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# INTRODUCTION

The Grange P-12 College is committed to building strong personal and learning skills to assist all students with current and future studies and career pathways of their first choice.

Each subject selection handbook (Years 7 & 8, 9 & 10, 11 & 12) contains a comprehensive outline of curriculum areas and subject offerings at The Grange P-12 College.

The handbooks are arranged in the following ways:

»» **Years 7 & 8:** outlines the core subjects that students will complete throughout the year across each discipline in line with the Victorian Curriculum.

»» **Years 9 & 10:** students are presented with a range of core (compulsory) and elective subjects. The elective subjects are intended to provide students with a range of experiences that may lead to further specialization during the later years of study. Some Year 10 students may also be engaged in the early commencement program that sees them complete a VCE Unit 1 and 2.

»» **Years 11 & 12:** contains information about the Victorian Certificate of Education (VCE), The Victorian Certificate of Applied Learning (VCAL) and Vocational Education and Training (VET) studies for students. Parents and students are encouraged to select combinations of subjects that lead to their intended career and post – compulsory studies at tertiary institutions.

When selecting subjects and programs of study leading into the later years it is critical that students have formed a general idea of what career options are available beyond formal schooling. The College has well-developed programs that expose students to pathway options and staff who will assist with advice about appropriate courses to suit interests, aspirations and learning strengths.

Year 11 and 12 subject choices should also be made with consideration of materials costs for each subject, where relevant. Subjects that have a materials charge are those practical subjects which require specific materials or consumables that students will use throughout the program. A full listing of these charges is provided to parents and students alongside the relevant handbook.

Please note that the full suite of subjects and elective programs from Years 9-12 presented in these handbooks are held subject to availability and demand from students.



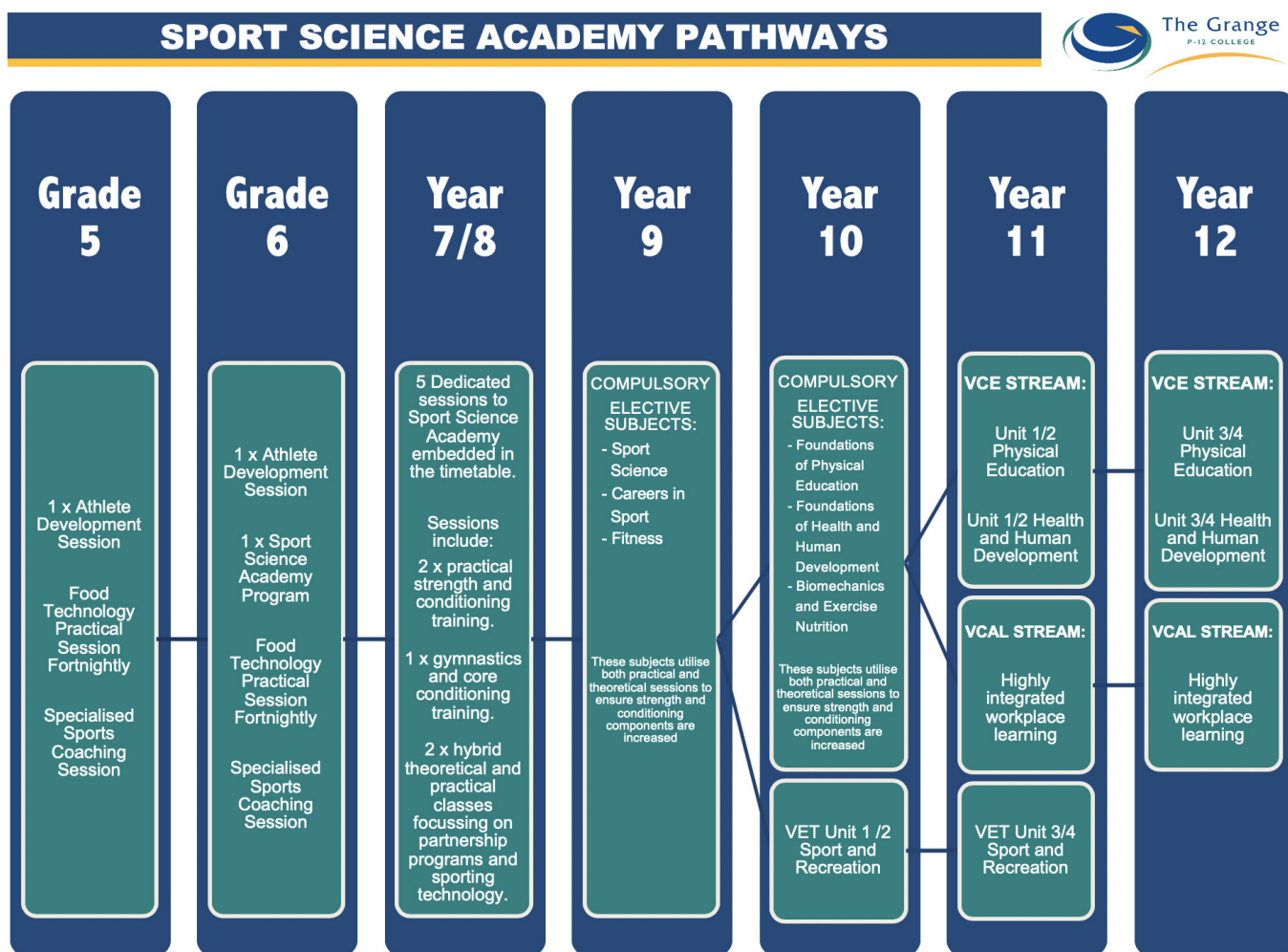
# YEARS 5 to 12 PATHWAYS

## Sports Science Academy

### SUB-SCHOOL PROGRAM

Sport Science at The Grange P-12 College is an optional select entry program for students who wish to pursue their academic potential and schooling through a sporting lens. The program shares the College high expectations for students as they participate in and around sporting environments in a variety of different roles. Classes are offered to students from Grade 5 to Year 12 yearly, via an application process, with positions not guaranteed based on previous involvement in the Sport Science Academy. We encourage students to take their time applying for this program.

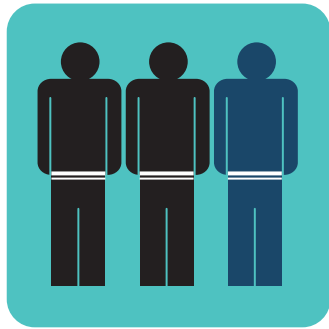
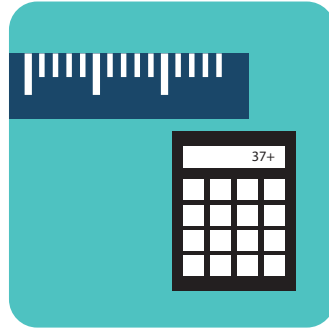
The Sport Science Academy offers a strong pathway through VCE, VCAL and/or VET to ensure students are able to complete and succeed in Year 12 studies in an appropriate yet challenging learning environment. See below the Sport Science Academy pathways and compulsory subjects from Grade 5 as outlined further in Subject Selection Handbook.



# STRONG. PROUD. HUMBLE.

Building faster, stronger, more tactically advanced student athletes.

# YEAR 7



# CURRICULUM

## Year 7 Curriculum

The Year 7 Curriculum is designed to provide students with a comprehensive range of subjects based on the Victorian Curriculum. The Curriculum is the common set of knowledge and skills required by all students for life-long learning, social development and active and informed citizenship. During Year 7, students undertake a common core set of subjects, with students in the High Achievers Program being offered an additional opportunity to study Hindi. The Sports Science Program offers students a range of both academic and sport-related subjects.

