

2025 CURRICULUM OPTIONS HANDBOOK GRADE 9 & 10



"That which is true is mine"



INTRODUCTION

The curriculum offered to students in Grades 9 and 10 at Riverside High is aligned to the Australian Curriculum. All students study a common core of Mathematics, English, Science, History and Health and Physical Education. They also select optional subjects from a wide variety of offerings.

Full year option courses are comprised of two 75-minute lessons per week whereas short courses run for one 75-minute lesson – except for Winter Sport which will occupy 2 x 75 minute periods.

SECTION ONE

CURRICULUM FRAMEWORK

CORE	Maths	Science	English	Health & PE	History
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OPTIONS	FULL YEAR	SHORT COURSES
	2 full year options	{including Winter Sport} short courses
	Line 1	Terms 1 & 4
	Line 2	Terms 2 & 3

THINGS TO CONSIDER WHEN CHOOSING OPTIONAL SUBJECTS

Students should try to achieve a balance between subjects which:

- allow them to pursue individual or career interests
- are suited to their abilities or will extend them in other areas of learning

Students will need to choose subjects from a wide selection in order to broaden learning experiences. Making subject choices based on friends' choices is not recommended. Students may end up in subject areas which don't suit them and there is no guarantee they will be in the same classes as their friends.

While every effort will be made to place students in their **two** favoured year long and **two** preferred half year courses, the choices made **may not** be available due to insufficient numbers opting for a subject or unexpected changes to our school's staffing or timetable arrangements. This is the reason you are asked to nominate additional **reserve** selections.

It is most important that preferences are ranked carefully in each full year and half year section.

FOR MORE INFORMATION

Specific information about individual subjects is available from:

Creative Writing	Mr B Gadsby
Design Technologies: Foods	Mrs T Pedersen
Design Technologies: Wood/Metal/Auto	Mr L Bonney
Digital Technologies: Computing	Mr L Curro
Drama	Ms E McMahon
English	Mr B Gadsby
Health and Physical Education	Mr T Elliott
History	Mr B Gadsby
HPE: Sport Science	Mr T Elliott
Introduction to Sociology & Psychology	Mr S Parry
Languages	Mrs C Coleman-Cox
Mathematics	Ms K Jago
Media	Mr A Child
Music	Mr S Rainbird
Science	Ms K Jago
STEM	Mr R Gregory
Visual Arts	Mrs C Saunders

SECTION TWO

FULL YEAR COURSES

In addition to the five compulsory courses, students will study two optional courses from this group in Grades 9 and 10

Arts: Drama

Arts: Music

Arts: Visual Arts

Design Tech: Foods

Design Tech: Food Design and Enterprise

Design Tech: Metal

Design Tech: Wood

Digital Tech: Computing

English: Creative Writing

HPE: Sport Science (Grade 9)

HPE: Sport Science (Grade 10)

Languages: Japanese

Maths: Maths Extended (Grade 9)

Maths: Maths Extended 10 (Grade 10)

Maths: Maths Methods Preparation (Grade 10)

Science: STEM

Sociology and Psychology

ARTS: DRAMA

The Drama course offered is designed to cater for students of all ability levels and no previous experience in the subject is required, although participation in Grade 8 Drama is an advantage. In this course, students will explore and experiment with the elements of Drama and use performance skills in a range of improvised, devised and scripted drama.

Through the study of Drama students will learn to:

- extend their skills of self-expression and communication
- develop their skills in creative and critical thinking
- think outside the box in situations that involve problem solving and team building while creating/performing
- experiment with the elements of theatre
- develop their performance skills through both devised and scripted stories
- share their work with others both to their peers in class as well as in public settings
- reflect on and critically appraise their own work and the work of others

Students will be required to work both individually and co-operatively as a member of a group on the development of Drama works, which may include performances for the Launceston Competitions and/or a whole class play. These performance opportunities may also require additional rehearsals outside of scheduled class time.

ARTS: MUSIC

The Grade 9/10 Music course is designed to cater for students with a variety of ability levels. No previous musical experience is required but some class or private experience would be useful.

Students will learn to develop skills in performing, improvising, composing, arranging and purposeful listening. The emphasis is on practical tasks where students take active roles as performers.

