Subject Selection Information Booklet

Year 9 2016
<table>
<thead>
<tr>
<th>Subjects Available to Years 9 &amp; 10</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>International Studies</td>
<td>4</td>
</tr>
<tr>
<td>Commerce</td>
<td>4</td>
</tr>
<tr>
<td>Forensic Archaeology</td>
<td>5</td>
</tr>
<tr>
<td>Languages - Modern Greek, French, Italian, Japanese, Chinese</td>
<td>5/6/7</td>
</tr>
<tr>
<td>Graphics Technology</td>
<td>8</td>
</tr>
<tr>
<td>Industrial Technology-Electronics</td>
<td>8</td>
</tr>
<tr>
<td>Industrial Technology-Timber</td>
<td>9</td>
</tr>
<tr>
<td>Engineering/Design &amp; Technology</td>
<td>9</td>
</tr>
<tr>
<td>Information &amp; Software Technology</td>
<td>10</td>
</tr>
<tr>
<td>Food Technology</td>
<td>10</td>
</tr>
<tr>
<td>Textiles Technology</td>
<td>10</td>
</tr>
<tr>
<td>Music</td>
<td>11</td>
</tr>
<tr>
<td>Photographic &amp; Digital Media</td>
<td>11</td>
</tr>
<tr>
<td>Drama</td>
<td>12</td>
</tr>
<tr>
<td>Visual Arts</td>
<td>13</td>
</tr>
<tr>
<td>Visual Design</td>
<td>13</td>
</tr>
<tr>
<td>Physical Activity &amp; Sports Studies Elective 1</td>
<td>14</td>
</tr>
<tr>
<td>Physical Activity &amp; Sports Studies Elective 2</td>
<td>15</td>
</tr>
</tbody>
</table>
Years 9 and 10 Students at Blakehurst High School will study the following subjects:

- English
- Mathematics
- Science
- History and Geography
- 2 Elective subjects
- Personal Development, Health and Physical Education
- Careers (Year 9 only)

This booklet describes the subjects that students may elect to study. Students are required to indicate on the survey sheet supplied with this booklet their choice of the two elective subjects that they would like to study.

Every effort will be made to place students in the subjects of their choice but this may not always be possible.

NOTE ON COST RECOVERY FEES:

Some Courses require materials and equipment which are not covered by normal school finances. In most cases they are for materials or ingredients used in practical work and are not reusable. Students are required to cover the cost of these materials. UNLESS SPECIAL ARRANGEMENTS ARE MADE WITH THE PRINCIPAL students should not choose Courses with recovery fees unless they are prepared to pay these fees.

PLEASE NOTE: these actions are necessary to ensure that basic costs for the school can be met.
The aim of International Studies is for students to know and understand the significance of culture in their own lives, appreciate the culturally diverse world in which they live and develop the skills and values to view cultures from different perspectives.

Through the study of International Studies, students will explore ideas, beliefs and practices across a wide range of cultures. They will gain the skills necessary to understand the relationships between themselves and local, national and global communities and to challenge stereotypes which society creates about different cultures.

Some of the areas of study include:

- Culture and Beliefs
- Culture and Travel
- Culture and Sport
- Culture and Food
- Culture and Family Life
- Coming to Australia

Students will explore these areas of study through a variety of primary and secondary research methods including fieldwork. They will have the opportunity to guide their own learning through independent research tasks, developing a wide range of skills and knowledge that will assist them in becoming active citizens.

Commerce is a field in which all people are involved for their entire lives. We are all involved in Commerce because we are all involved in trying to obtain a high standard of living by using the various resources available to us. We generally think of our main resource as being money, but money is merely something which we can use to obtain goods and services. How do we obtain money?

We obtain money by using our other resources - energy, ability, time, education, as well as our various natural resources - to produce goods and services which we then exchange for money. The efficiency with which we use our resources generally determines our standard of living.

Commerce involves a study of what resources are available to us, how we use these resources and how we might use them more efficiently. A knowledge of, and ability to interpret and complete commercial documents (such as tax forms, bank forms, etc) is a valuable outcome for students of Commerce.

