

# **WHITEBRIDGE HIGH SCHOOL**

**A caring community committed to excellence, diversity and  
fostering individual talents.**



## **PROGRAM OF STUDIES**

**YEAR 9 and 10**

**2019 - 2020**

## YEARS 9 - 10 SCHOOL CURRICULUM 2019 - 2020

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# INTRODUCTION

It is necessary at this time of the year for your child to select subjects which will be studied for Years 9 and 10 (2019 and 2020). There are two categories of subjects, the “Core” and “Elective” subjects. Both categories must be studied to fulfil the requirements of Stage 5.

## 1. Compulsory “Core” Subjects which all students must study:-

- English
- Mathematics
- Science
- History
- Geography
- Personal Development/Health/Physical Education
- Sport

## 2. Student chosen or “Elective” subjects from which students can select TWO subjects to study: Students will select their electives from the list provided, and **would commit to study these subjects over TWO years** in both Years 9 and 10, to meet the requirements for Stage 5. There will be **6 periods** for each elective in a **2 week cycle**.

- |                                       |  |
|---------------------------------------|--|
| • Commerce                            | • Ceramics                                 |
| • Elective History                    | • Dance                                    |
| • Japanese                            | • Photographic and Digital Media           |
| • Information and Software Technology | • Music                                    |
| • Marine & Aquaculture Studies        | • Physical Activity & Sports Studies       |
| • Food Technology                     | • Design & Technology (Imagineering Based) |
| • Textile Technology                  | • Graphics Technology                      |
| • Child Studies                       | • Industrial Technology - Timber           |
| • Drama                               | • Industrial Technology - Metal            |
| • Visual Arts                         | • Industrial Technology - Engineering      |

These elective subjects will later be divided into two groups named as the X and Y electives. The composition of the TWO elective groups is determined by accommodating the most number of students in their first and second choices. This division may cause some students not to gain either or both their first two choices. To help us in this we ask that students choose FIVE subjects they would like to study in their order of preference (i.e. 1-2-3-4-5).

The third, fourth and fifth nomination allows us to give them a preference if one of their first two is not available or not offered.

Parents and students are welcome to discuss elective subjects with the Head Teachers to clarify course demands before making their final subject choices.

Students’ subject choices, once allocated, are deemed to be final. Subject Change Week will be held Week 3, Term 1 2019. This is the only time students will be able to change their elective choices. After this time no further subject changes will be permitted for the rest of the year for any reason.

## Selecting Subjects for Years 9 and 10, 2019 and 2020

There are a number of factors to consider when making subject choices for years 9 and 10.

**(1) PUPIL INTEREST AND ABILITY:**

Students should be selecting a course of study which caters to their interest and ability. While clearly vocational issues have to be considered, many students will be unsure as to what occupation they wish to pursue. Students should select subjects which they like and where they succeed. They should not select a subject just because their friends have selected it. They should follow their own interests and ability in order to maximise their educational experience.

**(2) VOCATIONAL CONSIDERATIONS:**

Some students may be considering leaving school when they turn 17. Students may have some occupational goals in mind in which case they need to check with the Careers Adviser about TAFE courses and occupation requirements.

In addition it is worth considering that few subjects in the Senior School have prerequisite requirements in the Junior School. However, students wanting to study Japanese at 2 Unit Continuers in Year 11 will have to elect Japanese in the Junior School.

**(3) BALANCED PROGRAM:**

Years 9 and 10 provide a good opportunity to follow a balanced program before many students begin to specialise in Years 11 and 12. Students should consider the diversity of educational experiences that the Junior Curriculum offers. This time allows students to choose subjects which address the technological, humanities and cultural aspects of education.

**(5) Parents are asked to discuss subject choices carefully with their children and ensure that students understand that:**

- a) The subjects offered are 2 years in length
- b) Students have one opportunity to change subject choices (Week 3 Term 1 2019). After that no changes are possible.
- c) Subjects will be taken into account as part of the Stage 5 program.

**(6) COST:**

Some subjects being offered in 2019 and 2020 have costs associated with their enrolment. They have been highlighted on the selection sheet on the last page. You need to make your selections by the date outlined in the email that will be sent to you.