Students will be given the opportunity to develop expertise in areas of musical interest. This will include being able to perform on at least one instrument as soloists and/or as members of an ensemble. Students will also support their musical knowledge with the development of a wide range of theory components, listening skills and composition techniques. Our Music course is designed to enhance students' development as performers (solo and ensemble), listeners and composers. We encourage our Music students to take part in performances in an environment they feel safe and confident in.

ARTS: VISUAL ARTS

Visual Arts provide opportunities for students to develop and refine their knowledge and skills through the creation and appreciation of art works. Students' understanding of artistic ideas will be expressed through their own images and through the study of other artists and cultures. Familiarity with art terminology will be developed so students can discuss works of art and refer to texts. Students will be encouraged to explore a broad range of ideas and techniques in the areas of Painting, Printmaking, Sculpture, Drawing and Photography. It is expected that students keep a well-resourced Art journal and participate in all projects with a Growth Mindset. They will have an opportunity to exhibit their work and take part in a range of local competitions and community events.

DESIGN TECH: FOODS

This course will encourage students to extend their skills using research and food preparation while planning, preparing, and presenting safe, appealing food that reflects contemporary food trends. Students will be learning to:

- understand how to prepare and present food in a safe and hygienic manner
- read and interpret instructions to complete tasks
- understand how cultural influences have shaped Australian cuisine
- select, use and validate convenience foods to support busy households and budgets
- include staple foods as a key component to a well-balanced diet
- select and prepare food suitable for special occasions, celebrations and entertaining
- recognise the importance of locally produced food for a sustainable future

DESIGN TECH: FOOD DESIGN AND ENTERPRISE

Food and hospitality are one of three largest employment industries in Australia. This course is for those students who have an interest or desire to pursue a career in hospitality. It gives students the opportunity to develop entrepreneurial and employment skills to prepare them for life beyond school. Students will be learning to:

- develop skills in the design, preparation, and presentation of a range of foods
- use the Design Process to develop new and creative food products
- be innovative in the planning and preparation of foods suitable for an enterprise project
- produce advertisements for the sale of food products and develop ingredient lists, cost recipes and work out profit margins for new food items
- develop team building skills for group work and projects
- understand how kitchen safety and personal/food hygiene impacts on the health and wellbeing of others
- undertake and complete a safe foods handler course

DESIGN TECH: METAL

This subject aims to introduce students to various areas of metal technology through the design and construction of metal work projects. This course requires students to adopt common work practices such as being safe, co-operating with fellow students and personally challenging themselves to be active learners. It concentrates at first on general hand skills, materials and workshop techniques. As skills are acquired, students are encouraged to design their own projects and apply the appropriate theory to each task.

Units studied include an introduction to fitting, sheet metal working, lathe operation and welding. The emphasis is on tools, machining, fitting, joining and accurate fabrication. This course is underpinned by the National Curriculum, therefore an emphasis on enterprise, design and sustainability are key factors. Students create, adapt and refine design ideas, processes and solutions and justify their decisions against developed design criteria that include sustainability.

Students will be trained in metal fabrication equipment such as a metal lathe, together with Plasma cutting and MIG welding. These skills are focused on developing students for a modern workplace. All students will need safety glasses and an apron to participate in the workshop.

DESIGN TECH: WOOD

In this subject, students will have opportunities to use design and technical knowledge, as well as improve their understanding of processes and production to produce solutions to identified needs or opportunities. A set project will be completed to framework skills and knowledge. Students are then encouraged to initiate a project of their own choice.

They will use creativity, innovation, and enterprise skills to enable them to work with independence and with others in a safe and collaborative manner. This course is underpinned by the National Curriculum, therefore an emphasis on enterprise, design and sustainability are key factors. Students create, adapt and refine design ideas, processes and solutions and justify their decisions against developed design criteria that include sustainability.

Using a range of technologies students will be asked to initiate original ideas and identify the steps involved in planning the production of their design solutions. They develop project management plans incorporating elements such as processes, cost, and actions to manage a range of design tasks. Students will also need to critically evaluate their completed project to show their understanding. All students will need safety glasses and an apron to participate in the workshop.