The course aims at creating an interest in our commercial and economic environment and providing a framework of knowledge about the commercial activities of individuals, businesses and governments.

Beginning with a study of Commerce in our local area, the course then covers many aspects of the business affairs of individuals, such as earning an income, buying goods and services, saving and investing. Business organisations are looked at next - type of businesses, modern business methods, their financial records, etc.

In Year 10 the Government and the Law are studied in depth. Commerce is a good background for the study of Business Studies, Legal Studies and Economics in Years 11 and 12.
This is a course for students who:

Have a desire to ask questions and to uncover the truth about problems that time has either given up on or there are so many versions of the truth that often the first explanation is the accepted theory,
Have a passion for reasoned argument,
Want to develop their skills in the Mayer Key Competencies. What? You've NEVER heard of them? Employers have!

Would you like to capitalise on specific creative skills in areas of interest that you have been developing. For example, sculpture, painting, computing, music, dramatic arts, textiles etc. ? In this course for your P.I.P. (Personal Interest Project) you can use your talents in any of these areas to produce a quality research project that will enhance your port folio for either employment or university studies.

So… what is in this new course? To wet your appetite here a just a few of the topics to be investigated…

**Mysteries From The Deep** - What happened to the Mary Rose ?, Could their really be a Loch Ness monster?

**Crimes Through Time** - Did a dingo really take Azaria?, Who could the real Jack the Ripper have been? Why kill the Presidents? Who killed the Presidents? What links are there between Abraham Lincoln & JFK?

**Gorgons, Gods & Games** - How much truth does archaeology shed on the myths of ancient Greece? What did it take to be a gladiator?

**Unsolved Mysteries** - The Bermuda Triangle...why? how?, The bodies of the bog… unfortunate mishaps or tortured sacrifices? Anna Anderson...the Grand Duchess Anastasia Romanov or a fraud,?

**Lost Civilisations** - Where will Atlantis appear next? Easter Island or Rapa Nui...where did they go? Pompeii...The dead city that lives!

**Personal Interest Project & Process Log** - Person, Place Or Thing? Time will reveal ALL. You choose your own adventure; you choose how the end product materialises.

This is a two year Board Developed Course that uses a multi-discipline approach to problem solving. This means students will use techniques from archaeology, law, computer assisted technology, forensic science, model construction, dramatisation / re-enactment as well as refining skills in written & oral communication in order to construct and sustain logical cases in defence or rebuttal of specific investigative issues.

All Language Courses incur a fee of $20:-

Since 1991 Blakehurst High School has been designated a Specialist Languages High School. This means that students will be guaranteed continuity of study in languages if they so desire. This designation follows a nationwide recognition of the growing importance of second or even third language learning for the young Australian who aspires to become part of the expanding social, political and economic world of the future.

Year 9 Language students have the opportunity to participate in an overnight language immersion camp. Students will benefit from an environment that encourages them to use the language they are studying. They will be involved in a variety of language activities designed to enhance their acquisition of the language in an enjoyable and practical way.

In Year 10 Language students are given the opportunity to travel to the country of the language they are studying.

The emphasis at Blakehurst High School is on both Asian and European languages, so there is plenty of opportunity to expand your horizons. The question for the new century and beyond is no longer

"Should I learn a Language?" rather "Which Languages should I learn?"
MODERN GREEK

Greek is one of the most widely spoken languages in Australia and therefore many opportunities exist for student to hear and practise the language in real-life situations.

In this course, designed for Years 9-10 students will develop an understanding of the working of the Greek language and how it is used. Through the experience of learning Greek students will be able to appreciate the Greek language in general for practical purposes as well as for personal enjoyment and satisfaction.

The syllabus emphasises the importance of teaching language for communication. Through various activities students will be able to work at their own pace and derive enjoyment from the study of Greek language and culture. There are different course books used to cater for the individual needs of the student as some are more advanced than others.

At the end of the course students will be able to comprehend spoken and written Greek as well as speaking and writing confidently in Greek within the range of set topics. They will also receive cultural enrichment about Greece and the Greek people and have a better understanding of this important group of Australian Society. Students will also experience Greek culture and tradition through various excursions, films, music and field trips.