# GLOBAL ROAMING (HSIE)

## Elective: Commerce

**Head Teacher:** Ms Nunn      **Contact Persons:** Mr Frost & Mr Felkai

The aim of this course is to enable young people to develop the knowledge, understanding and skills essential for informed decision making in the current 'working' world. The course encourages students to develop solutions to consumer, financial, legal, business and employment issues. Successful students from this course will be able to make informed and responsible decisions both as individuals and as part of a community.

Core Study: Personal Finance and Consumer Choice (Year 9)  
Employment issues and Law and Society (Year 10)

Five Option studies (examples)

Investing

Promoting and Selling

Running a Business

E-Commerce

Travel

Global Links

**Cost:** Nil

## Elective: Elective History

**Head Teacher:** Ms Nunn

**Contact Person:** Ms Dunkerley, Ms Lozoraitis-Jones

Elective History is a course which enables students to specialise in the study of History. The course is divided into three topics, each of which allows students to engage with a variety of electives from different periods of history.

**Topic 1** – Constructing History includes possible studies such as Biography (eg Boudicca the female warrior and Nelson Mandela who led the fight against apartheid) and Historical Film and Fiction (eg the portrayal of the Holocaust through The Book Thief or Schindler's List) and History and the Media (eg How did the media impact the trial of Lindy Chamberlain?)

**Topic 2** – Ancient, Medieval and Early Modern Societies (eg What methods do archaeologists use when they investigate an ancient site like Pompeii or a shipwreck like the Titanic? Why are so many people fascinated by Tudor England with Henry VIII and his six wives?)

**Topic 3** – Thematic Studies offers a broad range of possibilities (eg Heroes and Villains, Sport and Recreation, War and Peace, Myths and Legends, Crime and Punishment, Terrorism, and Music Through History)

**Cost:** Nil

## FOREIGN EMBASSY (Languages)

**Elective: Stage 5 Japanese**

**Head Teacher :** Mrs Nunn

**Contact Person:** Ms Quartermain

Japanese is a practical and fun subject choice. Japan is one of Australia's major trading partners and Australia has a very strong relationship with Japan. In addition, Australia is a very popular destination for Japanese tourists and many Australians travel to Japan for business or leisure. The ability to communicate in Japanese, together with other skills, can enhance job opportunities in many areas such as trade, tourism, diplomacy, banking, retail, technology and education.

In Year 9 Japanese you will develop your reading, writing, speaking and listening skills through the study of a series of interesting topics including sport, food, technology, travel and festivals. Students will also further their knowledge of Japan. The course is based on the textbooks Mirai 1 and 2, supplemented by an activity book and other materials. Students will learn hiragana, katakana and kanji.

You will learn about sumo, pachinko, anime, manga, Harajuku, samurai, robots and more. You will do many different activities such as

- Prepare a Japanese meal
- Create your own manga and anime
- Celebrate Japanese festivals
- Take a virtual trip to Japan
- Play Japanese computer games

You will use digital media to create movies, podcasts, presentations and your very own Japanese speaking avatar. You will become skilled in typing Japanese script. Learning Japanese will be useful AND fun!

**Cost:** - Activity Book \$30

# SCIENTIFIC INVESTIGATIONS (Science)

**Elective: Information and Software Technology**

**Head Teacher:** Ms Crosbie

**Contact Person:** Mr Moore

The Information & Software Technology (IST) elective course is an innovative and engaging course designed to enhance students' use of new computing technologies. Project based assessment is at the core of learning, using tasks that give students the "real world" computing knowledge and skills. The course focuses on designing computer based solutions for industry standard problems. Such as using video and media productions, graphics and animation and website development to make computer based solutions.

Students can expect to publish their works to the school and wider community. By completing this course students will have gained insight into computer systems and valuable industry skills. They will be better equipped for continuing education into HSC & TAFE computing courses.

## **Syllabus Outline**

The course integrates the study of core content with a project based approach. Students work through projects to complete course outcomes. Core content includes:

Design, produce and evaluate solutions using IST. Students use technology to design and produce their own software and solutions to problems.

Data Handling. Students work with "real life" data and information to solve industry problems.

