

CHOOSING ELECTIVES



At UCHSK, we are pleased to be able to offer a wide range of electives for selection in 2026. Electives are designed to engage, inspire and enrich all students, exciting the imagination and encouraging them to reach their creative and expressive potential, underpinned by the values and mission of the school.

Japanese language study is compulsory for all Year 7 and 8 students, aligning with the ACT Education Directorate's requirements for teaching languages in high schools.

For students in Years 8, 9, and 10, elective subjects are specifically designed to provide opportunities for in-depth exploration of options that support their personal academic and career pathways. All students in these year levels are required to submit their elective preferences for each subject line offered per semester.



All classes have a limit to the number of students that can enrol; however, every effort will be made for students to be placed in their first or second preference class.

Please note that some elective subjects incur a fee to cover the cost of materials used by students. This may include items they consume or take home. Additionally, certain electives may require additional payment for excursions or camps.



JAPANESE



Japanese at UC High School Kaleen offers students the opportunity to develop both language proficiency and an understanding of traditional and contemporary Japanese culture, while developing wider skills of intercultural understanding and a range of cognitive skills associated with language learning generally. As Japan is one of Australia's key trading partners and a major source of tourism, the ability to communicate in Japanese specifically has long and continues to be a valuable skill.

All students in Years 7 and 8 study Japanese. In Year 7, students are introduced to greetings, numbers, and the writing systems of hiragana and katakana, alongside basic conversational language. By the end of Year 8, students are able to deliver an extended self-introduction in Japanese, and talk in simple terms about family, housing, food & mealtimes, and cultural identity. Throughout the course, students build the knowledge and skills needed to use Japanese in everyday contexts, while also developing their intercultural understanding and communication skills.

In Years 9 & 10, Japanese becomes an elective subject. The course is structured to support continuity and progression. Students who choose Japanese in Year 9 are expected to have a background in year 7 & 8 Japanese, and commit to the subject for the full 2 years to consolidate their learning and maintain a strong foundation. In so doing, they are prepared for continuing Japanese in college.

There is a range of extra-curricular opportunities available to students of Japanese. These include a trip to Japan for year 9 & 10 students of Japanese every second year, and in the alternate years, an overnight Sydney trip to the Japan Foundation and the Nihongo Tanken Centre (a Japanese immersion experience), also offered to year 8 students. Each year there is also the opportunity to participate in the ACT speaking competition, and throughout the year, students will interact with our Japanese Teaching Assistant, and participate in the Education Perfect World Championships.

PROJECT BASED LEARNING

Project Based Learning at UC High School Kaleen is a dynamic and student-centred course that empowers learners to explore real-world issues that genuinely matter to them. Through this hands-on, inquiry-driven approach, students tackle an essential question that they are emotionally connected to—something that sparks curiosity, passion, or a sense of injustice—and work towards developing meaningful, creative solutions.

In PBL, students draw upon and apply knowledge from their core subjects—English, Mathematics, Science, and Humanities—to investigate, problem-solve, and present their findings in authentic and engaging ways. Whether it's addressing climate change, improving mental health support in schools, or designing sustainable communities, students take ownership of their learning journey while building critical skills in research, collaboration, communication, and self-management.

This course not only deepens understanding across the curriculum, but also fosters a sense of purpose and agency, helping students see the relevance of their education in the world around them. PBL at UCHSK is where curiosity meets action—and learning becomes truly meaningful.

Available Courses:

- Year 9/10 Project Based Learning



Beyond The Page (Formally—Year Book)

The Beyond The Page elective is a year-long course that gives students the chance to apply their English skills in authentic, creative, and media-rich ways. This subject blends journalism, creative writing, digital publishing, and design, offering students the opportunity to tell the stories that shape life at UCHSK.

Semester 1

The focus is on developing core journalism and media skills. Students learn how to research, plan, and write for a range of audiences and purposes. They will create news articles, feature stories, opinion pieces, and event reports for school newsletters and online updates. Students will also conduct interviews, write excursion reports, and produce podcasts and digital media content that highlight the voices and achievements within the UCHSK community. Along the way, they will strengthen their abilities in writing, editing, grammar, and layout design—building confidence as effective communicators and storytellers.

Semester 2

Students apply these skills to the creation of the UCHSK Yearbook. Acting as editors, writers, designers, and photographers, they will collaborate to plan, design, and publish a professional-quality yearbook that reflects the events, people, and spirit of the school year. Students take ownership of the creative process—from concept development and visual design to final editing and production—ensuring the Yearbook becomes a lasting record of the UCHSK community.