FRENCH

French is the second most widely spoken language in the world today and an official language of world organisations such as the United Nations and the European Community. The French program aims to provide students with an active knowledge of the sort of French to enable them to cope linguistically in everyday situations and be a springboard for more intensive study if desired.

The Course book is called *Equipe*, a colourful, up-to-date publication, which has been produced in Australia to appeal to teenagers. Material is presented via CD, textbook and the internet and students practise language skills using our excellent language laboratory. Students purchase a workbook which can be used in class or taken home to be filled in as homework.

The basic course book is supplemented by a wide range of materials and activities - films, videos, excursions, mapwork, reading magazines, leaflets and short stories. Those students who choose to study French in Years 9 and 10 will have the opportunity to visit France.

The emphasis in Year 9 and Year 10 is on speaking and listening skills though reading and writing skills are developed as well and the course provides an excellent foundation for those who choose to do a more intensive and specialised study of French in the senior school.

Students will purchase a work book to use in class and at home.

ITALIAN

Italian is one of the most widely spoken languages in Australia and thus opportunities exist for students to hear and use the language in real-life situations.

The emphasis which the Italian Year 7-10 syllabus places on enabling students to communicate in Italian with Italian speakers, both in Australia and overseas, contributes strongly to the students' personal and social development.

The course is designed for students beginning the study of Italian and provides the opportunity for those who already have some knowledge of Italian to extend and develop their language skills and to learn about their cultural heritage.

The aim of the Stage 5 course is to develop the students' ability to understand and use standard Italian competently and confidently.

Students will be learning through using the language in a series of communicative tasks organised around
They will be provided with the opportunity to use Italian in real-life or simulated situations through a variety of learning experiences inside or outside the classroom. Excursions to Italian speaking areas of Sydney or Italian restaurants will help expand the students’ awareness of the Italian way of life and culture. Those students who choose to continue their study of Italian in Years 9 and 10 will have the opportunity to visit Italy.

Students at Blakehurst High, at the end of the course will be able to comprehend spoken and written Italian as well as speaking and writing confidently in Italian within the range of set topics. They will also, through an understanding of Italian culture, gain an appreciation of other ways of life and respect for differences between people.

**JAPANESE**

Australia and Japan have developed strong academic and cultural ties. Contemporary Japanese culture such as anime, manga and cosplay have become popular amongst young Australians. Learning the language and culture of Japan opens the door to a world of opportunities.

The syllabus for Japanese requires the use of a broad range of materials and the course is designed to provide scope for teaching practical language skills with a view to effective communication, with priority being given to listening and speaking. The *Obentoo* course, which is predominantly an activity-based learning course, is the basic text and is written in Hiragana - the first of the two Japanese syllabic alphabets.

An integral part of the course is the study of the Japanese writing system - Kanji (Chinese characters), Hiragana and Katakana.

Pupils are also afforded an insight into the richness of Japanese culture, traditions and lifestyles through the screening of videos, films, etc, through their active participation in the various festival days and through restaurant visits. Students will purchase a work book to use in class and at home.

Pupils who study Japanese will also be able to learn more about Japan by corresponding with Japanese penfriends and making contact with exchange students from Japan. Those who choose to continue their study into the senior school will also have an opportunity to visit Japan.

**CHINESE**

Due to the connectedness between Asia and Australia, Australians who can understand and speak Chinese are greatly sought after in business and tourism.

The syllabus for Chinese requires the use of a broad range of materials and the course is designed to meet the needs of both background and non-background students.

Students will develop the knowledge, understanding, and the listening, reading and speaking skills necessary for effective interaction in Chinese.

Students will develop an insight into Chinese culture, traditions and life styles through a variety of cultural activities. They will also be able to exchange information with students at the Shanghai Pudong Foreign Languages High School in China – our sister school, with whom we are developing links through the MOU program.
Course Content:
This course will help students think creatively, devise solutions and communicate information to a range of audiences using a variety of graphical techniques and media.