The core subjects for the Year 7 mainstream program are:	The core subjects for the Year 7 High Achievers Program are:	The core subjects for the Year 7 Sports Science Academy are:
English	English	English
Maths	Maths	Maths
Humanities	Humanities	Humanities
Science	Science	Science
Health & Physical Education	Health & Physical Education	Health & Physical Education
Art & Visual Design	Art & Visual Design	Sports Science
	Hindi	
<b>SEMESTER SUBJECTS</b>	<b>SEMESTER SUBJECTS</b>	<b>SEMESTER SUBJECTS</b>
Food Studies	Food Studies	Food Studies
Music	Music	Art
Drama	Drama	
Art	Art	

## LEARNING OPTIONS AVAILABLE TO YEAR 7 STUDENTS

	Mainstream Program	Sessions Per Week	High Achievers Program	Sessions Per Week	Sports Science Academy	Sessions Per Week
YEAR 7	English	6	English	6	English	6
	Maths	6	Maths	6	Maths	6
	Humanities	3	Humanities	3	Humanities	3
	Science	4	Science	4	Science	4
	Health & Physical Education	3	Health & Physical Education	3	Health & Physical Education	3
	Art & Visual Design	2	Art & Visual Design	2	Sports Science	5
			Hindi (sessional)	(3)		
	Food Studies (semester)	3	Food Studies (semester)	3	Food Studies (semester)	3
	Music (semester)	3	Music (semester)	3	Art (semester)	3
	Drama (semester)	3	Drama (semester)	3		
	Art (semester)	3	Art (semester)	3		
	<b>TOTAL</b>	<b>30</b>	<b>TOTAL</b>	<b>30</b>	<b>TOTAL</b>	<b>30</b>

## Year 7 & 8 Sports Science Academy

Sport Science at The Grange P-12 College pursues the sporting ability of students through an academic lens. The program builds the capacities of students as they participate in and around sporting environments in a variety of different roles. Our Student Athletes receive specialised physical and theoretical training in their area of choice – Rugby, Volleyball, Soccer or Netball. All student athletes undergo state of the art fitness testing at Victoria University as well many opportunities to engage with our partner programs including:

- Biomechanics Laboratory at Victoria University
- Wyndham Technical School
- One-on-one mentoring through Iron Armour
- VRU – Melbourne Rebels Academy and High Performance
- NRL – Melbourne Storm – In League in Harmony
- NRL Women’s Academy
- Sporting Schools
- North Melbourne Football Club Community Development

All students participating in the program not only work within the context of the College Values of Respect, Learning and Working Together but also values which support integrity within sport – Strong, Proud and Humble.

All students enrolled in our Sports Science Academy wear the Academy Sports Uniform (shirt and shorts), which is included as part of the academy fees. Additional clothing items outside of this will be available through our online BLK purchasing portal.

## High Achievers Program

At The Grange P – 12 College we strive to ensure all students reach their aspirations beyond school. The High Achievers Program develops skills required for university level study and entry to the professions. The program allows the students to progress through school with their peers, whilst ensuring that they are provided with challenging curriculum and extra-curricular activities appropriate for their learning style and ability level.

**The aim of the High Achievers Program is for students to:**

- Develop deep understanding and critical thinking skills
- Enhance their ability to problem solve, extend their analytic and creative skills by completing more in-depth curriculum
- Successfully work as independent and cooperative learners
- Create pathways to success for their future student and career aspirations.

**Characteristics of high achieving students**

- They believe in themselves and their abilities displaying resilience and critical thinking
- They are independent, cooperative, self-regulated and active participant in their own learning
- They take learning risks
- They recognise and acknowledge their strengths and talents whilst at the same time striving to improve
- They are organised to ensure success and thus move towards attaining their goal.

Students in the High Achievers Program also participate in a range of extra-curricular activities.

Students who aspire to enter the High Achievers Program are required to provide a copy of their most recent NAPLAN results, their most recent report and a written statement stating why they would like to be considered for the program. They will also be required to provide a teacher support statement.



YEAR 7  
English

In Year 7 students communicate with peers, teachers, individuals, groups and community members in a range of face-to-face and online/virtual environments. Students engage with a variety of texts both individually, in small book clubs, and as a class. They listen to, read, view, interpret, evaluate and perform a range of spoken, written and visual texts. Students create a range of imaginative, informative and persuasive texts as they develop their writing skills.

What will I Learn?

- »» Skills for discussing increasingly complex issues and ideas from a variety of sources
- »» Creative, persuasive, informative and text-response writing
- »» Debating and Public Speaking skills
- »» Collaborative communication skills
- »» Spelling, punctuation, grammar and vocabulary extension
- »» ICT creating and editing tools

What types of things will I do?

- »» Reading and Viewing
- »» Writing
- »» Oral Presentations
- »» Speaking and Listening
- »» Analysing texts
- »» Extended writing tasks
- »» Film Study
- »» Group Discussions

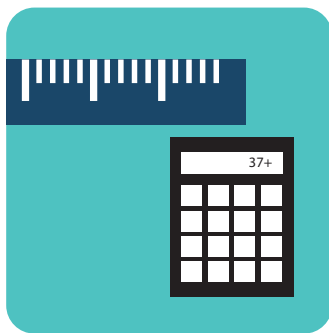
Where can this lead me?

Career Outcomes

- »» Journalism, Media
- »» Publishing
- »» Creative Writing
- »» Professional Writing and Editing
- »» Advertising and Marketing
- »» Government and Public Service

Course Pathways

English is a prerequisite for all future studies



# YEAR 7 Maths

The Year 7 Mathematics Curriculum is built around creating opportunities and enriching the lives of all students. Mathematics develops the mathematical capabilities that all students need in many aspects of their lives, and provides the fundamentals on which mathematical specialities and professional applications of mathematics are built.

Students engage with the Victorian Curriculum via inspiring, interesting, relevant and professionally taught lessons employed specifically to increase student capacity and confidence in mathematical ideas and concepts.

Students also participate in a mathematics program called Scaffolding Numeracy in the Middle Years (SNMY). SNMY leads students through levelled activities of mathematical understanding.

## What will I Learn?

### Victorian Curriculum

- Students study patterns, skills applications and concepts within the three Key Strands:

- »» Number and Algebra
- »» Measurement and Geometry
- »» Statistics and Probability

### Scaffolding Numeracy in the Middle Years

- Students progress through eight levels.

## What types of things will I do?

- »» Reading
- »» Writing
- »» Applying
- »» Consolidating
- »» Discussing
- »» Thinking
- »» Investigating
- »» Enjoying Mathematics
- »» Problem Solving
- »» Calculating
- »» Challenging Mathematical Concepts

The program at The Grange P-12 College will provide opportunities for challenge and pursuit of excellence and students will be encouraged to participate in competitions such as the University of Melbourne Mathematics Competition, Australian Mathematics Competition, and the Computational and Algorithmic Thinking.

## Where can this lead me?

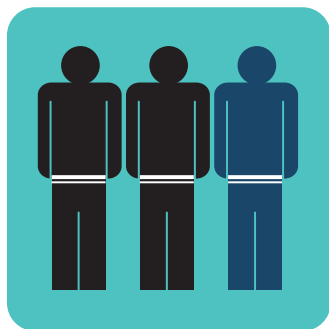
### Career Outcomes

- »» Engineering and Design
- »» Building Construction
- »» Research and Development
- »» Finance and Accounting
- »» Health Industry
- »» Information and Communications

### Course Pathways

This pathway provides a solid preparation for Year 8 Maths.