DIGITAL TECH: COMPUTING

Grade 9/10 Digital Technologies is designed for students who may wish to pursue a career working in the IT industry. The course covers both the trade and the tertiary pathways, providing students with the opportunity to further their knowledge and advance their skills in computer hardware, coding, networks. Data manipulation and visualisation, security, and much more.

In this subject, students will be learning to:

- explore the fundamental aspects of script coding and video game development through the Python programming language.
- comprehend data transmission, interpretation and visualisation through both spreadsheet and database development.
- solve hardware and software problems using computational thinking
- understand the purpose and function of computer components and architecture
- explore the primary threats to computer systems and the security measures regularly practiced to minimise these threats.

Students discover valuable transferrable skills such as: efficient problem solving, digital literacy and resilience and teamwork – all of which are increasingly sought after in future workplace sectors. It is highly recommended for those students who enjoy computing, wish to progress their skills in digital systems and/or advance understanding in digital technologies for further education in computer science.

ENGLISH: CREATIVE WRITING (9/10)

This course is for students who enjoy writing and will enable them to develop skills in the craft of writing for personal, imaginative, and informational purposes.

In this course, students will learn to:

- create literary texts by selecting and adapting appropriate text structures, literary devices, language, auditory and visual structures, and features for a specific purpose and intended audience
- creating texts that refer to themes or make particular connections to texts, for example writing crime fiction or romance short stories
- develop their skills in planning and editing a text, including peer assessment

Students will build a folio of their writing (including narratives, poetry, journalistic style, scripts, descriptions, and digital texts) and develop skills in planning, design, editing, word processing, and proofreading their writing.

Students have an opportunity to enter young writers' competitions such as the national Write a Book in a Day competition, the Red Room Poetry competition, and the Launceston Competitions. Students will also have the opportunity to attend workshops with visiting authors and creators.

Creative Writing is a good introduction to:

English Writing (pre-tertiary course in Grades 11 and 12)

English Literature (pre-tertiary course in Grades 11 and 12)

English Communications (pre-tertiary course in Grade 11 and 12)

Media Production (pre-tertiary course Grade 11 and 12)

HPE: SPORT SCIENCE 9

Sport Science is an excellent introduction for students wishing to pursue careers in nursing, childcare, the fitness industry, teaching, physiotherapy or to gain knowledge to enhance their own and others' sporting performance. In this theory-based course, students will learn to:

- access, synthesise and apply health information from credible sources to propose and justify responses to health situations
- apply decision-making and problem-solving skills when taking action to enhance their own and others' health, safety and wellbeing

This syllabus provides students with an opportunity to develop an understanding and appreciation of the importance of physical fitness and knowledge of the way the body operates for optimal performance. In the course students will study: Body Systems, Fitness and Skill Concepts and Sports Injuries. No previous experience is required.

HPE: SPORT SCIENCE 10

Sport Science is an excellent introduction for students wishing to pursue careers in nursing, childcare, the fitness industry, teaching, physiotherapy or to gain knowledge to enhance their own and others' sporting performance. In this theory-based course, students will learn to:

- access, synthesise and apply health information from credible sources to propose and justify responses to health situations
- apply decision-making and problem-solving skills when taking action to enhance their own and others' health, safety and wellbeing

This syllabus provides students with the opportunity to develop a basic understanding of performance in sport, physical conditioning, skill acquisition and sport psychology. The effect of nutrition and hydration on performance will also be covered. No previous experience is required.

LANGUAGES: JAPANESE

Study Japanese in 2025 and take your language learning to new heights. Grade 9/10 Japanese is designed to extend on prior learning from Grade 8 and before. Students will continue using hiragana and basic kanji and will learn to express foreign words with katakana. Students may have the opportunity to connect with students studying English in Japan and make lifelong, international friendships. Students will learn to make plans, talk about school, hobbies, characters, and school festivals. Cultural activities include kimono wearing, calligraphy,

tea ceremony, Japanese cooking and more! Learn Japanese and extend yourself to communicate in a foreign language, opening up opportunities for Grade 11/12 and beyond. Full year Japanese is aligned to the Australian Curriculum standards and students will develop skills and complete tasks that meet curriculum standards.