Application software is used to produce industry standard solutions. Students learn to develop solutions with software such as Dreamweaver, Adobe Photoshop, MS Office, Power Video Producer, Animator and Robotics Lab.

Hardware Solutions. Students learn how computer hardware works and have the opportunity to build computers and install hardware and software.

Practical and ethical issues using IST. Students learn about the social implications of using IST in our society.

The option topics include:

Authoring and multimedia Video and DVD production  
Digital media, graphics and animation Internet and Website development  
Design and use of Network systems Robotics and Automated Systems  
Software development and programming Database design  
Artificial Intelligence, simulation and modelling

Students will complete all core content within a minimum of four options that deliver content through a minimum of four projects. Assessment is via the project work.

**Cost: \$12.00**

***This contribution will be used to facilitate 3D Printing, DVD's, CD's, paper for student use and to maintain software site licenses and laboratory packs for individual or group work.***

## **Elective: Marine and Aquaculture Technology**

**Head Teacher:** Ms Crosbie

**Contact Person:** Mrs Daugherty

Marine and Aquaculture Technology is an emerging field of study. This course provides students with opportunity to develop the necessary knowledge, understanding and skills to use, in protecting the sustainability and biodiversity of marine ecosystems and related environments

The course may be studied as 200 hours of mandatory core units covering water safety from prescribed focus areas, combined with some optional modules. Core units are mandatory and contain essential content. Optional modules contain content that is essential within that specific context. The water safety unit is mandatory and must be completed by all students.

Focus Areas for the range of study in this course include Environmental Conservation and Sustainability, Biology, Ecology, Leisure and Aquaculture. Examples of modules include Dangerous Marine Creatures, Mangroves, Antarctica's Marine Ecology, The Abyss, Basic Snorkelling, Fish Harvesting, Fish Biology, Marine Mammals and Underwater Farming, to mention only a few.

There are opportunities for excursions to places such as the Shark and Ray Centre, Coastal and Rock platform walks and snorkelling at Fly Point Marine Park in Nelsons Bay. External certifications such as an Open Water SCUBA license are an optional extra.

A full list of elective modules can be found on the Board of Studies website at [http://www.boardofstudies.nsw.edu.au/syllabus\\_sc/pdf\\_doc/marine\\_710\\_syl.pdf](http://www.boardofstudies.nsw.edu.au/syllabus_sc/pdf_doc/marine_710_syl.pdf) The cost of the course is \$15 per year with class excursions or certificate training being an additional cost. Such activities are subject to teacher and student consultation and require a baseline cohort of 85% to proceed. Please note that costs for certain outdoor activities may require an independent provider and involve a significant fee. Students who select this course must make a commitment to attend all excursions.

**Cost:** \$15.00 per year



# Imagineering (Industrial Arts)

## **Elective: Industrial Technology - Timber**

**Head Teacher:** Mr Clark

The Timber focus area provides opportunities for students to develop knowledge, understanding and skills in relation to the timber and associated industries.

Core modules develop knowledge and skills in the use of materials, tools and techniques related to timber which are enhanced and further developed through the study of specialist modules in:

- Cabinetwork
- Wood Machining.

Practical projects undertaken will reflect the nature of the Timber focus area and provide opportunities for students to develop specific knowledge, understanding and skills related to timber-related technologies. These may include:

- furniture items
- decorative timber products
- storage and transportation products
- small stepladders or similar
- storage and display units.
- 

**Cost:** \$65 for both Years 9 and 10 respectively

## **Elective: Industrial Technology - Metal**

**Head Teacher:** Mr Clark

The Metal focus area provides opportunities for students to develop knowledge, understanding and skills in relation to the metal and associated industries.

Core modules develop knowledge and skills in the use of materials, tools and techniques related to metal which are enhanced and further developed through the study of specialist modules in:

- Metal Machining
- Fabrication

Practical projects reflect the nature of the Metal focus area and provide opportunities for students to develop specific knowledge, understanding and skills related to metal-related technologies. These may include:

- sheet metal products
- metal machining projects
- fabricated projects
- artistic metal projects

**Cost:** \$65 for both Years 9 and 10 respectively

## **Elective: Industrial Technology - Engineering**

**Head Teacher:** Mr Clark

The Engineering focus area provides opportunities for students to develop knowledge, understanding and skills in relation to engineering and its associated industries.

