	
<p>Year 10 Woodwork focuses on building the required knowledge to successfully undertake Year 11 and 12 Materials Design and Technology (Wood). Students will build on skills learnt in Year 9, further developing the creation of engineering drawings, portfolios and evaluation of their work.</p> <p>New machines will be introduced to students which include a mitre compound saw, refining lathe techniques, mortising machine and laser cutting. They will have the opportunity to design their own project and complete other projects like:</p> <ul style="list-style-type: none"> • an end grain chopping board • stool • table • bowls • children toys • a community project 	
What knowledge and skills will be taught?	Senior school pathways
<p>Knowledge and skills include:</p> <ul style="list-style-type: none"> • How to accurately measure, mark, cut, join and finish timber using a number of techniques • Refined lathe techniques • Morticing • How to use heavier woodworking machinery • How to plan and design projects 	<p>Completing Woodwork in Year 10 will build the basic skills required for further studies in Years 11 & 12 Materials Design and Technology, Certificate II in Building and Construction and careers in the cabinet-making and construction industries.</p>
	<p>What else do I need to know?</p> <p>Workshop safety is paramount. Students must follow all safety requirements and are required to wear all safety equipment at all times. It is recommended that students provided their own safety glasses for hygiene reasons.</p> <p>Cost: \$90</p>

ADVANCED SPECIALISED HPE – Years 9 & 10



DESCRIPTION	
<p>This course is designed to provide students with opportunities to extend their skills and knowledge as an elite performer. Students will have various opportunities in both a practical and theory-based setting to develop an in-depth understanding of tactical game play, technical skills required for the particular sport, fitness programming, sports nutrition, umpiring and coaching.</p> <p>Sports may include:</p> <ul style="list-style-type: none"> • Basketball • AFL <p>To gain entry to this subject, students must:</p> <ul style="list-style-type: none"> • Have achieved a minimum of a C Grade in Health and Physical Education • Complete the application form that outlines why you want to join the class and include a reference from a Teacher or Coach • Have a high standard of behaviour, be responsible and be willing to participate fully in all activities 	
What knowledge and skills will be taught?	Senior school pathways
<ul style="list-style-type: none"> • Umpiring and Coaching - General Certificate course • Fitness and nutrition for an elite athlete • Strategies and tactics • Improvement and development of sport specific skills • Improvement and development of coaching and umpiring skills • Teamwork • Components of health and fitness • Goal Setting • Functional Anatomy and Exercise Physiology concepts • Training programs 	<ul style="list-style-type: none"> • This subject leads into ATAR and General PE Studies pathways for Year 11 and 12. • This subject leads into the Certificate II Sport Coaching course (VET) in Year 11 and 12.
	What else do I need to know?
	<p>This subject may include affiliations with local clubs. Students will be assessed through the outcomes of:</p> <ul style="list-style-type: none"> • Physical Activity • Learning through movement • Understanding movement <p>Students will also have the opportunity to experience other complimentary activities, including:</p> <ul style="list-style-type: none"> • Fitness testing • Fitness training (circuit, tabata, HIIT, strength and conditioning, continuous training) • The opportunity to be selected to compete in the Year 9/10 Interschool Winter Carnival • Eligibility to try-out for Country Week <p>Cost: \$60</p>

CROSSFIT – Years 9 & 10



DESCRIPTION

ECC CrossFit is the first WA Public School to become a CrossFit Affiliate.

CrossFit is a lifestyle characterised by safe, effective exercise and sound nutrition. It is used to maximise the potential of students and help them accomplish any goal, from improved health to weight loss to better performance.

During this class, students will perform daily workouts that combine high intensity and functional movements that are constantly varied. Students will have access to a state of the art CrossFit gym that they can also use during recess and lunch to assist them in achieving their health and fitness goals. The CrossFit gym includes everything you could expect to see in a commercial CrossFit gym and includes Rogue Echo Bikes, Concept 2 Rowing machines, Plyometric Boxes, Barbells, Kettle Bells, Dumbbells, Slam Balls and Medicine Balls.

Students will become part of a community of like-minded individuals who value their health and well-being and who acknowledge, support and cheer on each other during workouts. This class will help students develop characteristics like courage, discipline, integrity, dedication and life-long participation in physical activity.