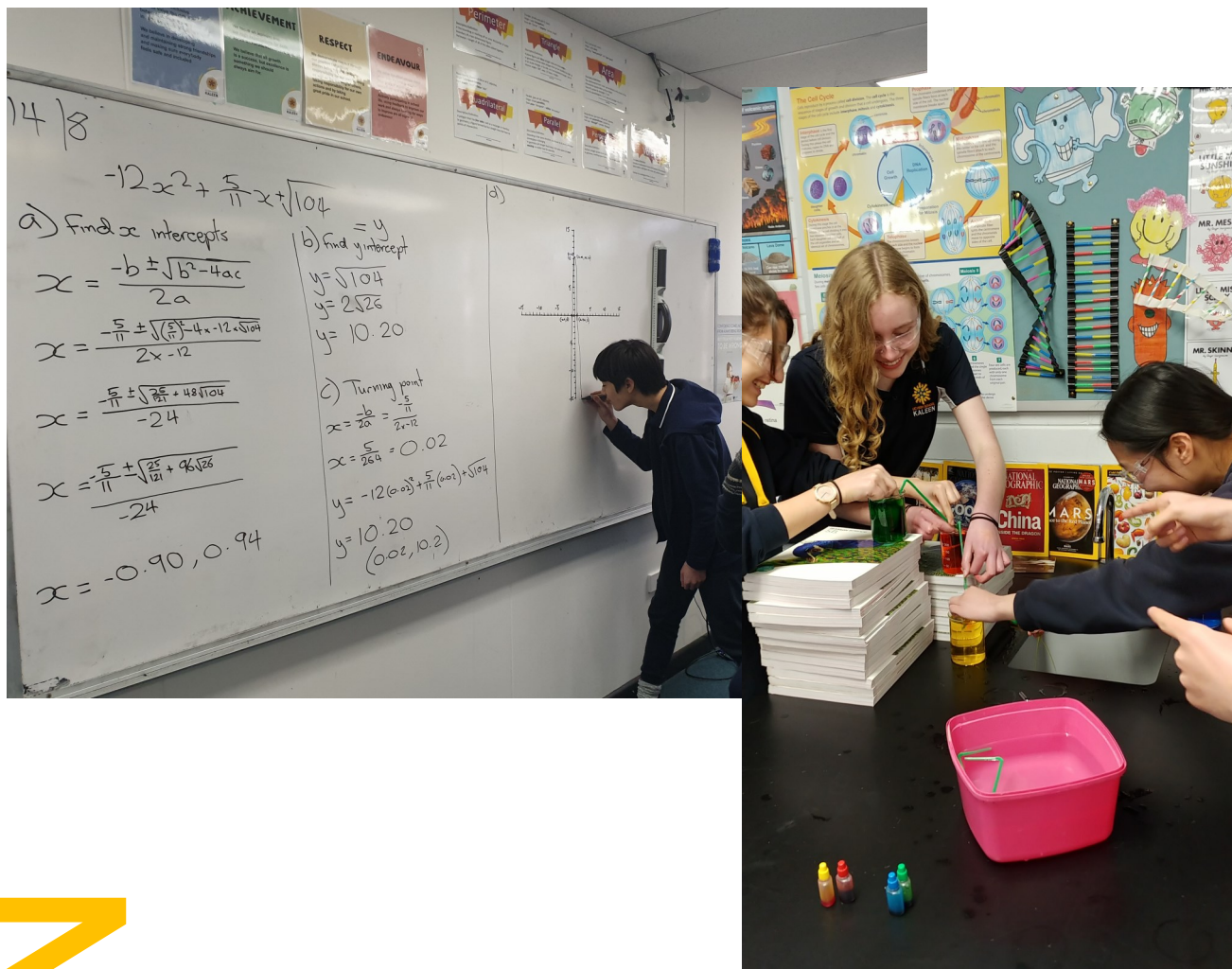
This course is perfect for students who enjoy writing, media, photography, design, or storytelling. It builds practical communication skills, teamwork, creativity, and digital literacy—all while giving students the chance to leave a lasting legacy at UCHSK.

Available Course:

- Year 9/10 Beyond The Page



EXTENSION MATHS



This elective aims to consolidate and strengthen the skills taught in Mathematics classes to further enhance problem solving skills. Students will look at improving and developing the students ability in Algebra and Data Analysis. Students will also be introduced to concepts that will be covered in Maths courses at College.