# YEAR 7 Humanities

Take a step back in time to discover what life was like in early civilisations of the Ancient World. Find out what could happen if we run out of water and what we can do to manage this precious resource. Know your rights and responsibilities as an Australian Citizen and learn about the different communities that call Australia home. In Humanities, students learn about the world around them to become productive citizens who contribute to a diverse and innovative society.

## What will I Learn?

In Humanities students study History, Geography, Civics and Citizenship and Economics/Business. The main concepts that students will learn in Year 7 are;

- »» Ancient Societies
- »» Intercultural understanding and ethical reasoning
- »» Water as an environmental resource
- »» Australian National Identity

## What types of things will I do?

- »» Explain patterns in maps and graphs
- »» Conduct a year level census survey
- »» Analyse historical sources
- »» Ancient life immersive incursion
- »» Find out how to locate information in books and online
- »» Develop questions which are answered by real world experts in incursions or Skype conference calls
- »» Analyse a sample of water from the Werribee River (waterbugs)

## Where can this lead me?

### Career Outcomes

- »» Historian
- »» Politician
- »» Law
- »» Cartographer
- »» Archaeologist
- »» Financial Advisor
- »» Accountant
- »» Sustainability Officer
- »» Journalism
- »» Entrepreneur
- »» Chief Executive Officer
- »» Town planner
- »» Teacher
- »» Advertising Executive
- »» Marketer
- »» Surveyor

### Course Pathways

- Year 8 Humanities
- Year 9 Humanities
- Year 10 Humanities
- VCE Unit 1-4: Business Management
- History
- Legal Studies



# YEAR 7 Science

In Year 7 Science, students are introduced to the fundamentals of science across a broad range of topics including Physics, Chemistry, Biology, Earth and Space science. In the science labs, students will participate in exciting practical experiments and captivating demonstrations as well as starting to learn how to design their own experiments. Students will also use a range of equipment, including some of the latest data logging technology on their devices.

Students will also participate in a STEM unit – Egg Drop Challenge. Students will use a variety of resources to “protect” their egg and help it land safely.

## What will I Learn?

Students will learn about the fundamental topics in Science:

- »» Physics – Sound and Forces
- »» Chemistry – Separating Mixtures
- »» Earth and Space Science – Seasons and The Planet
- »» Biology and Zoology – Why do Animals Migrate? Classification and Ecosystems

Students will learn how to conduct practical experiments and investigations by:

- »» Questioning and predicting using an aim, variables and hypotheses
- »» Planning and conducting a method
- »» Recording and processing results
- »» Analysing and evaluating methods and results
- »» Communicating their conclusions

## What types of things will I do?

- »» Discover fascinating science concepts through a variety of activities including talks, videos, hands-on activities, independent and group work
- »» Conduct and observe a range of experiments, both inside and outside, the science laboratory
- »» Plan a variety of investigations and experiments
- »» Track the migration of organisms within their global environment

## Where can this lead me?

### Career Outcomes

- »» Scientist
- »» Engineer
- »» Nurse
- »» Food scientist
- »» Research assistant
- »» Marine biologist
- »» Investigator
- »» Science journalist
- »» Doctor
- »» Vet or vet nurse
- »» Teacher
- »» Chemist
- »» Physiotherapist
- »» Physicist
- »» Laboratory assistant

### Course Pathways

- Year 8 Science (core)
- Year 9 Science (core) Science Inquiry Elective
- Year 10 Science (core) Forensic Science Elective  
Psychology Elective
- VCE Unit 1-4: Chemistry
- Biology
- Physics
- Psychology



YEAR 7

# Health & Physical Education

Through a combination of theory and practical lessons, students will develop knowledge, processes and skills that will allow them to make informed decisions about their own health and well-being. They will engage in team and individual activities to further their abilities on the playing arena and in the classroom.

## What will I Learn?

- |   |  |
|---|--|
| - In practical lessons, students will cover topics such as: | In theory, students will cover topics that promote health. |
| »» Personal Fitness   | »» Dance   |
| »» Athletics  | »» Soccer  |
| »» Tchoukball   | »» Basketball  |
| »» Tee Ball   | »» Orienteering  |
| »» Bat Tennis   |  |
|   | »» Healthy lifestyles                                      |
|   | »» Promoting health  |
|   | »» Keeping yourself safe                                   |
|   | »» Puberty and changes                                     |

## What types of things will I do?

- |  |                             |
|--|-----------------------------|
| »» Learn a variety of sports                   | »» Work in teams            |
| »» Engage and participate in class discussions | »» Develop physical fitness |

## Where can this lead me?

Career Outcomes	Course Pathways	
»» Sports Management	Year 8	Health & Physical Education
»» Recreation Officer	Year 9	Health & Physical Education
»» Personal Trainer		Sport Science
»» Elite Athlete		Careers in Sport
		Fitness
	Year 10	Biomechanics and Exercise Nutrition
		Foundations of Physical Education
		Foundations of Health and Human Development



YEAR 7

# Media & Visual Communication Design

-NOT COMPLETED BY THE SPORT SCIENCE STREAM-

This Unit is designed to give students an introduction to both Media Studies and Visual Communication Design, in order to strengthen the skills of visual language and analysis, as well as critical and creative thinking skills from an earlier stage. These skills will benefit students in a range of applications and subjects as they move through the College.

Throughout this semester, students gain an understanding of how to use sound and visuals to communicate ideas to an audience. They experiment and develop their skills in creative, critical and reflective thinking through the use of production and design process.

Students identify, analyse, interpret and evaluate media products and visual communications, they investigate the use of technical and symbolic elements and visual language through the use of drawing conventions, design elements and principles and how these communicate ideas to different audiences in different contexts and locations.

## What will I Learn?

- »» Creating narratives with images, sounds and text
- »» Identifying specific media features
- »» Develop media and visual communication productions for a range of purposes
- »» Analyse and evaluate the factors that influence design decisions in a range of media and visual communications.
- »» Present media and visual communications for different audiences
- »» Analyse and evaluate the factors that influence design decisions in a range of visual communications
- »» Analyse how technical and symbolic element are used in media artworks
- »» Explore and Represent ideas

## What types of things will I do?

- »» Typography
- »» Film & Photography skills
- »» Explore viewpoints
- »» Using professional editing software
- »» Film/Photography analysis
- »» Creating Advertisements
- »» Media theory analysis
- »» Perspective drawing
- »» Observational drawing
- »» Create original designs for a range of purposes
- »» Exhibit work

## Where can this lead me?

### Career Outcomes

- »» Illustration
- »» Corporate ID Design
- »» Logo Design
- »» App Design
- »» Industrial Design
- »» Game Design
- »» Photographer
- »» Journalism
- »» Education
- »» Creative Director
- »» Camera operator
- »» Marketing specialist

### Course Pathways

- »» Interior Design
- »» Fashion Design
- »» Architecture
- »» Videographer
- »» Animation
- »» Film Director
- Year 10
- Visual Communication Design
- 2D Art / 3D Art
- Photography
- Media
- VCE Unit 1-4:
- Visual Communication Design
- Studio Art
- Media



# YEAR 7 Hindi

- HIGH ACHIEVERS -

This course introduces the students to Indian language and culture. It aims at developing listening, speaking, reading and writing skills. Through this course students will develop their ability to converse in Hindi. They will also develop knowledge of grammar features and strategies to learn a foreign language.