At least 80% of the course will be computer based with students completing standard training modules (including 3D modeling) in AutoCAD. They will also experience and work with other drawing programs popular in industry; Inventor (3D modeling), Revit (architectural), Pro-Engineer

Students will be required to spend some time developing manual drawing skills using; drawing boards, pencils, setsquares and a variety of rendering media. **An elective contribution of $25.00 per year is a requirement of this course**, to cover the cost of consumable materials used by the students.

Students who have completed this course will be able to complete drawings of projects to an industrial standard that would be suitable to use for the manufacturing of the project drawn. They will understand and have completed full architectural drawings of a house of their design. They will have developed skills in a range of CAD software and have basic skills in rendering. The course provides students with a good foundation for further study in HSC Technology courses.

Course Content:
Industrial Technology– Electronics covers the theoretical and practical aspects of basic electronics. Students will receive instruction in, the safe use of a variety of hand tools and portable power tools, identification and assembly of relevant electrical components and simple electrical calculations.

**Activities:**
Students will be involved in the assembly of several electronics kits to reinforce concepts covered in the theoretical component of this course. As skills develop, students will produce their own Printed Circuit Boards and experience will be gained in circuit board design, testing, fault finding and modification. All projects produced are low amperage and low voltage.

**Cost Recovery:** (See Special Note Page 2)
**An elective contribution of $60.00 in Year 9 and $70.00 in Year 10 is a requirement of this course.** This enables the school to purchase the consumable materials and electronics kits used by the students in the production of their practical projects.

**Personal Protective Equipment:**
As with all practical subjects, students are required to wear, at all times in the workshop environment, footwear with ‘**full leather uppers and a stout sole**’. It must be noted that ‘joggers’ even with full leather uppers are not acceptable. Students without the correct footwear will not be able to participate in practical activities.

**Note:**
The breadth of study in Technology allows students to select up to TWO Technology subjects in their elective choices for the School Certificate.
Course Content:
Industrial Technology – TIMBER is a practically based subject offering students the opportunity to gain experience in the fields of Cabinetwork and Wood Machining. Students will receive instruction in the safe use of a variety of hand tools, portable power tools and fixed woodworking machinery. The practical aspects of this course are accompanied by an associated theory component.

Activities:
Students will be involved in designing and producing a number of practical projects. Students are initially guided through a structured course, which aims to demonstrate the basic processes and skills required for further development.

Ultimately, students will be given the opportunity to design and produce a project of their own choice, or to select a standard project of their choice, during Term 3 and 4 of Year 10.

Cost Recovery: $90 (See Special Note Page 2)
An elective contribution of $90.00 in Year 9 and $90.00 in Year 10 is a requirement of this course. This contribution enables the school to purchase the consumable items and construction materials used by the students in the production of their practical projects.

Personal Protective Equipment:
As with all practical subjects, students are required to wear, at all times in the workshop environment, footwear with ‘full leather uppers and a stout sole’.

Students studying Technology Timber are also required to provide themselves with an approved dust mask for use when using dust-producing machinery. The school will provide safety goggles and ear muffs for student use. However in the interest of personal hygiene, students may wish to provide their own goggles and ear muffs.

ENGINEERING/DESIGN AND TECHNOLOGY
Head Teacher – Mr S Moses

Course Content:
Students will study 2 separate 100 hour courses
1. Engineering is predominately a practical subject where students experiment and work with a range of materials and processes to help develop an understanding of various materials and their uses. Students also study principals and processes of structures, design solutions to solve problems, learn to communicate ideas graphically, analyse simple physics problems and resolve them mathematically. Students will train in CAD using Pro-Engineer.

2. Design and Technology is project based where students work through up to 4 design projects from focus areas including: jewellery, transport, graphs, digital media. Each project will include integrated study units on the design process, activities of designers, effect of technology, environmental factors

Cost Recovery: $40 (See Special Note Page 2)
An elective contribution of $40.00 in Year 9, and $50.00 in Year 10 is a requirement of this course. This contribution enables the school to purchase the consumable items and construction materials used by the students in the production of their practical projects. Students may need to purchase further materials depending on the projects completed. Students will participate in the schools formula 1 design competition.