Available Courses:

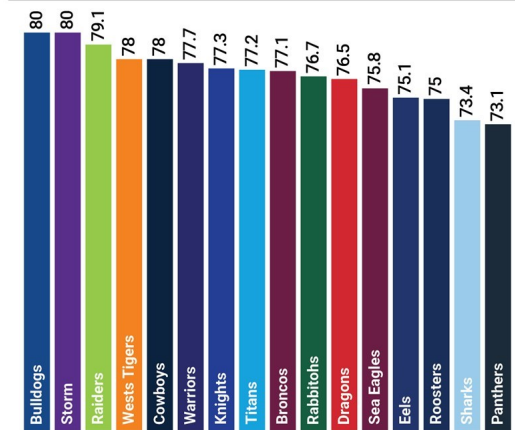
- Year 9/10 Extension Maths

FANTASY SPORTS

STAT ATTACK

EFFECTIVE SETS VS SET COMPLETION

Average completion rates percentage



In this course, students draw on their existing interest and knowledge of sport to create and manage their team lists, using real-world athlete statistics and live performance data to inform their decisions. Every point, play, and pass becomes an opportunity to apply mathematics in meaningful, exciting ways, connecting classroom learning to real-world applications.

Throughout the semester, students will dive into key mathematical concepts such as statistics, probability, ratios, percentages, and data analysis. They will explore how averages, trends, and predictions shape sporting outcomes and team success. Using real data sets, students will calculate fantasy points, compare player performance, determine their Most Valuable Player each week and use statistical reasoning to select players for their fantasy team, justify their selections, trade strategically, and climb the leaderboard.

The competition element adds energy and teamwork to every lesson. Students will compete in mini-leagues, make data-driven decisions, and present their insights using graphs, spreadsheets, and visual data tools. They will explore how mathematics underpins sports analytics, game strategy, and performance forecasting - skills increasingly valued in the modern sports industry.

By the end of the course, students will see that the understanding of mathematics is a powerful tool that shapes real-world outcomes.

The Fantasy Sports elective builds critical thinking, data literacy, collaboration, and strategic decision-making; all while fuelling students' passion for sport and competition.

Available Courses:

- Year 9/10 Fantasy Sports



Visual Art

Visual Art engages, inspires and enriches all students. It excites the imagination and encourages creativity and expression. In Visual Arts, students experience and explore the concepts of artists, photographers, artworks, world and audience.

Students develop practical skills and critical thinking which inform their work as artists and audience. They learn how to use knowledge, techniques, processes and materials to explore arts practices and to explore artworks and make their own visual art products.

Available Courses:

- Year 7 Visual Art
- Year 8 Visual Art
- Year 9/10 Visual Art

VISUAL ART

3D ART

3D Art and Sculpture,

This exciting course moves students beyond the flat surface to explore the dynamic world of form, structure, and space. Students will develop their personal artistic voice and creative style by experimenting with a diverse range of sculptural mediums, materials, and techniques. We continually revisit and apply the 7 Elements of Art and 8 Principles of Design to ensure students create original, expressive, and technically grounded three-dimensional artworks.

The curriculum is structured around significant projects that transition students from 2D thinking to complex 3D creation. We begin with wire sculpture, where students investigate how artists use line and movement to create depth and emotion. We then dive into 3D sculpture constructions, using sustainable practices and materials while investigating sculpture across cultures. Later in the year, students explore abstract and organic forms through mixed media, focusing on how texture and balance influence sculptural experience.

Each student will complete a major sculptural piece, accompanied by a comprehensive folio of research, prototypes, and written reflections. This subject is ideal for students who enjoy hands-on making, creative problem-solving, and transforming imaginative ideas into tangible, lasting works of art.

Available Courses:

- Year 9/10 3D Art



DANCE



Year 9/10 Dance

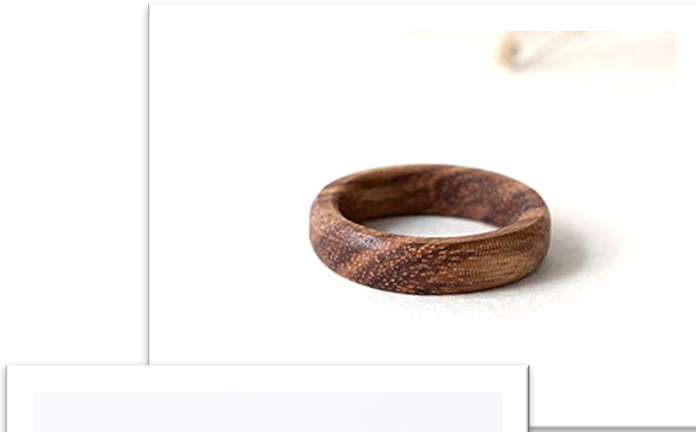
Year 9/10 Dance at UCHSK is a dynamic and creative course that allows students to explore movement, performance, and expression through a variety of dance styles. Students will develop their technical skills, creativity, and confidence as they learn to choreograph, perform, and reflect on dance works.