## What will I Learn?

Students will be exposed to the language through the following themes:

- »» Greeting and wishes
- »» Elements of Devanagari script
- »» Stories and poems
- »» Routines and interactions

Students will increase their cultural awareness about:

- »» Understand the relation between the Indian culture and Hindi learning
- »» Identify themselves as members of different groups, community and school
- »» Family celebrations
- »» School life in India Vs Australia
- »» Different forms of expressions and gestures used by Hindi Speakers

## What types of things will I do?

Within these themes students will continue to consolidate their learning of:

- »» Ways of greeting others
- »» Objects and people in the classroom
- »» Days/months/dates
- »» Descriptions of objects in terms of quantity and colour
- »» Introducing self and others
- »» Numbers/age/birthdays
- »» Likes and dislikes
- »» Simple descriptions of themselves and family members

## Where can this lead me?

### Career Outcomes

- »» Public relations
- »» Commerce
- »» Translating
- »» Editing and Publishing
- »» Airline services
- »» Subtitles and Voice overs
- »» Media
- »» Architecture
- »» Film industry
- »» Interpreting
- »» Foreign civil service
- »» Tourism\Hotel management
- »» Tourism
- »» Hospitality
- »» Education
- »» Music
- »» Event management
- »» Import\Export specialist

### Course Pathways

Year 8 Hindi



# YEAR 7 Food Studies

- SEMESTER SUBJECT -

Through a combination of theory and practical lessons, students will develop the knowledge and skills to create basic snacks and meals. They will also learn current food production issues related to sustainability and basic nutrition of key foods.

## What will I Learn?

- »» Kitchen Hygiene and Safety
- »» Different cooking techniques
- »» The importance of the Australian Guide to Healthy Eating
- »» To cook a variety of different foods
- »» How to design meals

## What types of things will I do?

- »» Cook food using correct kitchen safety procedures
- »» Read and follow recipes
- »» Design and create a pizza for a special occasion
- »» Use kitchen equipment and appliances to create dishes
- »» Design and create a biscuit for McDonald's

## Where can this lead me?

### Career Outcomes

- »» Chef
- »» Food styling
- »» Food photographer
- »» Café owner
- »» Cookbook author
- »» Recipe designer
- »» Food teacher
- »» Dietician

### Course Pathways

- |               |              |
|---------------|--------------|
| Year 8        | Food         |
| Year 9        | Food         |
| Year 10       | Food         |
| VCE Unit 1-4: | Food Studies |
| VET           | Hospitality  |



# YEAR 7 Music

- SEMESTER SUBJECT -

Music learning combines listening, performing and composing activities. These activities, developed sequentially, enhance students' capacity to perceive and understand music. As students progress in their study of Music, they learn to value and appreciate the power of music to transform the heart, soul, mind and spirit of the individual. In this way students develop an aesthetic appreciation and enjoyment of music.

## What will I Learn?

- »» Ukulele
- »» Guitar
- »» Music of other cultures
- »» Keyboard
- »» Music Theory

## What types of things will I do?

In Year 7 through listening, performing and composing, students will be able to identify cultural, social and historical contexts of music. Students will also accumulate skills in rhythm, pitch and musicianship.

Typically in Year 7 we use the following assessments:

- »» Practical Assessment
- »» Aural Listening Assessment
- »» Written Assessment
- »» Tests

## Where can this lead me?

Career Outcomes		Course Pathways	
»» Musician	»» Music Producer	Year 9	Music
»» Video game composer	»» Recording Engineer	Year 10	Music
»» Song Writer	»» Composer		
»» Music Therapist	»» Music Teacher		



# YEAR 7 Drama

## - SEMESTER SUBJECT -

In this course, students will have the opportunity to continue to develop in dramatic theory and practice and use skills and prior knowledge to shape their own performances based on Melodrama and Fractured Fairy Tales. Students will study the historical theory and conventions of Melodrama to understand the process of creating and rehearsing a melodrama script based on Superheroes and Villains. Students will explore context and adaptations that surround the concepts of Fractured Fairy Tales. Students will explore how drama has an impact on the audience and understand the importance of feedback and reflection. In order to understand the role of drama in different contexts, students will watch and interpret other people's performances to analyse narratives and characterisation.

### What will I Learn?

#### »» Drama Practice:

- Performance skills
- Dramatic theory
- Responding to performance
- Script analysing/writing

#### »» Acting and stagecraft in Performance

- Evaluation of stagecraft in performance
- Transformation of objects

#### »» Form and style:

- Dramatic elements
- Theatrical conventions
- Play scripts

#### »» Play-building

- Performance making process
- Improvisation skills
- Responding to performance stimulus and prompts

### What types of things will I do?

»» Workshop performance styles and conventions

»» Improvisation

»» Group performance

»» Dialogue

»» Theatrical brief

»» Script writing

»» Performing in front of an audience

»» Evaluate and design stagecraft

»» Ensemble piece

### Where can this lead me?

#### Career Outcomes

»» Entrepreneur

»» Critical thinker

»» Entertainer

»» Educator

»» Professional Acting

»» Event Management

»» Directing/Dramaturgy

»» Playwriting and performance making

»» Community Theatre

»» Production/Technical Crew

»» Designer

#### Course Pathways

Year 9

Year 10

VCE Unit 1-4:

Media

Media

Media





YEAR 7  
Art

-YEAR LONG SUBJECT -

In Year 7 Art, students will have the opportunity to identify and evaluate how other artists use materials and techniques to express ideas and convey meaning. Students will plan and make their own art works in response to technologies and processes used in the work of other artists. Students will demonstrate the use of materials, techniques and processes, to express ideas and convey meaning in their own artworks. Students will identify and describe artworks from different cultures, times and places and how ideas are interpreted by audiences.

What will I Learn?

- »» Colour Theory
- »» Drawing
- »» Australian and International Artists
- »» Printmaking
- »» Sculpture
- »» Painting
- »» Ceramics

What types of things will I do?

- »» Create a colour wheel
- »» Use foam plates to print
- »» Create artworks in the style of Australian and International artists
- »» Use clay to construct artworks
- »» Analyse artworks

Where can this lead me?

Career Outcomes

- »» Artist/ Printmaker
- »» Illustration
- »» Industrial Design
- »» Game Design
- »» Advertising
- »» Animation
- »» Designer
- »» Architecture
- »» Photography
- »» Fashion Design
- »» Education

Course Pathways

- Year 10
  - Visual Communication Design
  - 2D Art
  - 3D Art
  - Media
  - Photography
- VCE Unit 1-4:
  - Studio Art
  - Media
  - Visual Communication Design



# YEAR 7 Art

## - SPORTS SCIENCE ACADEMY SEMESTER SUBJECT -

In Year 7 Art, students will have the opportunity to identify and evaluate how other artists use materials and techniques to express ideas and convey meaning. Students will plan and make their own art works in response to technologies and processes used in the work of other artists. Students will demonstrate the use of materials, techniques and processes, to express ideas and convey meaning in their own artworks. Students will identify and describe artworks from different cultures, times and places and how ideas are interpreted by audiences.