Personal Protective Equipment:
As with all practical subjects, students are required to wear, at all times in the workshop environment, footwear with ‘full leather uppers and a stout sole’. The school will provide safety goggles and ear muffs for student use. However in the interest of personal hygiene, students may wish to provide their own goggles and ear muffs.

Students who have completed this course will have developed skills in CAD software, manufacture using a...
variety of materials, design, marketing, management, working as part of a team and critical thinking. The course provides students with a good foundation for further study in HSC Technology and Engineering Courses.

INFORMATION AND SOFTWARE TECHNOLOGY
Head Teacher – Mr S Moses

Information and Software Technology Years 9-10 may be studied as a 100 hour or as a 200 hour course. In a 100 hour course, students are introduced to all core content within the study of a minimum of two options. Students will complete a minimum of two and a maximum of four projects. In a 200 hour course, students must complete all core content within the study of a minimum of four options. Students are expected to complete a minimum of four and a maximum of eight projects that provide increasingly sophisticated knowledge, understanding and skills related to the core content.

The core content is divided into the following areas: Design, Produce and Evaluate; Data Handling; Hardware; Issues; Past, Current and Emerging Technologies; People; Software. The options are: Artificial Intelligence, Simulation and Modelling; Authoring and Multimedia; Database Design; Digital Media; Internet and Website Development; Networking Systems; Robotics and Automated Systems; Software Development and Programming.

Students complete the software skill section first and then work on a series of projects that develop their knowledge in the IST area. A $30 fee is attached to this subject.

FOOD TECHNOLOGY
Head Teacher – Mrs N Dexter

This subject enables students to learn about and work with food. Students gain knowledge and skills related to the manufacture and marketing of food products and the consumption of food to meet nutritional and social needs.

This course explores the relationship between food and health and challenges students to examine the eating patterns of Australians and to develop skills to plan, prepare and present nutritious foods.

Communication using various methods to present information is an essential part of the course. The use of computer technology for analysis of diet, and written and graphic display is included in this course.

This course provides an excellent foundation for students who wish to study Food Technology to Higher School Certificate level. It also provides opportunities to develop skills and talents associated with creative use of food, and aims to develop a life long association with food from home preparation to career opportunities. Students must purchase an apron and chef’s hat for practical lessons. This is available from school for $9

Cost Recovery: $90 (See special note Page 2)

TEXTILES TECHNOLOGY
Head Teacher – Mrs N Dexter

This course is a creative, practical course suited to students who enjoy clothing, colour and design. It provides a solid foundation for those students who wish to pursue the study of Textiles & Design in the Higher School Certificate, where an externally marked design project makes up 50% of the final result.

With Australia’s growing influence on the World Fashion Scene, the study of Textiles Technology will enable students to develop talents and creativity using a variety of textile mediums. This course allows students to acquire knowledge of the textile world from the viewpoint of a consumer, designer and manufacturer. Students develop skills in the presentation of designs and support documentation into digital and manually rendered folios.

Each term students are required to produce a minimum of one article or garment for assessment. Most materials for these projects must be provided by the student.

To recover the cost of smaller items and equipment, a yearly charge must be paid.

Cost Recovery: $50 (See Special Note Page 2)
Stage 5 Elective Music provides students with opportunities to extend their musical knowledge and serves as a pathway for further formal study in Music 2 in Stage 6.

The curriculum structure is adaptable enough to meet the needs and abilities of students whose interests range from a broad based understanding of music to more specialised musical knowledge and skills.

The aim of the Music Elective course is to provide students with the opportunity to acquire the knowledge, understanding and skills necessary for active engagement and enjoyment in performing, composing and listening, and to allow a range of music to have a continuing role in their lives.

Students will develop knowledge, understanding and skills in the concepts of music through:

- Performing as a means of self expression, interpreting musical symbols and developing solo and/or ensemble techniques.
- Composing as a means of self-expression and musical creation.
- Listening as a means of extending aural awareness and communicating ideas about music in social, cultural and historical contexts.

The elective course requires students to study one compulsory topic – Australian Music – as well as a number of other topics that aim to provide depth and breadth of musical study.