Throughout the semester, students will participate in group and individual routines, contributing choreography and performance pieces that bring the stage to life. Dancers will also have opportunities to showcase their skills at school assemblies, community events, and dance festivals, celebrating their progress and talent.

This course encourages collaboration, creativity, and performance excellence while building fitness, teamwork, and self-expression. Whether you're an experienced dancer or a beginner looking to try something new, Year 9/10 Dance offers an exciting chance to be part of the performing arts community at UCHSK.

Available Courses:

- Year 9/10 Dance



Design & Craft

Design and Craft elective focuses on the full design process – students explore a range of different applied and functional applications for basic arts principles and techniques to design, develop and create functional works of art. Students will learn to merge artistic expression with utility, and to develop realistic problem-solving skills which can be applied anywhere. Design and Craft is a multimedia arts elective that uses skills from across sculpture, visual arts, 3d arts and technologies to create self-developed artworks. The focus of this unit is for students to create functional objects grounded in historic processes and develop real-world design skills, fine motor skills, problem-solving abilities and merge their own interest with arts topics.

Available Course:

- Year 9/10 Design & Craft

DRAMA

Drama

Drama is a highly practical subject focused on developing positive attitudes and strong collaboration skills. Students learn to apply the Elements of Drama in performance and assessment is primarily in class through skill development, rehearsals, performances, and analytical components.

Year 7: Introduction to Drama As part of the elective rotation, Year 7 students have undertake a one-term introductory course. This foundational unit explores the core elements and basic skills of Drama through engaging activities such as improvisation, role play, and theatre games. Students use their developing skills and knowledge in a final performance and written reflection.

Year 8: Building Performance Skills Building directly on from Year 7 foundation, students continue their exploration of the Elements of Drama, improvisation, and theatre games over a full semester. Students engage in varied performance activities including monologues, duologues, scripting, and play building. Written reflections and evaluation remain key components of the assessment.

Year 9 and 10 Drama

In Year 9 and 10, Drama of stage takes an in-depth look at the world of theatre, emphasizing practical skills like character creation, use of voice, text analysis, and theatre conventions. This course is designed to empower students with lifelong skills, including increased confidence, creativity, and communication skills.

Available Courses:

- Year 7 Drama
- Year 8 Drama
- Year 9 &10 Drama



School Production

The School Production elective at UCHSK offers students a dynamic, collaborative experience in the performing arts. It provides the opportunity to be part of a real stage production—whether performing under the lights or working behind the scenes to bring the show to life. Students can select from two distinct but interconnected streams: Performance or Backstage Production.



Performance Class

This Performing Arts elective is designed for students seeking to excel as performers and gain deep immersion in the world of dramatic arts. The course focuses heavily on core acting skills, including character creation, vocal technique, text analysis, and theatre conventions. Participating in stage acting builds invaluable transferable skills, such as confidence, creativity, and effective communication. Students develop empathy, learn to work collaboratively, and gain the ability to express complex ideas clearly—skills that are empowering regardless of their future career path. This class will work closely alongside the Backstage Production elective, working towards producing a school production.

Backstage Production Class

This elective is offered to senior students who wish to immerse themselves in the technical and production aspects of the performing arts. This semester-long subject introduces students to crucial stage production roles and processes, providing both theoretical understanding and practical experience. Students will study and work with set and prop design and building, rigging safety, stage and production management, costume design and construction, and technical operations, including lighting and sound. Students will develop a practical understanding of the importance of each role within a production team, establishing the foundational knowledge and skills required for careers in live entertainment and events.

This class will work closely alongside the Stage Acting elective, working towards producing a school production.

Available Courses:

- Year 9/10 School Production

CIRCUS



Circus

Circus is explored as an art form and a physical training pursuit. The value of persistence in developing complex skills and prioritising the safety of the individual through skill development is explicitly taught. Through group tasks, students will learn skills that will enable them to become healthy, creative and contributing members of a compassionate society.

Students work on a diverse range of movement and performance skills and choose specialty training areas as their fundamental skills increase. Areas of training include skills such as aerials (trapeze, tissue, aerial web, and lyra), acrobatics (floor tumbling, mini-trampoline, sliding table group pyramids, handstand chairs), manipulations (juggling, diabolo, hula hoop, poi, and staff), equilibristics (unicycle, stilts, walking globe and rola bola).

Year 9/10 students also explore a specific area of circus each semester as an industry, Circus History, Style & Substance, Circus Bodies and Social Circus, an effector of social change.

As part of the elective it is strongly recommended that students also enrol in the *Warehouse Circus Core Program* after school.