### What will I Learn?

- »» Colour Theory
- »» Drawing
- »» Australian and International Artists
- »» Printmaking
- »» Painting
- »» Ceramics

### What types of things will I do?

- »» Create a colour wheel
- »» Use foam plates to print
- »» Create artworks in the style of Australian and International artists
- »» Use clay to construct artworks
- »» Analyse artworks

### Where can this lead me?

#### Career Outcomes

- »» Artist/ Printmaker
- »» Illustration
- »» Industrial Design
- »» Game Design
- »» Advertising
- »» Animation

- »» Designer
- »» Architecture
- »» Photography
- »» Fashion Design
- »» Education

#### Course Pathways

- Year 10
  - Visual Communication Design
  - 2D Art
  - 3D Art
  - Media
  - Photography
- VCE Unit 1-4:
  - Studio Art
  - Media
  - Visual Communication Design



# YEAR 7 Sports Science Academy

- SPORTS SCIENCE ACADEMY SUB-SCHOOL -

Sports Science at The Grange P-12 College is a select entry program that pursues the academic ability of students through a sporting lens. The program builds the capacities of students as they participate in and around sporting environments in a variety of different roles. Students will combine an academic program together with key studies and training within the sports environment. This is a highly specialised sub-school program that is supported by its own teacher leaders and wellbeing support, utilising Partnership Programs where highly individualised mentoring, coaching, life skills and psychology associated with a sports mindset will be developed. Proficient movement patterns are developed in students via partnerships with elite strength and conditioning professionals to further enhance physical capabilities.

## What will I Learn?

- »» Correct movement techniques around strength and conditioning
- »» Sport Science discovery programs
- »» Food to fuel athlete bodies for optimal performance
- »» Sport psychology
- »» Principles and methods of how to train
- »» Sports technology at various athletic levels
- »» Teamwork, leadership, effective communication skills, tactical decision making
- »» Performance and recovery strategies

## What types of things will I do?

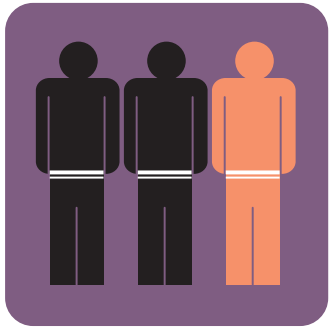
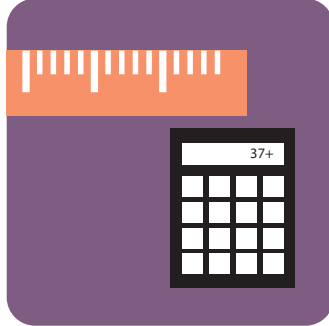
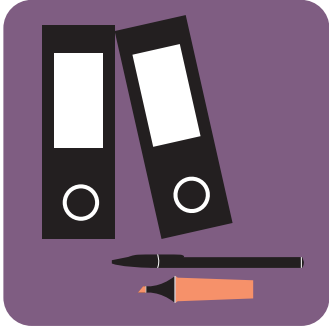
- »» Fitness testing with Sport Scientists
- »» Personalised and group training programs to improve physical strengths and weaknesses
- »» Practical Strength and Conditioning sessions with high performance guests from partnership programs such as Melbourne Rebels, Melbourne Storm and Agan Faster
- »» Partnership Sporting Programs
- »» Wyndham Tech School inquiry programs around topics such as sports clothing, video imagery in sport and prosthetic devices

## Where can this lead me?

### Career Outcomes

- »» Sports Management
- »» Recreation Officer
- »» Personal Trainer
- »» Elite Athlete
- »» Human movement
- »» Sports marketing
- »» Event management
- »» Exercise science
- »» Sports administration
- »» Physical Education teaching
- »» Myotherapy
- »» Sport psychology

# YEAR 8



# CURRICULUM

## Year 8 Curriculum

The Year 8 Curriculum is designed to provide students with a comprehensive range of subjects based on the Victorian Curriculum. The Curriculum is the common set of knowledge and skills required by all students for life-long learning, social development and active and informed citizenship. During Year 8, students undertake a common core set of subjects, with students in the High Achievers Program being offered an additional opportunity to study Hindi. The Sports Science Program offers students a range of both academic and sport-related subjects.

The core subjects for the Year 8 mainstream program are:	The core subjects for the Year 8 High Achievers Program are:	The core subjects for the Year 8 Sports Science Academy are:
English	English	English
Maths	Maths	Maths
Humanities	Humanities	Humanities
Science	Science	Science
Health & Physical Education	Health & Physical Education	Health & Physical Education
Art & Visual Design	Art & Visual Design	Sports Science
	Hindi	
<b>SEMESTER SUBJECTS</b>	<b>SEMESTER SUBJECTS</b>	<b>SEMESTER SUBJECTS</b>
Food Studies	Food Studies	Food Studies
Music	Music	Art
Drama	Drama	
Art	Art	

## LEARNING OPTIONS AVAILABLE TO YEAR 8 STUDENTS

	Mainstream Program	Sessions Per Week	High Achievers Program	Sessions Per Week	Sports Science Academy	Sessions Per Week
YEAR 8	English	6	English	6	English	6
	Maths	6	Maths	6	Maths	6
	Humanities	3	Humanities	3	Humanities	3
	Science	4	Science	4	Science	4
	Health & Physical Education	3	Health & Physical Education	3	Health & Physical Education	3
	Art & Visual Design	2	Art & Visual Design	2	Sports Science	5
			Hindi (sessional)	(3)		
	Food Studies (semester)	3	Food Studies (semester)	3	Food Studies (semester)	3
	Music (semester)	3	Music (semester)	3	Art (semester)	3
	Drama (semester)	3	Drama (semester)	3		
	Art (semester)	3	Art (semester)	3		
	<b>TOTAL</b>	<b>30</b>	<b>TOTAL</b>	<b>30</b>	<b>TOTAL</b>	<b>30</b>

## Year 7 & 8 Sports Science Academy

Sport Science at The Grange P-12 College pursues the sporting ability of students through an academic lens. The program builds the capacities of students as they participate in and around sporting environments in a variety of different roles. Our Student Athletes receive specialised physical and theoretical training in their area of choice – Rugby, Volleyball, Soccer or Netball. All student athletes undergo state of the art fitness testing at Victoria University as well many opportunities to engage with our partner programs including:

- Biomechanics Laboratory at Victoria University
- Wyndham Technical School
- One-on-one mentoring through Iron Armour
- VRU – Melbourne Rebels Academy and High Performance
- NRL – Melbourne Storm – In League in Harmony
- NRL Women’s Academy
- Sporting Schools
- North Melbourne Football Club Community Development

All students participating in the program not only work within the context of the College Values of Respect, Learning and Working Together but also values which support integrity within sport – Strong, Proud and Humble.

All students enrolled in our Sports Science Academy wear the Academy Sports Uniform (shirt and shorts), which is included as part of the academy fees. Additional clothing items outside of this will be available through our online BLK purchasing portal.

## High Achievers Program

At The Grange P – 12 College we strive to ensure all students reach their aspirations beyond school. The High Achievers Program develops skills required for university level study and entry to the professions. The program allows the students to progress through school with their peers, whilst ensuring that they are provided with challenging curriculum and extra-curricular activities appropriate for their learning style and ability level.

**The aim of the High Achievers Program is for students to:**

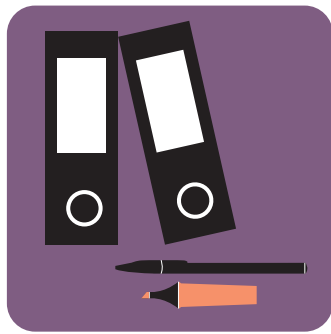
- Develop deep understanding and critical thinking skills
- Enhance their ability to problem solve, extend their analytic and creative skills by completing more in-depth curriculum
- Successfully work as independent and cooperative learners
- Create pathways to success for their future student and career aspirations.