Core modules develop knowledge and skills in the use of materials, tools and techniques related to structures and mechanisms. These are enhanced and further developed through the study of specialist modules in:

- Control Systems
- Alternative Energy.

Practical projects will reflect the nature of the Engineering focus area and provide opportunities for students to develop specific knowledge, understanding and skills related to engineering. These may include:

- small structures
- small vehicles
- a range of devices and appliances
- robotics projects
- electronic and mechanical control systems.

**Cost:** \$55 for both Years 9 and 10 respectively

## **Elective: Design and Technology (Imagineering Based)**

**Head Teacher:** Mr Clark

Design and Technology is a continuation of the course undertaken by all pupils in years 7 and 8.

It will be based on Industrial Arts facilities for timber/metal/electronics/graphics and is concerned with learning about Technology and learning through Technology. It involves practical experiences in a process of designing, making, evaluating, using computers, communicating, marketing and managing.

The course will ideally suit those who enjoyed utilising a range of materials in Year 8 and who look forward to designing and making solutions to practical problem solving situations.

**Cost:** \$55.00 for both Years 9 and 10 respectively

## **Elective: Graphics Technology**

**Head Teacher:** Mr Clark

Graphics is the method used by industry and business to convey ideas and concepts in the techniques of 2 and 3 dimensional drawn pictures. It is a form of language without words in which it is the starting point on a drafting board or screen of everything we use from a small object like a pin to large structures as in battleships and bridges.

**Every trade whether it be male or female dominated, and university courses such as Engineering, Architecture etc are required to have knowledge of GRAPHICS.**

The course covers engineering and pictorial drawing, freehand sketching, rendering, plane geometry, statistical representation, mapping, logo design, developments etc. in both traditional board work and CAD (computer assisted drawing).

The students will use various instruments to complete drawing projects – compass, mechanical pencil, set squares, rule, eraser etc. In order to produce quality drawings student will need to bring quality equipment and instruments can be purchased through the school at a discount price for approximately \$75 or they can use a class set. These purchases can be used at both TAFE and University.

**Cost:** \$15 for both Years 9 and 10 respectively.

# DESIGN, FOOD & FASHION (Home Economics)

**Elective: Food Technology**

**Head Teacher: Mrs Taylor**

**This is a practical course that offers students the opportunities to understand the technological changes in food processing and nutrition. Each unit involves students investigating food through practical experience and processes such as research, making and management.**

## **Areas covered**

**Food Selection and Health** - Food is a source of health and energy, yet the basic nutritional facts are sometimes difficult to distinguish amid all the media hype. This unit examines nutritional requirements and basic menu planning for optimal health. Students also investigate and evaluate controversial food issues and common nutritional myths in order to make more informed food choices. Students participate in practical activities that require them to prepare safe and nutritious foods.

**Food for Special Needs** - Nutritional needs vary as individuals move through the life cycle. In this unit students gain an understanding of an individual's changing nutritional requirements and the skills needed to select and prepare foods to meet nutritional well-being of all family members such as babies, toddlers and children, adolescents, vegetarians and sports people.

**Food for Special Occasions** - Food is an important part of any celebration regardless of culture or religion. In this unit students examine a range of special occasions such as birthdays, anniversaries, St Valentines Day, Easter and Christmas and prepare foods unique to specific celebrations. Food presentation and service is a focus of the unit and students learn how to present and garnish foods appropriate to a given setting.

**Food Equity** - Globally and locally not all people have equal access to food and basic living conditions. This unit examines food equity issues and world food distribution patterns. Students identify groups at risk of food inequity, aid agencies and their role in providing short term and long term relief. Students plan and prepare a variety of meals to meet the nutritional needs of specific at-risk groups

**Food in Australia** - A range of factors influence our distinct Australian cuisine. This unit examines the diverse range of foods offered in the Australian marketplace and identify the factors that influence this selection. Students investigate the traditional use of bush foods by Aboriginal peoples and design contemporary foods using bush ingredients. The unit will also focus on historical perspectives including early European settlements and multicultural influences on food selection and preparation. During practical activities students will experiment with a range of ingredients available in the marketplace developing innovative approaches to Australian cuisine.