Available Courses:

- Year 7 Circus
- Year 8 Circus
- Year 9/10 Circus

MUSIC

Year 7 and Year 8 Music

Music at UCHSK is a creative, hands-on subject where students explore the joy of making and understanding music. Through listening, performing, and composing, students develop their understanding of musical elements such as rhythm, melody, harmony, texture, and form.



Students will experiment with a range of instruments and technologies—including guitar, keyboard, drums, and voice—as they explore different styles of contemporary and popular music. They will also learn basic music theory, notation, and digital composition skills using music software and recording tools.

Collaborative performance is a key focus of the course. All students will have the opportunity to play in small groups or bands, building their confidence, creativity, and teamwork while experiencing the excitement of live performance.

Year 9/10 Music

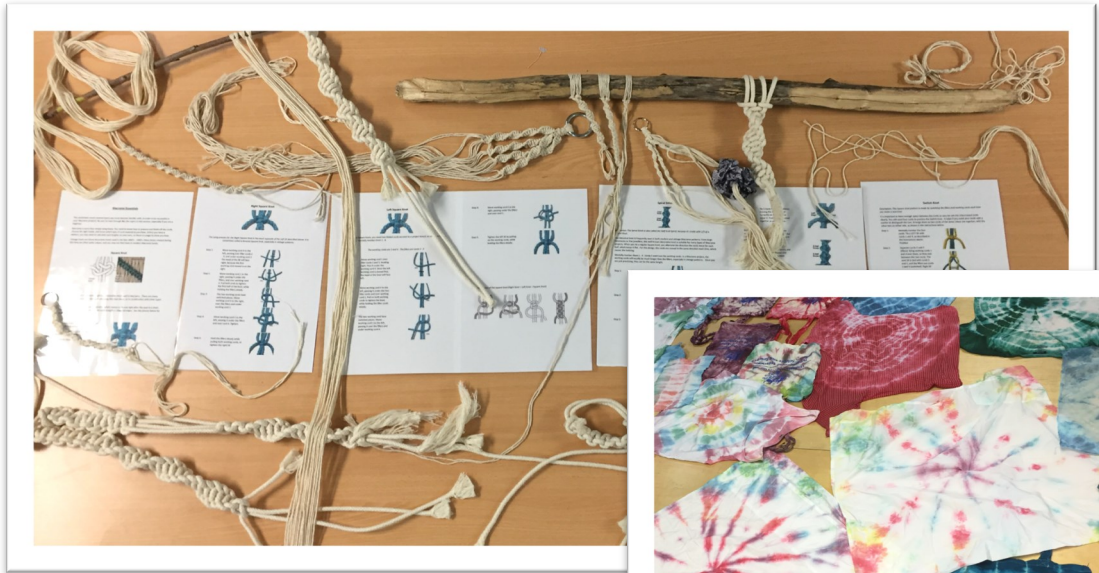
The Year 9/10 Music elective expands on foundational skills and encourages students to become independent, expressive, and confident musicians. Students continue to develop performance, composition, and listening skills while deepening their understanding of music theory, structure, and analysis across a range of genres—from pop and rock to film and world music. Students will participate in band rehearsals, songwriting sessions, and studio recording projects, learning how to work effectively as an ensemble and as solo performers. They will explore how music communicates emotion and meaning, and how technology and innovation shape modern music-making.

This course is ideal for students who are passionate about music, whether they aspire to perform, compose, produce, or simply deepen their appreciation for the art form. With opportunities to perform at school events and develop their own creative projects, students will gain confidence, collaboration skills, and a lifelong connection to music.

Available Courses:

- Year 7 Music
- Year 8 Music
- Year 9/10 Music

TEXTILES



Year 7 and Year 8 Textiles

The Year 7 and Year 8 Textiles courses provides students with opportunities to develop knowledge and skills in the design and creation of textiles projects. Importance is placed on the development of basic practical skills which can be used at home. It also focuses on the design process, allowing students to take on 'design problems', using creative thinking and design process skills to produce designed solutions and make informed choices.

Year 9/10 Textiles Design

The Textiles elective explores the development, and historical and contemporary uses of difference fabrics in clothing, décor and industrial uses. Students will explore the design making process and develop their problem-solving skills to learn technologies skills and create functional objects which serve a key process in the design spectrum – following the “Make, Mend and Make Do” mindset to create pieces students not only invest their time in, but are interested in, adapting patterns and designs to suit their own interests while maintaining function, or alternatively creating pieces for specific purposes outside of themselves. Skills students learn will serve them the rest of their lives – attaching buttons and repairing seams, create basic clothing items and identifying fabric types, while further extending their fine motor skills and understanding of the design process. Students will explore topics including hand and machine sewing, embroidery, print making, weaving, mending and more.