MATHS: MATHS EXTENDED (Grade 9)

This course provides students with more grounding in concepts required for future careers and study in Mathematics. In this course, students will gain deeper insight into mathematical structures and techniques outside of the usual Grade 9 Mathematics syllabus. Topics include but are not exclusive to number pattern and ordering techniques, indices and logarithms, surds, and matrices through which students develop their critical thinking and problem-solving skills. This course is helpful for students who wish to study “Maths Methods Preparation” in Grade 10, develop skills for Mathematics beyond Year 10 and have an enquiring mind. As part of the course, students will participate in the Australian Mathematics Competition. Acceptance into this course is conditional: students should have ideally obtained an above standard rating in Grade 8 Maths.

MATHS: MATHS EXTENDED 10 (Grade 10)

This course gives students additional lessons each week, to study their Grade 10 Maths content and consolidate their understanding. This provides an opportunity to prepare for Grade 11 College maths courses. For students who need extra support, this course will meet the student where they are at and allow a more individualised approach to learning, with a focus on improving the necessary skills to achieve their potential. Students will follow the same curriculum as their core maths class and be provided with time to complete assignments and revise for upcoming maths tests. Ideally students undertaking this course are motivated and eager to extend their Mathematics understanding.

MATHS: MATHS METHODS PREPARATION (Grade 10)

This course gives mathematically competent students an opportunity to prepare for Grade 11 Maths Methods Foundation 3C or Maths Methods 4C courses at College; giving them the opportunity to pursue Maths Specialised 4C in Grade 12. Students will learn to make connections between the rules and graphs of Linear, Quadratic, Cubic, Quartic, Exponential and Logarithmic Functions. As part of this course students will participate in the Australian Maths Competition. Acceptance into this course is conditional: students should have ideally obtained an above standard rating in Grade 9 Maths.

SCIENCE: STEM

The full year STEM course is aimed towards students wanting to extend their skills within science and technology and those who enjoy the competitive nature of a diverse range of problem-solving challenges. There is a strong emphasis on students being creative and designing resources for specific challenges along with items of personal interest using a range of available technologies. Students will complete many diverse challenges which can range from constructing and launching rockets, producing race cars, electronic coding using Microbits and scale model house design and construction using laser cutting and 3D printing as just a few examples.

For those students specifically interested in competing in the F1 in Schools Challenge, this course will provide them with the time, support and resources available to work towards competing in a state and national final.

Over the course of Term 1, interested students will have the opportunity to participate in the Science and Engineering Challenge and experience some of the key activities during this time. Students will be learning to use the engineering design process and develop skills in using 3D printing, laser cutting and CAD software.

Students will work in a team-based environment and enhance their 21st Century skills of communication, collaboration, critical thinking and creativity.

The core focus within this course is to build a stronger link between scientific concepts and the design and evaluation of the challenges undertaken. There will also be a core component of research and theory to help support the projects being undertaken and to expand students' general scientific and engineering knowledge.

For those considering STEM oriented classes at college, then the skills gained within this class will be beneficial should they enrol into Engineering Design and specific STEM courses.

SOCIOLOGY AND PSYCHOLOGY

Have you ever thought about what makes you tick, or why certain people think about society in certain ways? Sociology and Psychology invites you to delve into the mechanics of humanity by introducing you to the concepts of sociology (how we interact together) and psychology (the study of our mind).

In this course, students will be learning:

- key concepts of psychology, such as the brain and its inner workings, lifespan development, communication, anti-social behaviour and forensic psychology
- key concepts of sociology, such as youth culture, socialisation, gender and family
- to understand how these concepts shape us as individuals through our personalities and interactions with others
- to understand how society has developed and culture has changed over time

In this full-year course, you will learn more about how human behaviour is developed through the lifespan, including a specific focus on youth and adolescent culture. It will look at how societies interact, and how individual personalities impact the decisions a society makes.

Providing a mixture of each discipline throughout the course, you will begin to understand the way that people work together, and how you can contribute to some of the big issues of our time.

This course is designed to lead into Level 3 courses in Grades 11 or 12.