**Food Service and Catering** - The hospitality industry plays an ever –increasing role in providing food and employment. This unit examines a variety of catering industries. The units focus is the practical application of catering principles, such as menu planning, customer service, food presentation and system development for large scale catering events. Students will gain an understanding of the hospitality industry and develop relevant food handling and presentation skills.

## **SAFETY AND HYGIENE REQUIREMENTS**

Fully covered black leather upper school shoes with non slip soles. These are a WHS (Workplace health and safety) requirement.

A white full length cotton apron and cap available from the school at the front office.

### **Students who study this course:**

- should have an interest in food and its application.
- may want to further their study in Years 11 and 12 in either Food Technology and/or Hospitality
- **Cost: \$95 per year to cover food and consumables.**

**Elective: Textiles/Fashion**  
**Head Teacher: Mrs Taylor**  
**BOS: Textile Technology**

Textile Technology/Fashion covers a broad range of topics and skills. The course provides students with the opportunity to develop skills in a range of technologies and encourage proactive, competent and creative learners. Fashion is worn by every one of all ages and knowledge of design, manufacture and application of textiles is vital when considering the material needs of our society.

The textile industry is changing how products can be sustainable to our future and creating ethical work with the industry. Students will be investigating how STEM is being incorporated into textile technology that is used in a wide variety of products.

Project work forms the basis of every unit of work. Projects will reflect student interests and develop practical skills and help students gain a confidence in the manipulation and use of a wide range of textile materials, equipment and techniques.

You do not have to have previous skills in sewing but should have an interest and a desire to learn these skills. Students may wish to extend their knowledge later in Years 11/12 and or at TAFE.

Areas covered include

- Professional fashion illustration
- Use of ICT and STEM
- Textile design and designers
- Changing role of textiles in society
- Historical and cultural uses of textiles and how they influence contemporary designers today
- Properties of textiles.

**Things to Consider**

- **Cost:** \$60 per year to cover consumable materials used in the course.
- A folder for class work and a display folder for Project work.
- Students will be expected to purchase fabrics and related equipment for major works.

**Elective: Child Studies**  
**Head Teacher: Mrs Taylor**

The Child Studies course aims to give students the skills and self-confidence to act as responsible caregivers. The subject enables participants to appreciate their unique family situations. The course also provides the students with an introduction to the Child Care Industry and Early Childhood Teaching Profession.

Child Studies seeks to raise students' awareness of society as a whole, especially relating to the family, development of the child and the vital role played by the parents and caregivers. Students will develop the confidence to interact with young children, identify and utilise a range of resources available to young people and gain knowledge and understanding of the physical, intellectual, social and emotional development of a child.

Areas covered include:

- Knowledge and understanding of child development from preconception through to and including the early childhood years.
- Pregnancy and birth
- Importance of play in the growth and development of children
- Childhood Nutrition
- Technology and childhood
- Child safety and First aid
- Role of positive parenting and caring.
- Importance of play in the growth and development of children.

Students have the opportunity to participate in team activities, practical experiences and student centred learning.

The knowledge, understanding, skills and values developed through Child Studies provides a foundation for a wide range of study options in and beyond school and also a range of vocational pathways that support and enhance the wellbeing of children. It is also a good introduction to various courses in sociology, psychology, child studies, working with children, as well as a foundation for careers in nursing, early childhood teaching, social work or child care. Study of this syllabus will also support young people engaged in voluntary caring, supervision and child support roles.

Cost: \$30 per year to cover consumables and materials

# COMUNICATION & MEDIA STUDIES (English)

**Elective: Drama**

**Head Teacher: Ms Murrell**

Drama is a form of action in which some aspect of human experience is portrayed: it is an exploration of experiences and situations through enactment. In Drama, students learn about themselves and others by creating characters and situations. This course provides a means of exploring the way people react and respond to different situations, issues and ideas.

In Stage 5, Drama provides a particularly valuable means of increasing self- confidence and social awareness. Students are involved physically as well as emotionally and intellectually: the students learn through doing. Drama is a cooperative process through which students develop their ability to share and communicate.