Available Course:

- Year 7 Textiles
- Year 8 Textiles
- Year 9/10 Textiles

Year 7 and Year 8 Wood Design

The Year 7 and Year 8 Wood Design courses have a focus on the acquisition of practical skills. Students are introduced to the design cycle and experience the use of a variety of tools, machinery, production and joinery techniques. Students will



spend time in the wood workshop developing practical skills and knowledge about the safe use of a range of hand tools and machinery. Students will be engaged in producing a range of woodwork projects that will incorporate different wood types, properties and forms. Students will revisit, strengthen and extend these acquired skills as they progress through the semester. These skills will be directly transferable and provide a pathway to study Year 9/10 Wood.

Year 9/10 Wood Technology

Year 9/10 students will build on their existing Design and Technology practical skill sets and will engage with their school community to explore an opportunity for design. They will further develop their problem solving skills using the human-centred Design process to create their design solution within a sustainable context. The practical nature of the Design and Technology learning area aims to engage students in critical and creative thinking, including understanding interrelationships in systems when solving complex problems. Students will use a systematic approach to experimentation, problem-solving, prototyping and evaluation to realise ideas.. Students will be required to use design thinking to design and create a designed solution using sustainable resources during the semester.

Available Courses

- Year 7 Wood Design
- Year 8 Wood Design
- Year 9/10 Wood Technology

Year 7 Junior Chefs

Junior Chefs is a hands-on subject that introduces students to the fundamentals of cooking and healthy eating. Combining classroom learning with practical kitchen experience, students will explore essential cooking techniques, food preparation skills, and safe, hygienic food practices. They will learn to use a variety of kitchen tools and equipment while creating delicious and nutritious dishes that meet a range of dietary needs. The course also covers basic nutrition principles, helping students understand the role of nutrients and how to make healthy food and lifestyle choices. Through design tasks, students will plan and manage their cooking projects, learning how the characteristics of food influence preparation and presentation.



Year 8 Young Chef

Students will be introduced to the basic principles of cooking safety, basic nutrients and promotion of healthy cooking and eating. They will use a variety of equipment, food preparation techniques in a range of contexts to produce baked recipes and food items. This unit focuses on kitchen safety and hygiene practicum and knowledge. This unit will expose students to the students will be introduced to disciplinary specific meta language and descriptive sensory terminology to coincide with their weekly evaluations. Students will investigate how characteristics and food properties determine preparation techniques and presentation when designing solutions in the kitchen environment.

Year 9/10 Master Chefs (Food Technology)

Students actively engage in learning about food in a variety of settings, enabling them to evaluate the relationships between food, technology, food science, nutritional status, and the quality of life. The course provides students with an opportunity to develop proficiency in food preparation and service through design, project management and evaluations. Students are offered a range of units across four semesters, allowing them to diversify their interests. These units consist of: Introduction to Hospitality, Food Science, Food and Nutrition and International Cookery.

Available Course:

- Year 7 Junior Chefs
- Year 8 Young Chefs
- Year 9/10 Master Chef

MASTER CHEFS

Year 10 VET Hospitality

Certificate I in VET Hospitality SIT10222

Year 10 VET Hospitality: Year-long Course
Duration

Nationally recognised Vocational Training is conducted at UCHS Kaleen. This competency-based course provides students with the opportunity to develop vocational skills and knowledge within the Hospitality industry.

Students work towards a Certificate I in Hospitality SIT10222. There are five nationally recognised units delivered to students to gain their full certification I in Hospitality.

- SITXWHS005 Participate in safe work practices.
- SITHIND005 Use hygienic practices for food safety.
- BSBTWK201 Work effectively with others.
- SITHCCC025 Prepare and present sandwiches.
- SITXCCS009 Provide customer information and assistance.

A Statement of Attainment is awarded for competencies achieved where the full requirements for the qualification are not met. Competencies achieved are eligible for credit transfer if the full, or a related qualification is undertaken in later studies.

Students learn about health, safety and hygiene procedures in the workplace, food and beverage preparation, and service through catering and espresso coffee service. This course has several theory components that are delivered in conjunction with the practical components, including written tasks, quizzes, multiple choice questions, scenarios, and oral questions. Students gain industry experience by taking part in a twice weekly simulated cafe, termly catering opportunities, and simulated service experiences. Other simulated industry experiences can include catering for various school and community events in school and out-of-hours, mentoring catering sessions with network schools and opportunities to work alongside industry professionals for identified functions throughout the year including structured workplace learning SWL.