SHORT COURSE OPTIONS
WEDNESDAY BLOCK 3 & 4

Students may study up to a maximum of four from the following courses.

Rank choices 1 - 6

If selecting to do a Winter Sport, make that choice Rank 1

Arts: Media Production

Arts: Music Performance & Production

Arts: SK8 Paint

Arts: Theatre Skills

Arts: Visual Arts – Drawing

Arts: Visual Arts - Printmaking

Arts: Visual Arts – Sculpture

Design Tech: Functional Foods

Digital Tech: Making Computer Games

Design Tech: Wood And Metal Crafts in Education

English: Journalism

HASS: Geography

HASS: Legal Studies

HPE: First Aid

HPE: Fitness Applied

HPE: Gym Activities

HPE: Sport Leadership

HPE: Sport and Recreation

HPE: Strength and Conditioning

Science: Extension

Science: Forensic Science

Science: STEM

CAP: Career Awareness Program (Grade 10 only; required if selected: Terms 1 & 4)

Peer Mentors (Grade 10 only; required if selected: Terms 1 & 4)

Prefects (Grade 10 only; required if elected: Terms 1 & 4)

These are opportunities for students to be placed in.

Winter Sport: Australian Rules Football (Boys)

Winter Sport: Australian Rules Football (Girls)

Winter Sport: Hockey

Winter Sport: Netball

Winter Sport: Soccer Outdoor

(WINTER SPORT)

[Block 3 & Block 4 in Terms 2 & 3]

ARTS: MEDIA PRODUCTION

Media is a means of mass communication that is evolving with changes in technology. In this course, students will create content in a variety of forms for others to consume.

In this course, students will learn to:

- analyse a range of techniques to understand the best practice for effective communication for a variety of purposes
- engage with technology in order to communicate information for a varied audience

Students may choose to focus on one or all aspects of Media, namely journalism, radio, podcasting, film making, print media, photography, video, television, and multimedia including social media and other online e-content. Media involves students creating and analysing media products and developing an understanding of the way media texts are produced, circulated, and understood. Students will complete a range of activities and build skills in facets of media production of interest to them and create product(s) for others to consume while using a range of equipment, software and other resources. This may include recording their own podcast series, creating a short film for local and national competitions, engaging with a range of tools to create digital pieces, and curating social media accounts (both visual and text).

ARTS: MUSIC PERFORMANCE & PRODUCTION

This course is a well-rounded program that combines the essentials of sound engineering and musical performance. This integrated curriculum covers the basics of sound physics and microphone technology, live performance setup, and studio recording techniques using industry-standard software. Students will also develop mixing and production skills while enhancing their abilities for solo and ensemble performances, including improvisation, arrangement, and attentive listening. Collaboration within ensembles, where cover songs and original compositions are explored, fosters teamwork which is key aspect of success in the music industry. This course aims to build students' confidence in music creation and live performance, providing a solid foundation for future pursuits in audio design, music production, or performance careers.

ARTS: SK8 PAINT

This course is only able to be completed once during Years 9 and 10.

Students will be given the opportunity to create their own contemporary image to be painted onto a skateboard deck. They will be inspired by a range of ideas and art genres to develop a series of designs that can be transferred onto their boards. Students will approach this project by learning the design process, where designs will be developed, boards prepared through sanding and priming, artistic design completed, and sealed with quality varnish for a long-lasting skateboard.

ARTS: VISUAL ARTS - DRAWING

Students will explore the world of drawing from traditional techniques to new approaches. Drawing practices range from figurative to abstract which are created using pencil and charcoal. No previous experience is required.

ARTS: VISUAL ARTS - PRINTMAKING

Students will explore a range of themes and concepts using a variety of printmaking techniques. These will include: relief printing, etching, screen printing and mono printing. No previous experience is required.

ARTS: VISUAL ARTS - SCULPTURE

This course will provide opportunities for students to develop and refine their knowledge and skills through the creation and appreciation of 3D art works. Students' understanding of artistic ideas will be expressed through the study of a range of artists with a focus on First Nations People's making practices. Familiarity with art terminology will be developed so that students can discuss works of art and refer to texts. Students will be encouraged to explore a broad range of ideas including ephemeral, ready-made and ceramics. It is expected that students keep a well-resourced art journal and participate in all projects with a growth mindset.