Cost Recovery: $30 (See Special Note Page 2)

This course builds on the learning experiences of the Years 7 and 8 Visual Arts course and provides opportunities for students to explore and enjoy the field of photography and digital media in depth. Use of software including Photoshop, Movie Maker and Studio, Vegas, Digital Cameras.

Photographic and Digital Media complements and enhances student’s study in the visual arts and other subjects. It prepares students for further study in the stage 6 related syllabuses, vocational and career opportunities and in the university and TAFE sectors. Students gain skills that could lead them into graphic design, film making, professional photography and many related areas such as commercial photography. It is also of value as a personal interest, as a way of engaging in the community and as a means of lifelong learning.

Photographic and Digital media works may be developed in the following broad areas:

<table>
<thead>
<tr>
<th>Wet Photography (Darkroom)</th>
<th>Digital Forms (Still)</th>
<th>Time Based Forms (film, movie)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Photographic-media including wet photography in the darkroom</td>
<td>printed images, computer generated</td>
<td>Video production</td>
</tr>
<tr>
<td>Camera based and non camera based works</td>
<td>digitally-manipulated photography/ Photoshop</td>
<td>filming</td>
</tr>
<tr>
<td>Manipulated images in the form of collage, montage and image transfer</td>
<td>enhanced images from wet photography</td>
<td>digital animation</td>
</tr>
<tr>
<td></td>
<td>Storing and gathering electronic images</td>
<td>performance works</td>
</tr>
<tr>
<td></td>
<td>Drawing tablet</td>
<td>time based installations</td>
</tr>
</tbody>
</table>

Cost recovery: $60 (See Special Note Page 2)
Drama is offered as an elective in Years 9 and 10. The rationale for these courses being offered in the junior school is to provide a means of increasing students' confidence and social awareness.

The courses involve the students in practical as well as theoretical work; they are involved physically as well as intellectually. The course also enables students to develop cooperative learning strategies and to communicate effectively. Students research and learn a body of dramatic knowledge including facts, conventions, history, skills and method of working.

By studying the course students will develop their ability to:
* use voice and movement effectively
* use relaxation and concentration
* work cooperatively in a group
* create and interpret situations and characters
* write critically about drama and theatre
* realise scripted and non-scripted material in performance.

The course will begin development of dramatic skills including:
* basic movement and mime
* simple improvisation and character portrayal
* correct breathing and voice production
* masks and mask-making
* the clown and techniques of clowning
* the Greek Theatre
* the script in performance.

As the course proceeds it will demand more complex and rigorous application of dramatic skills including:
* mime
* the character monologue
* the play in performance
* the roles of personnel in the theatre
* the Elizabethan theatre
* Shakespeare and his plays.

The viewing of live and recorded performances is also an essential part of the course in both Years. Students will experience as wide a variety of dramatic presentations as possible and will be given the opportunity to evaluate them in discussion and writing.

$30 will be charged to cover the cost of Course materials used in practical work. Students would also be required to pay for the cost of attendance at live performances throughout the year.

Cost Recovery: $20 (See Special Note Page 2)
Visual Arts in Years 9 and 10 requires five periods per fortnight, a big change from the introductory course in Years 7 and 8. This course provides a solid foundation for students who would like to attempt the HSC Visual Arts course in Years 11 and 12, as well as catering to the needs of keen students who may not pursue this subject after Year 10.

The Visual Arts course provides opportunities for students to discover interests and talents which will enable choices about future vocational and recreational activities. In many careers the ability to think visually and creatively is essential; e.g. marketing, advertising, architecture, graphic design etc.

Each student is capable of personal vision and creativity. The course emphasises the students’ environment as the subject matter and is extended to include the art of Australia and other cultures. The Visual Arts course develops:

- the ability to use materials and skills expressively in the areas of painting, drawing, pottery, printing, sculpture, video animation, digital imagery and photography.
- an understanding and appreciation of artworks, past and present
- visual expression, imagination and creativity
- a positive self-concept.

Cost Recovery: Year 9 - $50.00
Year 10 - $50.00

This course builds on the learning experiences of the Years 7 and 8 Visual Arts course and provides students with opportunities to explore and enjoy the field of Visual Design in depth.