To gain entry to this elective, students must:

- Have achieved a minimum of a C Grade in Physical Education
- Complete the application form that outlines why you want to join the class and include a reference from a Teacher or Coach
- Have a high standard of behaviour, be responsible and be willing to participate fully in all activities

What knowledge and skills will be taught?

- Foundational CrossFit movements
- Rowing, cycling and running
- Gymnastics
- Weightlifting
- Nutrition
- Components of health and fitness
- Teamwork
- Goal setting



Senior school pathways

- This subject leads into the Certificate II in Sport Coaching (CrossFit).

What else do I need to know?

Students will also have the opportunity to experience other complimentary fitness activities, including:

- Yoga and Pilates
- Meditation
- F45
- X5 Free Running
- Denning Boxing Gym Fitness
- Circuit training
- Beach Fitness

Students will be assessed through the outcomes of:

- Physical Activity
- Learning through movement
- Understanding movement

Cost: \$100

RECREATIONAL PURSUITS – Years 9 & 10



DESCRIPTION

This course is designed to expose students to a wide variety of recreational activities.

Activities may include:

Golf at Sanctuary Golf Course

Table tennis

Indoor Beach Volleyball

Recreational Walking to the Collie River

Outdoor Beach Volleyball

Indoor Soccer

Lawn Bowls

Fitness Sessions-gym, boxing, dance fitness, HIIT, tabata

Ten Pin Bowling

Badminton

Ultimate Frisbee

Roller skating

Indoor Cricket

Floor Hockey

Squash

After completing this course, students will have developed the skill and confidence to explore and participate in a variety of recreational activities throughout their lives.

Students who select this subject:

- Should have achieved a minimum **C** grade in general Physical Education
- Should have a high standard of behaviour and responsibility and only those students who are willing to participate fully are encouraged to select this course

What knowledge and skills will be taught?

- Teamwork and fair play
- The development of practical skills in multiple sports



Senior school pathways

- This subject creates a pathway into Year 11 and 12 General Physical Studies.
- This subject creates a pathway into Certificate II Sport Coaching (VET).

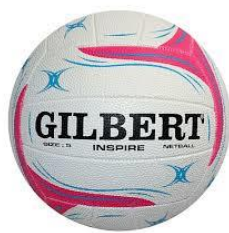
What else do I need to know?

The students will be assessed through the outcomes of:

- Physical Activity
- Learning through movement
- Understanding movement

Cost: \$100

SPECIALISED NETBALL – Years 9 & 10



DESCRIPTION

This course is designed to provide students with opportunities to extend their skills and knowledge in the widely popular sport of netball. Students will have various opportunities in both a practical and theory-based setting to develop an in-depth understanding of the game of netball.

To gain entry to this elective, students must:

- Have achieved a minimum of a C Grade in Physical Education
- Complete the application form that outlines why you want to join the class and include a reference from a Teacher or Coach
- Have a high standard of behaviour, be responsible and be willing to participate fully in all activities

What knowledge and skills will be taught?

- Umpiring and coaching - General Certificate course
- Fitness and nutrition for a netball player
- Strategies and tactics for the game of netball
- Improvement and development of netball specific skills
- Improvement and development of coaching and umpiring skills
- Team work
- Components of health and fitness
- Goal Setting

What else do I need to know?

Students will also have the opportunity to experience other complimentary activities, including:

- Fitness testing
- Fitness training (circuit, tabata, HIIT, strength and conditioning, continuous training)
- The opportunity to be selected to compete in the Year 9/10 Interschool Winter Carnival
- Eligibility to try-out for Netball to attend Country Week
- Playing round robin games as a part of the curriculum against schools in the area that also have a netball program
- Umpiring opportunities at the Glen Huon Primary School Winter Carnival
- Umpiring at the Year 7/8 Lightening Carnival
- Participation in the South West Netball Cup (extra cost)
- Possible excursion to see a West Coast Fever game (extra cost)

Students will be assessed through the outcomes of:

- Physical Activity
- Learning through movement
- Understanding of movement

Cost: \$60