ARTS: THEATRE SKILLS

Grade 9/10 Theatre Skills is a subject for those who wish to progress their knowledge and skills in drama by developing their creative thinking and performance skills through improv. games and activities.

In this course, students are learning to use their creative thinking skills to create characters and scenes in-keeping with the rules of different Theatre Sports games, including: Space Jump, Death in a Minute, Props, Super Heroes and Scene Three Ways.

Students will be learning to work cooperatively, share ideas, build on others' ideas, and collaborate on extended devised scenes, which students may choose to share with a range of audiences. This option class also provides an opportunity for those students who may have had little experience with Drama, to build their confidence and develop their group work skills, by participating in improvised performance work in a supportive and encouraging environment.

DESIGN TECH: FUNCTIONAL FOODS

Cooking is a life skill, and it is important to be able to choose recipes that are easy and adaptable for young adults that lead busy lifestyles. Students will work in pairs or groups to prepare and cook a range of meals that suit many needs and occasions, such as school and work life. There will be a focus on using both convenience and fresh local produce to make quick, nutritious, and tasty foods. Students will learn to:

- work co-operatively with others
- master basic techniques of food preparation
- prepare food in a safe and hygienic manner
- read and interpret instructions to complete tasks
- think about food presentation
- understand how to use equipment and materials safely

DIGITAL TECH: MAKING COMPUTER GAMES

Students will discover what makes an enjoyable game by exploring game programming and design processes. By creating new games and modifying existing games, students will learn about game styles, animation, and programming. They will explore the history of computer games, learning about what makes for successful games. Students will work individually and in small groups, working collaboratively in the development of their own computer game using a variety of software platforms.

DESIGN TECH: WOOD AND METAL CRAFTS IN EDUCATION

This half year course is aimed at students wishing to use the MDT workshops to make small, engaging projects for home or sale. Students will be encouraged to use entrepreneurial and recycling skills to design and make project solutions.

A taste of the workshop skills and processes available can be used by students to best service their project design and needs. This course is can be accessed by experience students or beginners who have not operated in the workshop for several years. They will use creativity, innovation, and enterprise skills to enable them to work with independence and with others in a safe and collaborative manner. All students will need safety glasses and an apron to participate in the workshop.

ENGLISH: JOURNALISM

This course will involve learning the role of print, digital, and broadcast journalism and develop skills in creating material across a variety of mediums.

In this course, students will learn to:

- research, plan, and construct texts based on different audiences and apply a range of journalistic skills
- recognise a range of structural and stylistic variations within the media based on the purpose
- examine the power that texts (including visual texts) have to persuade and manipulate
- develop their planning and editing skills in addition to working collaboratively

They will have an opportunity to contribute articles, pictures, features, and profiles to different school-based publications including Newsletters, Panta Rei, and other digital platforms. Participants will have an opportunity to work with experts from media outlets and build their knowledge and skills in communication and the media.

This course combines a range of literacy-based skills within an authentic learning environment and allows students to hone their understanding of the media in the real world.

HASS: GEOGRAPHY

Grade 9/10 Geography is a subject for those who have an interest in, and want to extend their knowledge of the world we live in.

In this course, students are learning to: analyse interconnections between people, places, and environments and explain how these interconnections influence people and change places and environments.

Students will be learning about the world, where people live, and why. We will look at some of the following topics: Biomes and Food Security, Environmental Change and Management, World Living Standards, and General Geographic Skills. This subject would be useful for students who are aiming to study the following courses in Grade 11 or 12: Australia in Asia and the Pacific 3, Modern History 3, Geography 3, and Asian Studies.

HASS: LEGAL STUDIES

Are you interested in the law? Have you considered how it might apply to you? In Legal Studies, you will gain an understanding of what is law, how it is created, and how it is administered in Australia.

In this course, students will learn to:

- recognise the key features of the Australian judicial system
- understand the court system including roles and hierarchy
- examine the role of the High Court in interpreting Australian Law
- recognise how our international legal obligations reflect government policy

Students will attempt to solve fictional cold case murders and then use their understanding of the case to examine the investigative process and the rights of the accused. After their investigation, students then progress their accused through the trial system studying the role of juries and sentencing.