**Characteristics of high achieving students**

- They believe in themselves and their abilities displaying resilience and critical thinking
- They are independent, cooperative, self-regulated and active participant in their own learning
- They take learning risks
- They recognise and acknowledge their strengths and talents whilst at the same time striving to improve
- They are organised to ensure success and thus move towards attaining their goal.

Students in the High Achievers Program also participate in a range of extra-curricular activities.

Students who aspire to enter the High Achievers Program are required to provide a copy of their most recent NAPLAN results, their most recent report and a written statement stating why they would like to be considered for the program. They will also be required to provide a teacher support statement.



## YEAR 8 English

In Year 8 English students further develop their communication skills in both face-to-face and online/virtual environments. Students develop their understanding of how texts, including media texts, are influenced by context, purpose and audience. Students explore a range of increasingly challenging texts individually and in groups. Students create a range of imaginative, informative and persuasive texts as they continue to build on their existing writing skills.

### What will I Learn?

- »» Skills for discussing increasingly complex issues and ideas from a variety of sources
- »» Creative, persuasive, informative and text-response writing
- »» Scriptwriting
- »» Debating and Public Speaking skills
- »» Collaborative communication skills
- »» Spelling, punctuation, grammar and vocabulary extension
- »» ICT creating and editing tools

### What types of things will I do?

- »» Reading and Viewing
- »» Writing
- »» Oral Presentations
- »» Speaking and Listening
- »» Analysing texts
- »» Extended writing tasks
- »» Film Study
- »» Group Discussions

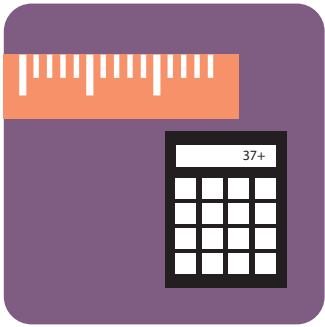
### Where can this lead me?

#### Career Outcomes

- »» Journalism, Media
- »» Publishing
- »» Creative Writing
- »» Professional Writing and Editing
- »» Advertising and Marketing
- »» Government and Public Service

#### Course Pathways

English is a prerequisite for all future studies



# YEAR 8 Maths

The Year 8 Mathematics Curriculum is built around creating further opportunities to continue enriching the lives of all students. Mathematics develops the mathematical capabilities that all students need in many aspects of their lives, and provides the fundamentals on which mathematical specialities and professional applications of mathematics are built.

Students engage with the Victorian Curriculum via inspiring, interesting, relevant and professionally taught lessons employed specifically to increase student capacity and confidence in mathematical ideas and concepts.

## What will I Learn?

Students study patterns, skills applications and concepts within the three Key Strands:

- »» Number and Algebra
- »» Measurement and Geometry
- »» Statistics and Probability

## What types of things will I do?

- »» Reading
- »» Discussing
- »» Problem Solving
- »» Writing
- »» Thinking
- »» Calculating
- »» Applying
- »» Investigating
- »» Challenging Mathematical Concepts
- »» Consolidating
- »» Enjoying Mathematics

The program at The Grange P-12 College will provide opportunities for challenge and pursuit of excellence and students will be encouraged to participate in competitions such as the University of Melbourne Mathematics Competition, Australian Mathematics Competition, and the Computational and Algorithmic Thinking.

## Where can this lead me?

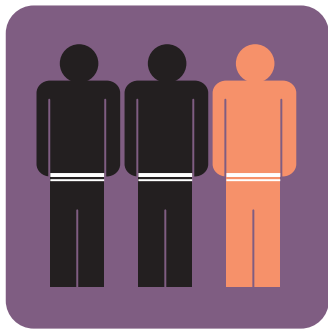
### Career Outcomes

- »» Engineering and Design
- »» Building and Construction
- »» Research and Development
- »» Information and Communications Technologies
- »» Finance and Accounting
- »» Health Industry Sector
- »» Hospitality and Tourism

### Course Pathways

This pathway provides a solid preparation for Year 9 Maths





# YEAR 8 Humanities

Step back in time and learn what life was like in Medieval times. Study the Black Death that plagued Europe and caused over 25 million deaths. Learn about how workplaces are changing and what your working life might look like in the future. Next, visit some of the world’s megacities to discover global patterns and effects of urbanisation and how these will shape life for future generations.

## What will I Learn?

In Humanities students study History, Geography, Civics and Citizenship and Economics/Business. The main concepts that students will learn in Year 8 are;

- »» Medieval Europe
- »» The Black Death
- »» Future work trends
- »» Urbanisation around the world
- »» Intercultural understanding and ethical reasoning

## What types of things will I do?

- »» Medieval immersive incursion or excursion
- »» Find out how to locate information in books and online
- »» Communicate with a student peer living in rural Australia
- »» Create media products to communicate my understanding
- »» Explore virtual megacities

## Where can this lead me?

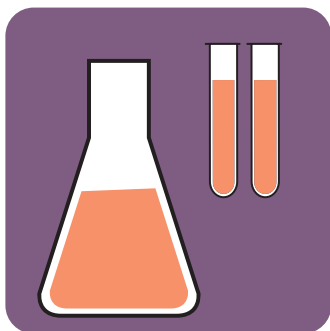
### Career Outcomes

- »» Historian
- »» Politician
- »» Law
- »» Cartographer
- »» Archaeologist
- »» Financial Advisor
- »» Accountant

- »» Journalism
- »» Entrepreneur
- »» Chief Executive Officer
- »» Town planner
- »» Teacher
- »» Advertising Executive
- »» Marketer

### Course Pathways

- Year 9 Humanities
- Year 10 Humanities
- VCE Unit 1-4: Business Management
- History
- Legal Studies



# YEAR 8 Science

In Year 8 Science, students are introduced to the fundamentals of science across a broad range of topics including Chemistry, Physics, Biology and Earth and Space Science. In the science labs, students will participate in exciting practical experiments and captivating demonstrations as well as starting to learn how to design their own experiments. Students will get to use a range of equipment, including solar car kits and some of the latest data logging technology on their devices.

Students will also participate in the STEM unit – The Solar Car Challenge. Students will investigate how renewable solar energy can be transformed into usable energy forms to power the future, and design a solar car model.

## What will I Learn?

Students will learn about the fundamental topics in science:

- »» Chemistry – Chemical and Physical Changes
- »» Physics, Engineering and Technology – Solar Car Challenge & Energy and Light
- »» Biology – Cells and Body Systems
- »» Earth Science – Geology and Earth’s Resources

Students will learn how to conduct practical experiments and investigations by:

- »» Questioning and predicting using an aim, variables and hypotheses
- »» Planning and conducting a method
- »» Recording and processing results
- »» Analysing and evaluating methods and results
- »» Communicating their conclusions

## What types of things will I do?

- »» Discover fascinating science concepts through a variety of activities including talks, videos, hands-on activities, independent and group work
- »» Conduct and observe a range of experiments, both inside and outside the science laboratory
- »» Plan a variety of investigations and experiments
- »» Design and create a solar car

## Where can this lead me?

Career Outcomes		Course Pathways		
»» Scientist	»» Doctor	Year 9	Science (core)	Science Inquiry Elective
»» Engineer	»» Vet or vet nurse	Year 10	Science (core)	Forensic Science Elective
»» Nurse	»» Teacher			Psychology Elective
»» Food scientist	»» Chemist	VCE Unit 1-4:		Chemistry
»» Research assistant	»» Physiotherapist			Biology
»» Marine biologist	»» Physicist			Physics
»» Investigator	»» Laboratory Technician			Psychology
»» Science journalist				



YEAR 8  
**Health & Physical Education**

Through a combination of theory and practical lessons, students will develop knowledge, processes and skills that will allow them to make informed decisions about their own health and well-being. They will engage in team and individual activities to further their abilities on the playing arena and in the classroom.