The study of Drama is valuable for secondary students because it is an important form of expression and communication in almost every known culture, including those, which make up Australian society.

Drama can be a source of learning and entertainment, a point of contact with others, an abiding interest, a career or an outlet for creative energies.

**Students who are not prepared to perform with and in front of others should not select Drama.**

**There are eight areas in the course:**

- Improvisation
- Play-building
- Dramatic forms
- The reading and writing of scripts for performance
- Performance spaces and conventions of theatre
- Technical aspects of production
- Experience of dramatic presentations
- Discussion, reading and writing about drama and theatre.

The assessment schedule includes both performance elements and theoretical components.

Students will also have the opportunity to participate in competitions such as *Theatresports* and *Tournament of the Mind*.

**Cost: Nil**

# THE CREATIVES (Creative & Performing Arts)

## **Elective: Visual Arts**

**Head Teacher:** Mrs Ferguson/Mr Ryan

Visual Arts allows students to experience a wide range of art making activities such as painting, drawing, ceramics, photographic collage, printmaking, computer imaging and sculpture.

Students will use the local environment as a source of visual imagery. Themes include: the beach, bush and the built environment. The work of other artists is also considered through themes such as Expressionism, Surrealism, fantasy and appropriation.

Students are encouraged to experiment with different media and develop creative and individual interpretations of class projects. Wider and deeper experiences with media and design also provide an excellent basis for further study in years 11 and 12.

Skills such as self-reliance and lateral thinking, provide an excellent basis for future employment prospects.

**Cost:** \$50 per year

## **Elective: Ceramics**

**Head Teacher:** Mrs Ferguson/Mr Ryan

Ceramics is all about clay as an art form and means of expression. Students design and make sculptural and functional forms using a variety of building methods such as slab, coil, tiles, moulded and wheel-thrown works.

Themes and inspirations include marine forms, animals, the environment, people. Students are encouraged to explore creatively the media of clay while gaining technical knowledge of clay composition, kilns and decorative techniques. Students will also study the expressive and functional qualities of ceramic forms from contemporary and past cultures.

Experience and skills also provide an excellent basis for further study in Visual Arts in years 11 and 12.

**Cost:** \$50 per year

**Elective: Dance****Head Teacher:** Mrs Ferguson/Mr Ryan

The dance elective is an excellent way to become involved in the performing arts within our school environment. Lessons are structured for students with or without dance experience. All ability levels are catered for.

Students will have the opportunity to:

- Develop their skill in a variety of dance styles including jazz, hip hop and contemporary. Class dance works are developed in a fun, energetic and creative environment.
- Perform throughout the year at Year Assemblies, MADD performance night, Star Struck and Hunter Dance Festival.
- Create their own dance works individually or in groups. These lessons cater to the creativity of each student and allows them to develop their own movements, sequence them and eventually compose dances.
- Appreciating dance works composed by choreographers world wide. Students influential choreographers and dance works as sources of inspiration for their own development.

Link to

syllabus: [https://www.boardofstudies.nsw.edu.au/syllabus\\_sc/pdf\\_doc/dance\\_710\\_syllabus.pdf](https://www.boardofstudies.nsw.edu.au/syllabus_sc/pdf_doc/dance_710_syllabus.pdf)

**Cost of course: Nil**

**Elective: Music****Head Teacher:** Mrs Ferguson/Mr Ryan

The Music elective course is ideal for those students who wish to perform live and improve their understanding of music concepts. The course develops the skills necessary in performance, composition and listening.

Topics cover a wide variety of musical styles and genres. A greater understanding of music notation, aural skills, rehearsal techniques and ensemble work allow students to develop collaborative learning skills and organisational ability.

With a strong focus on performance skills, students have the opportunity to perform live at many extra curricular concerts at school and in the wider community, developing confidence and a sense of self expression.

Students are encouraged to have a private music tutor to further develop performance skills on their specialist instrument (vocals, guitar, drums, wind, string, keyboard, electronic etc).

**Cost \$20.00**



**Elective:** Photographic and Digital Media

**Head Teacher:** Mrs Ferguson/Mr Ryan

Photographic and Digital Media provides opportunities for students to enjoy making and studying a range of photographic and digital media works.