Visual Design complements and enhances student’s study in Visual Arts and other subjects. It prepares students for further study in the Stage 6 related syllabuses vocational and career opportunities and in the university and TAFE sectors. It is also of value as a personal interest, as a way of engaging in the community and as a means of lifelong learning.

Visual Design works may be developed in the following broad areas:

<table>
<thead>
<tr>
<th>2 D Forms</th>
<th>3 D Forms</th>
<th>4 D Forms / time based works</th>
</tr>
</thead>
<tbody>
<tr>
<td>publications and information</td>
<td>Clothing and image</td>
<td>interactive and multi-media design works</td>
</tr>
<tr>
<td>Illustration and cartooning</td>
<td>Jewellery and accessories</td>
<td>animation</td>
</tr>
<tr>
<td>advertising</td>
<td>Textiles</td>
<td>video</td>
</tr>
<tr>
<td></td>
<td>Packaging</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Furniture</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Industrial objects</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Architecture and environments</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Stage sets and props</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Interior design</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Landscape design</td>
<td></td>
</tr>
</tbody>
</table>

Cost Recovery: Year 9 - $50.00
Year 10 - $50.00
Physical Activities and Sports Studies represents a broad view of physical activity and the many possible contexts in which individuals can build activity into their lifestyle. It incorporates a wide range of lifelong physical activities, including recreational, leisure and adventure pursuits, competitive and non-competitive games, individual and group physical fitness activities and those of physical activity for therapy and remediation.

Participation in regular physical activity is essential to improving health status and quality of life. Health experts agree it can reduce the likelihood of obesity, non-insulin dependent diabetes, coronary heart disease, hypertension and cancers. Research shows regular physical activity can also be effective in stress management, therapy and rehabilitation, injury prevention and the promotion of physical fitness. Individuals who lead an active lifestyle enjoy a positive sense of general wellbeing, heightened energy levels and improved ability to concentrate. They have an enhanced capacity to perform daily activities with ease and respond to increased demands.

**AIM**
The aim of this course is to enhance each student’s capacity to participate effectively in physical activity and sport, leading to improved quality of life for themselves and others.

**OBJECTIVES**
Students will:
- Develop a foundation 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 individual, community and social wellbeing.
- Enhance the participation and performance of themselves and others in physical activity and sport.
- Develop the personal skills to participate in physical activity and sport with confidence and enjoyment.
- Develop a commitment to lifelong participation in physical activity and sport
- Appreciate the enjoyment and challenge of participation in physical activity and sport
- Value the contributions of physical activity and sport to wellbeing and society.

**COST**
There may be some costs when out of school facilities, such as if pools or gymnasiums are used. Information will be forwarded when these activities take place.
Applied Sport – Football will provide our Gifted and Talented Football players with an opportunity to develop their knowledge and understanding of the game of Football. It will also afford students an opportunity to improve their performance by refining their own skills, physical capabilities and psychological understanding of being an elite sportsperson. Ultimately students will develop confidence, ability and skills to realise their full potential.

This course will benefit many Blakehurst High School students who may not have the opportunity or finances to participate in an elite Football training program. Cultural, ethnic and religious reasons may also preclude some of our students from participating in programs outside school. This program will fill this void so that these students may have the opportunity to realise their potential.

Gifted and Talented education is both a priority of the NSWDET and of Blakehurst High school. We attract many talented Football players, both male and female, and have several staff members with both the expertise and motivation to implement this course successfully.

AIM
The aim of this course is to enhance in each student the capacity to participate effectively in a Gifted and Talented setting to achieve excellent personal outcomes.

OBJECTIVES
Students will:
- understand the capabilities they have in Football
- reach their full potential in Football
- participate confidently in a variety of elite training settings
- display a positive attitude and desire to be the best they can be.

COURSE CONTENT
1. History of soccer
2. Anatomy and Physiology
3. Games Strategies and Tactics
4. Sports Coaching
5. Performing at your best / Psychology
6. Media skills
7. Biomechanics and Skill Acquisition
8. Career pathways

COST
Please refer to PASS 1 (on page 14)

SPECIAL NOTE:
Students cannot do BOTH of the Physical Activity and Sports Study Electives