**What will I Learn?**

In practical lessons, students will cover topics such as:

- »» Personal Fitness
- »» Volleyball
- »» AFL
- »» Netball
- »» Ultimate Frisbee
- »» Badminton
- »» Athletics
- »» Softball / Baseball
- »» Handball

In theory lessons, students will cover topics that promote health such as:

- »» Sports nutrition
- »» Mental Health
- »» Gender and sexual identity
- »» Sexual health

**What types of things will I do?**

- »» Learn a variety of sports
- »» Engage and participate in class discussions
- »» Work in teams
- »» Develop physical fitness

**Where can this lead me?**

**Career Outcomes**

- »» Physiotherapist
- »» Personal Trainer
- »» Coach in various sports
- »» Nutritionist
- »» Youth Counsellor
- »» Ambulance Officer
- »» Sports Commentator
- »» Massage Therapist
- »» Sport Psychologist
- »» Sports Journalist
- »» Fitness Instructor
- »» Nurse

**Course Pathways**

- |         |                             |
|---------|-----------------------------|
| Year 9  | Health & Physical Education |
|         | Sport Science               |
|         | Careers in Sport            |
| Year 10 | Health & Physical Education |
|         | Exercise Physiology         |
|         | Healthy Lifestyles          |



# YEAR 8 Media & Visual Communication Design

-NOT COMPLETED BY SPORTS SCIENCE ACADEMY -

This Unit is designed to give students an introduction to both Media Studies and Visual Communication Design, in order to strengthen the skills of visual language and analysis, as well as critical and creative thinking skills from an earlier stage. These skills will benefit students in a range of applications and subjects as they move through the College.

Throughout this semester, students gain an understanding of how to use sound and visuals to communicate ideas to an audience. They experiment and develop their skills in creative, critical and reflective thinking through the use of production and design process.

Students identify, analyse, interpret and evaluate media products and visual communications, they investigate the use of technical and symbolic elements and visual language through the use of drawing conventions, design elements and principles and how these communicate ideas to different audiences in different contexts and locations.

## What will I Learn?

- »» Creating narratives with images, sounds and text
- »» Identifying specific media features
- »» Develop media and visual communication productions for a range of purposes
- »» Analyse and evaluate the factors that influence design decisions in a range of media and visual communications.
- »» Present media and visual communications for different audiences
- »» Analyse and evaluate the factors that influence design decisions in a range of visual communications
- »» Analyse how technical and symbolic element are used in media artworks
- »» Explore and Represent ideas

## What types of things will I do?

- »» Typography
- »» Film & Photography skills
- »» Explore viewpoints
- »» Using professional editing software
- »» Film/Photography analysis
- »» Creating Advertisements
- »» Media theory analysis
- »» Perspective drawing
- »» Observational drawing
- »» Create original designs for a range of purposes
- »» Exhibit work

## Where can this lead me?

### Career Outcomes

- »» Illustration
- »» Corporate ID Design
- »» Packaging Design
- »» Web Design
- »» Logo Design
- »» App Design
- »» Industrial Design
- »» Game Design
- »» Photographer
- »» Journalism
- »» Education
- »» Creative Director

### Course Pathways

- »» Interior Design
- »» Fashion Design
- »» Architecture
- »» Videographer
- »» Animation
- »» Film Director
- Year 10
- Visual Communication Design
- 2D Art / 3D Art
- Photography
- Media
- VCE Unit 1-4:
- Visual Communication Design
- Studio Art



# YEAR 8 Hindi

- HIGH ACHIEVERS -

This course is a continuation of Year 7 Hindi. New topics will be taught, but those covered in Year 7 will be enhanced and extended. This course also aims at further developing students' listening, speaking, reading and writing skills.

## What will I Learn?

Students will be exposed to the language through the following themes:

- »» Countries and nationalities
- »» Imaginative texts
- »» Print and digital texts
- »» Oral and written tasks

Students will increase their cultural awareness about:

- »» Further develop their understanding of relation between the Indian culture and Hindi learning
- »» Different forms of expressions and gestures used by Hindi Speakers
- »» Family celebrations
- »» Identify themselves as members of different groups, community and school
- »» Factual information about self, family, friends and immediate environment

## What types of things will I do?

Within these themes students will continue to consolidate their learning of:

- »» People's nationality, languages spoken, family, ages and their relationship to each other
- »» Stories, songs, games and guided activities
- »» Similarities and difference with English or other languages
- »» Talking about their and other people's hobbies
- »» Simple tasks and transactions
- »» Describe how different words and behaviours evolved according to the context

## Where can this lead me?

### Career Outcomes

- »» Public relations
- »» Commerce
- »» Translating
- »» Editing and Publishing
- »» Airline services
- »» Subtitles and Voice overs
- »» Media
- »» Architecture
- »» Film industry
- »» Interpreting
- »» Foreign civil service
- »» Tourism\Hotel management
- »» Tourism
- »» Hospitality
- »» Education
- »» Music
- »» Event management
- »» Import\Export specialist

### Course Pathways

Year 9 Hindi



# YEAR 8 Food Studies

- SEMESTER SUBJECT -

Through a combination of theory and practical lessons, students will continue to develop the knowledge and skills to create basic snacks and meals. They will learn about the main nutrients in food and their role in maintaining a healthy body. They will also study the link between nutrition and lifestyle diseases.

## What will I Learn?

- »» Kitchen Safety and Hygiene
- »» The importance of healthy eating
- »» How to design a meal
- »» How other cultures influence our food choices

## What types of things will I do?

- »» Cook food using correct kitchen safety procedures
- »» Use kitchen equipment and appliances to create dishes
- »» Cook foods from other cultures
- »» Design and create a unique dish

## Where can this lead me?

### Career Outcomes

- »» Chef
- »» Event Coordinator
- »» Food styling
- »» Food photographer
- »» Food teacher
- »» Café owner
- »» Dietician
- »» Food Inspector
- »» Cookbook author/Recipe designer

### Course Pathways

- Year 9      Food
- Year 10      Food
- VCE Unit 1-4:      Food Studies
- VET      Hospitality



# YEAR 8 Music

- SEMESTER SUBJECT -  
-NOT COMPLETED BY SPORTS SCIENCE ACADEMY-

Music learning combines listening, performing and composing activities. These activities, developed sequentially, enhance students' capacity to perceive and understand music. As students progress in their study of Music, they learn to value and appreciate the power of music to transform the heart, soul, mind and spirit of the individual. In this way students develop an aesthetic appreciation and enjoyment of music.

## What will I Learn?

- »» Ukulele- Strum correctly
- »» Keyboard
- »» Specific music standards: Pachelbel's Canon, La Bamba, Somewhere over the Rainbow
- »» Music Theory
- »» Guitar- Strum correctly

## What types of things will I do?

In Year 8 through listening, performing and composing, students will be able to identify cultural, social and historical contexts of music. Students will also accumulate skills in rhythm, pitch and musicianship.