* *there is a course cost of \$90 (TBC) for the year.*



VET HOSPITALITY



STEM Racing (Formerly F1 in Schools).

The STEM Racing Challenge provides students with an engaging, hands-on experience inspired by the excitement of Formula 1. Central to the program is the **design–make–appraise process**, where students conceptualise, construct, and evaluate a miniature race car by hand. Working in teams, students design their cars, refine their ideas through testing and feedback, and ultimately produce a physical model that reflects both functionality and creativity.

In addition to the core car project, students participate in a range of complementary design challenges that incorporate key physics principles such as forces, motion, aerodynamics, and energy transfer. These tasks encourage creative problem-solving and iterative thinking, allowing students to explore multiple solutions while applying scientific understanding in practical contexts.

Through this integrated approach, students deepen their knowledge of physics, engineering, and design processes, while also developing skills in teamwork, communication, and critical evaluation. The program fosters innovation and adaptability, as students continually refine their ideas and respond to challenges throughout the process.

Available Course

- Year 9/10 Stem Racing





Horticulture

Horticulture activities are integrated into the Farm program for Year 9 and 10. Students plan, design, and cultivate a range of vegetable and ornamental gardens as part of their practical assessments. They learn key skills in propagation, soil management, irrigation, and sustainable growing techniques to support plant health and productivity.

A purpose-built greenhouse provides opportunities for students to experiment with seed germination, cuttings, and plant propagation, with many of the plants grown being used in landscaping projects around the school. Students also take part in farm and garden maintenance projects, including composting, mulching, and sustainable waste management, helping to improve and expand the school's green spaces.

The Year 9/10 Horticulture course also integrates construction and landscape design elements, allowing students to develop practical skills such as, building raised beds, and installing irrigation systems—broadening the course's appeal to a wider range of learners.

The theory component explores plant science, sustainable horticultural practices, innovation and biotechnology, and modern agricultural systems. This combination of theory and hands-on experience helps students understand the vital role horticulture plays in food production, sustainability, and environmental stewardship.

Available Course:

- Year 9/10 Horticulture

HORTICULTURE

Agriculture

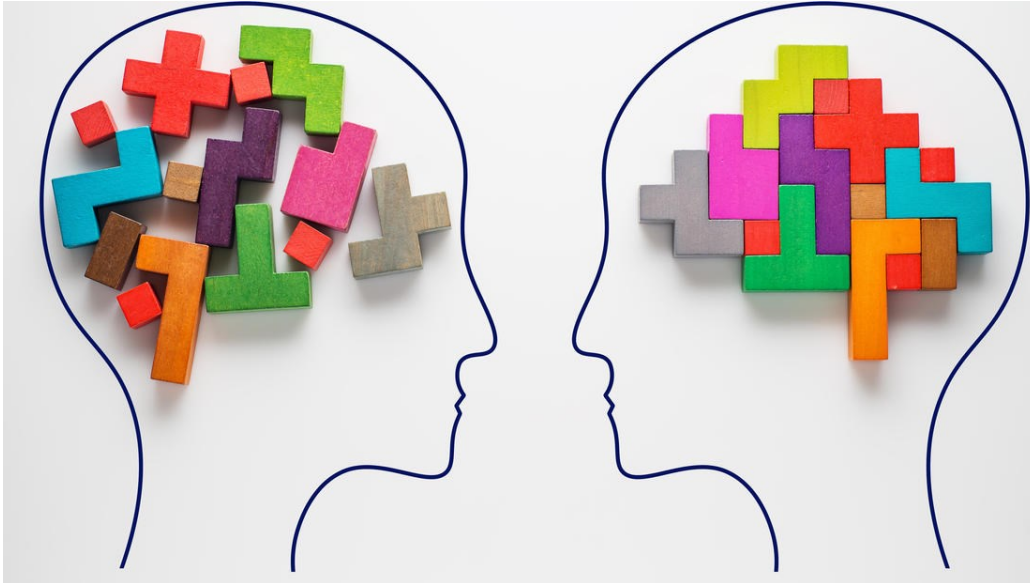
Farm activities are integrated into the program for all year groups. Students plan, develop and cultivate vegetable gardens as part of their assessment. Grazing animals are also kept on the school farm and these include a small herd of Boer goats and alpacas. The goats give birth in the spring which creates great interest with students in the school and provides outstanding learning opportunities. Chickens and ducks are hatched from incubated eggs and students monitor the growth and development of the chicks as a major educational project in the junior. Animal care is also integrated into practical assessment. There is a shade house for plant propagation and these plants have been used in gardens around the school. Farm construction and maintenance projects have recently been integrated into the Year 9/10 course to broaden the appeal to a wider range of students.