Students are able to capture ideas and interests, to engage in contemporary forms of communication and gain a greater understanding about their contemporary world.

Photographic and Digital Media enables students to investigate new technologies and engage in creative manipulation of images using 'Photoshop' and the digital SLR camera.

Students learn about and create photographic and digital media works using a range of materials and techniques in still, interactive and moving forms. A Digital Media portfolio will be developed over time, collating research material, photographic techniques and images.

Animation techniques will be explored during the advanced levels of the course with a focus on media production in the 21<sup>st</sup> century.

Students learn to develop their research skills, approaches to experimentation and how to make informed personal choices and judgements. They learn to investigate and respond to a wide range of photographic and digital media artists and works in making, critical and historical studies.

**Cost:** \$50

# LIFESTYLE EMPOWERMENT (PDHPE)

**Elective: Physical Activity and Sports Studies**

**Head Teacher:** Mr Harradine

This course provides for a comprehensive study of physical activity and movement. It incorporates a study of the way the body functions and how to prepare to move efficiently in a variety of contexts. Effective and enjoyable participation in physical activity is supported by factors such as the application of sound nutrition, physical and psychological preparation, awareness of safety matters, and the development of good planning and time management skills.

The students will be able to:

- Develop a practical understanding of the foundations for efficient and enjoyable participation and performance in physical activity and sport
- Develop knowledge and understanding about the contribution of physical activity and sport to personal, community and national identity
- Enhance the participation and performance of themselves and others in physical activity
- Develop the personal skills to participate in physical activity and sport with confidence and enjoyment

## **Course Structure**

There are three areas of study;

Foundations of physical activity  
Physical activity and sport in society  
Participation and performance

The movement applications will be in:

European handball, golf, table tennis, badminton, lifesaving, orienteering, tennis and archery.

***There will be excursions involved that will involve a cost to the students.***

A camp will also be held each year. Year 9 white-water canoeing and Year 10 self-sufficient camp including abseiling and rope challenge activities.

**Cost:** \$30



# Whitebridge High School

## Subject Selection Planning Sheet Year 9 2019 and Year 10 2020

- Open the email that has been sent to your school email titled **Edval Timetables Stage 5 Electives** and follow the instructions.
- You will have to make **five** choices for your electives for next year. You will only study **two** electives in 2019/2020 but we may need to use your reserves if you miss out on one of your first 2 choices. Your selections must be in order of your preference.
- The sheet below can be used as a **planning sheet only**. The actual selections will be made online. Place a **1** (first choice), **2** (second choice), **3** (third choice), **4** (fourth choice) and **5** (fifth choice) next to the subjects to indicate your preference.
- It is very important that you choose carefully for all of your choices as you may get any of your 5 choices.
- If there are insufficient numbers the class will not be timetabled and those who choose that class will be allocated their next choice. There is no guarantee that you will get your 1<sup>st</sup> or 2<sup>nd</sup> choice.
- If demand for a course exceeds the number of classes possible, class allocation will be made on the order of priority given, late returns may miss popular subjects. All selections made by the due date will be treated equally.
- Remember that some subjects have cost associated with them.

**Once you have submitted your selections and enrolled in the classes formed at the school, you cannot make changes except in Week 3, Term 1 2019.**

Subject	Cost (Due T1, 2019)	Preference	Subject	Cost (Due T1, 2019)	Preference
Commerce	Nil		Dance	NIL	
Elective History	Nil		Music	\$20	
Japanese	Activity Book \$30		Physical Activity & Sports Studies (PASS)	\$30	
Information & Software Technology	\$12		Design & Technology (Imagineering Based)	\$55	
Marine & Aquaculture Studies	\$15		Industrial Technology - Timber	\$65	
Food Technology	\$95		Industrial Technology - Metal	\$65	
Textiles Technology	\$60		Industrial Technology - Engineering	\$55	
Child Studies	\$30		Photography & Digital Media	\$50	
Drama	Nil		Ceramics	\$50	
Visual Arts	\$50		Graphics Technology	\$15	

*Please complete your selections online. Details on how to complete this online will be emailed to you.*