Typically in Year 8 we use the following assessments:

- »» Practical Assessment: Ukulele, Keyboard
- »» Written Assessment- Instruments of the Orchestra
- »» Aural Listening Assessment
- »» Tests

## Where can this lead me?

Career Outcomes		Course Pathways	
»» Musician	»» Music Producer	Year 9	Music
»» Song Writer	»» Composer	Year 10	Music
»» Video game composer	»» Recording Engineer		
»» Music Therapist	»» Music Teacher		



# YEAR 8 Drama

- SEMESTER SUBJECT -  
-NOT COMPLETED BY SPORTS SCIENCE ACADEMY-

In this course, students will have the opportunity to continue to develop in dramatic theory and practice and use skills and prior knowledge to shape their own devised performances based on Physical Theatre. Students will study the historical theory and conventions of Mime, Puppetry and Grotowski's Poor Theatre to understand the play-building process of creating and rehearsing a devised performance. Students will continue to explore context and adaptations that surround the concepts of "breaking the fourth wall". Students will develop their understanding of stagecraft and of how drama has an impact on the audience. Students will develop their application of feedback and reflection as well as respond to viewed performances to build on their ability to interpret dramatic meaning and analyse dramatic forms.

## What will I Learn?

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>»» Drama Practice:             <ul style="list-style-type: none"> <li>- Performance skills</li> <li>- Dramatic theory</li> <li>- Responding to performance</li> <li>- Script analysing/writing</li> </ul> </li> <li>»» Acting and stagecraft in Performance:             <ul style="list-style-type: none"> <li>- Evaluation of stagecraft in performance</li> <li>- Transformation of objects</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>»» Form and style:             <ul style="list-style-type: none"> <li>- Dramatic elements</li> <li>- Theatrical conventions</li> <li>- Play scripts</li> </ul> </li> <li>»» Play-building:             <ul style="list-style-type: none"> <li>- Performance making process</li> <li>- Improvisation skills</li> <li>- Responding to performance stimulus and prompts</li> <li>- Creating a Drama Folio</li> </ul> </li> </ul> |
|--|--|

## What types of things will I do?

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>»» Workshop performance styles and conventions</li> <li>»» Improvisation</li> <li>»» Group Performance</li> <li>»» Dialogue</li> <li>»» Evaluate and design stagecraft</li> </ul> | <ul style="list-style-type: none"> <li>»» Theatrical brief</li> <li>»» Ensemble piece</li> <li>»» Script writing</li> <li>»» Performing in front of an audience</li> </ul> |
|--|--|

## Where can this lead me?

	Why choose this subject?	Course Pathways	
»» Entrepreneur	Choose this subject if you are interested in learning about:	Year 10	Media
»» Humanitarian			
»» Designer - set, costume and make-up	»» Problem solving, creative and critical thinking	VCE Unit 1-4:	Literature
»» Professional acting			
»» Directing and Dramaturgy	»» Analytical skills		Media
»» Community Theatre			
»» Critical thinker	»» Team work and leadership		Literature
»» Entertainer			
»» Educator	»» Acting and Dramatic Arts		
»» Production and Technical Crew			
»» Event Management			
	»» Film and production		



# CORE



## YEAR 8 Art

- YEAR LONG SUBJECT -  
-NOT COMPLETED BY SPORTS SCIENCE ACADEMY-

In Year 8 Art, students will have the opportunity to identify and evaluate how other artists use materials and techniques, to express ideas and convey meaning. Students will plan and make their own art works in response to technologies and processes used in the work of other artists. Students will demonstrate the use of materials, techniques and processes, to express ideas and convey meaning in their own artworks.

### What will I Learn?

- » Construction
- » Cross hatching and stippling drawing techniques
- » Australian and International Artists
- » Mixing and blending paint and pastels
- » Cubism
- » Ceramics

### What types of things will I do?

- » Observational drawing
- » Use cardboard to construct artworks
- » Create artworks in the style of Australian and International artists
- » Use clay to construct artworks
- » Paint
- » Use different materials to create artworks

### Where can this lead me?

Career Outcomes		Course Pathways	
» Artist/ Printmaker	» Designer	Year 10	Visual Communication Design
» Illustration	» Architecture		2D Art
» Industrial Design	» Photography		3D Art
» Game Design	» Fashion Design		Media
» Advertising	» Education		Photography
» Animation		VCE Unit 1-4:	Studio Art
			Media
			Visual Communication Design



# YEAR 8 Art

## - SPORTS SCIENCE ACADEMY SEMESTER SUBJECT -

In Year 8 Art, students will have the opportunity to identify and evaluate how other artists use materials and techniques, to express ideas and convey meaning. Students will plan and make their own art works in response to technologies and processes used in the work of other artists. Students will demonstrate the use of materials, techniques and processes, to express ideas and convey meaning in their own artworks.

### What will I Learn?

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- »» Cross hatching and stippling drawing techniques
- »» Australian and International Artists
- »» Mixing and blending paint and pastels
- »» Cubism
- »» Ceramics

### What types of things will I do?

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- »» Use clay to construct artworks
- »» Paint
- »» Use different materials to create artworks

### Where can this lead me?

Career Outcomes		Course Pathways	
»» Artist/ Printmaker	»» Designer	Year 10	Visual Communication Design
»» Illustration	»» Architecture		2D Art
»» Industrial Design	»» Photography		3D Art
»» Game Design	»» Fashion Design		Media
»» Advertising	»» Education		Photography
»» Animation		VCE Unit 1-4:	Studio Art
			Media
			Visual Communication Design



# YEAR 8 Sports Science Academy

- SPORTS SCIENCE ACADEMY SUB-SCHOOL -

Sports Science at The Grange P-12 College is a select entry program that pursues the academic ability of students through a sporting lens. The program builds the capacities of students as they participate in and around sporting environments in a variety of different roles. Students will combine an academic program together with key studies and training within the sports environment. This is a highly specialised sub-school program that is supported by its own teacher leaders and wellbeing support, utilising Partnership Programs where highly individualised mentoring, coaching, life skills and psychology associated with a sports mindset will be developed. Proficient movement patterns are developed in students via partnerships with elite strength and conditioning professionals to further enhance physical capabilities.

## What will I Learn?

- »» Correct movement techniques around strength and conditioning
- »» Sport Science discovery programs
- »» Food to fuel athlete bodies for optimal performance
- »» Sport psychology
- »» Principles and methods of how to train
- »» Sports technology at various athletic levels
- »» Teamwork, leadership, effective communication skills, tactical decision making
- »» Performance and recovery strategies

## What types of things will I do?

- »» Fitness testing with Sport Scientists
- »» Personalised and group training programs to improve physical strengths and weaknesses
- »» Practical Strength and Conditioning sessions with high performance guests from partnership programs such as Melbourne Rebels, Melbourne Storm and Agan Faster
- »» Partnership Sporting Programs
- »» Wyndham Tech School inquiry programs around topics such as sports clothing, video imagery in sport and prosthetic devices

## Where can this lead me?

### Career Outcomes

- »» Sports Management
- »» Recreation Officer
- »» Personal Trainer
- »» Elite Athlete
- »» Human movement
- »» Sports marketing
- »» Event management
- »» Exercise science
- »» Sports administration
- »» Physical Education teaching
- »» Myotherapy
- »» Sport psychology

### Course Pathways

- Year 10 Health & Physical Education  
Fitness & Physiology  
Healthy Lifestyles
- VCE Physical Education  
Health & Human Development
- VET Sport & Recreation
- VCAL Sport Science Academy Course