The theory component of the course focusses on caring for the breeds of animals on the school farm. We also include modules on sustainable agriculture, innovation and biotechnology, and modern agriculture.

Available Courses:

- Year 8 Agriculture
- Year 9/10 Agriculture





Psychology

Do you have an interest in psychology but aren't really sure what it's all about? It is not just about mental health, but the brain and behaviour.

How does memory work? Are emotions universal? How can we communicate more effectively? How can I persuade someone to do what I want? What is the secret to happiness? Is it ethical to run experiments on humans and animals? These are the types of questions which we will look to answer in UCHSKs psychology elective.

Psychology is the study of the brain, mind and behaviour. In this course we will explore theories and research to understand the thoughts, feelings and actions of those around us. We will use the scientific method to ethically explore psychological concepts and ideas. By studying the brain, it is hoped that students will gain a greater awareness and tolerance for the diversity of those in our communities.

Available Course:

- Year 9/10 Psychology

PSYCHOLOGY

Year 8 Fit For Life

The Fit for Life elective is an energetic and hands-on course designed for students who want to improve their health, fitness, and understanding of what it means to lead an active lifestyle. The course blends practical performance, leadership, and fitness education, helping students set goals, monitor their progress, and take ownership of their personal wellbeing.



Students will explore the key components of fitness — cardiovascular endurance, muscular strength, muscular endurance, flexibility, power, speed, agility, balance, coordination, and body composition — through a series of structured and student-designed training sessions. They will complete fitness testing to identify areas for improvement and develop an individualised plan that targets their personal fitness goals.

A strong focus is placed on leadership and coaching development. Students will learn how to plan and deliver mini coaching sessions, give effective feedback, and design engaging games and activities that promote inclusion and teamwork. This includes opportunities to create and teach Indigenous games, promoting cultural awareness and respect through physical activity.

Throughout the course, students will participate in a variety of fitness-based challenges, including circuit training, interval sessions, strength and conditioning, and outdoor recreational activities. There will also be opportunities for excursions to local fitness facilities, sports centres, or outdoor venues to experience different forms of training and apply classroom knowledge in authentic contexts.

To conclude the semester, students will collaboratively plan and take part in a Mini Olympics, where they can showcase their leadership, creativity, and competitive spirit in a supportive and team-focused environment.

By the end of the course, students will have developed a deeper understanding of the physical, social, and emotional benefits of regular exercise, as well as the skills needed to continue leading a healthy, active lifestyle beyond school.

Available Course:

- Year 8 Fit For Life

FIT FOR LIFE

Year 9/10 Sports Coaching

The Sports Coaching course is a two-year cyclic program that consists of four, semester-long units.

Semester 1 – Unit 1:

The role of the coach, The role of the coach, planning and reviewing coaching sessions, managing risk, the importance of inclusivity, effective communication

Semester 2 – Unit 2:

Anatomy and physiology, types of training, energy systems, sports injuries, sports injury management

Semester 3 – Unit 3:

Sport psychology, Factors that effect performance

Semester 4 – Unit 4:

Ethics in Sport, Olympic Games, Winter Olympic Games, Commonwealth Games, Paralympic Games.

Participation in each unit requires no prerequisite knowledge. Students may choose to study all four units or select the unit/s that is/are of interest to them.

Available Course:

- Year 9/10 Sports Coaching



Year 9/10 Outdoor Education

Outdoor Education: Challenge, Skill, and Resilience



Outdoor Education is an exciting and highly rewarding subject designed to connect students with nature through hands-on activities. This course is a chance to acquire practical skills and forge lifelong memories while undertaking pursuits like Orienteering, Navigation, Surfing, Stand Up Paddle Boarding (SUP), Snorkelling, Archery, Golf, Bushwalking and Snow Sports, in addition to First Aid and essential team building activities. The course strikes a balance between theoretical and practical work. Students learn the crucial environmental aspects of each pursuit.

The extensive and diverse range of experiences in this curriculum is specifically designed to challenge students beyond a traditional classroom setting, fostering significant personal development. By overcoming environmental and physical obstacles, students actively develop greater resilience, adaptability, and independence. Furthermore, collaborative efforts in pursuits like camping emphasize communication and leadership skills, teaching students how to work effectively towards a common goal and make informed decisions under pressure. Ultimately, this course empowers students to become confident, self-reliant individuals with a deeper appreciation for the natural world.

Students are expected to participate fully in all activities to the best of their ability. Please note that the curriculum involves excursions and multi-day camps which will incur a cost.

Available Course:

- Year 9/10 Outdoor Education

