

Elective Courses

Elective PE

Year 8 elective is a practical based subject for students who enjoy physical activities. Units of work focus on individual and team orientated sports. The aim of this subject is to improve and refine skills, and extend knowledge of rules of a wide range of sports. There is also an emphasis in this subject on improving one's personal fitness and recognising the importance of physical activity in order to enhance personal positive wellbeing. Personal fitness goals are established and evaluated as the year progresses.

Students play sports, design games and practice their umpiring and refereeing skills. External experts (Border Bandits, Flyaway gymnastics coaches, Sport Development Officers) are utilised to expose students to professional coaching styles and training techniques. Students selecting this subject are prepared each lesson to be involved in practical activities.

Activities/Sports that students are taught may include: Touch Football, Game Design for fun and safety, Basketball, Hockey, Soccer, Aquatics, Fitness for life, Gaelic Football, Australian Rules, Gymnastics, Softball, Volleyball and League Tag.

Physical Activity & Sports Studies

This is a two year course which spans Year 9 and Year 10, with nine periods a fortnight dedicated to practical and theory components. Students who select this course participate because they thrive on opportunities for personal challenge, enjoyment and satisfaction. They experience positive interaction with others, in both collaborative and competitive contexts and together support the development of key social skills necessary for strong interpersonal relationships.

Throughout two years, students focus on topics including exercise physiology, sports medicine, development of sport in Australia, aquatics, sports coaching and skill acquisition. Theory units are directly linked to practical elements and there exists various opportunities for students such as: the NRL Backyard League program coaching primary school students, achieving their Bronze Medallion or Bronze Star, gaining their resuscitation certificate, developing their basic first aid and perfecting their strapping skills.

Physical Activity and Sports Studies develops skills to enhance enjoyment of physical activity and maximise the likelihood of sustaining an active lifestyle.