Students may also have an opportunity to attend courtrooms to view trials in action and hear from members of the legal profession.

HPE: FIRST AID

This course will give students the skills to complete a first aid certificate but there is no statement of attainment received through undertaking this course. This is a practical and theoretical course giving students an understanding and knowledge of basic First Aid procedures, management of illnesses and injuries and how to administer CPR.

In this course, students will learn to:

- apply decision-making and problem-solving skills when taking action to enhance their own and others' health, safety and wellbeing

The course examines various first aid scenarios and provides students with the knowledge and competency to make informed decisions whilst administering first aid.

HPE: FITNESS APPLIED

Formally, the Athlete Development Program, this course is designed for students who are committed to a training and competition program focusing on the learner's preferred sport.

In this course, students will learn to:

- apply and transfer movement concepts and strategies to new and challenging movement situations
- apply criteria to make judgments about and refine their own and others' specialised movement skills and movement performances

The course explores current approaches to sports fitness and gives learners opportunities explore concepts attached to high performance. The class will be led in group activities to improve fitness both in a fun and engaging environment.

HPE: GYM ACTIVITIES

This course will provide a fun and enjoyable experience of both traditional and non traditional games that can be played in our school gym. Students will be given learning experiences that foster team cohesion and provide leadership opportunities. These activities will provide a blend of fun, relaxation and physical activity. This is a course for those that wish to remain active during Terms 2 and 3 but do not wish to play any of the Winter Sport options. *This is an option only for Terms 2 and 3.*

HPE: SPORTS LEADERSHIP

This course is designed to give back to the community in a variety of ways through sports leadership. Within this course, students will have the opportunity to be involved with a local sports club or school where they can support through either coaching, umpiring or as a sports trainer.

Through this practical and theory-based course, students will undertake Level 0 accreditations in coaching, umpiring and sports training. For students already qualified in their chosen sport, support will

be given to obtain upgrades in those awards. Links will be created with primary schools and local sports clubs where students can make a commitment to support a team/club. Students will gain an understanding as to the importance of volunteers within community level sport and what they can do to support as they get older.

HPE: SPORT AND RECREATION

The course includes a unique blend of both aspects of sport and recreation. In this course, students will demonstrate leadership, fair play and cooperation across a range of movement and health contexts. The Sport and Recreation course provides learning experiences that engage and develop learners through participation in physical activities that help the individual to refresh or reconnect with organised sports. Recreation activities have the purpose of relaxation, health and wellbeing or enjoyment. Sport is recognised as involving physical exertion and skill as the primary focus of the activity.

HPE: STRENGTH & CONDITIONING

This course will provide the knowledge and skills to understand, apply and design training programs which can enhance an individual's performance.

In this course, students will learn to:

- apply and transfer movement concepts and strategies to new and challenging movement situations
- apply criteria to make judgments about and refine their own and others' specialised movement skills and movement performances

Students should note that there is both a theoretical and practical component to this unit. Areas that will be discussed include the major muscles of the body and all major forms of weight training (for fitness, sport, body building). Resistance training will be focused on both inside and outside the weights room.

SCIENCE EXTENSION

This subject is for Grade 9 and 10 students considering undertaking science-based courses at college such as Biology, Environmental Science and Physical Sciences, and would benefit from refining their knowledge and practical skills within this subject area.

Students will have the opportunity to complete work within the main streams of science which elaborates on what has been covered within the general Grade 9-10 curriculum. This will involve a balance of theoretical work and practical activities designed to improve understanding and skills with the goal of helping students build confidence when moving into science-based courses at college. Many experiments are designed to build a stronger understanding of the links between science and real world concepts and using equipment not normally used within general science classes.

SCIENCE: FORENSIC SCIENCE

This course is designed to introduce students to a range of basic forensic techniques used by crime scene investigators and their laboratory-based scientists to solve crimes.

Students will learn basic forensic skills such as fingerprinting, fibre, ballistics and blood stain analysis and making plaster casts. They will also investigate scenarios reflective of a hypothetical crime and analyse the evidence provided to gain an understanding of how crimes are solved.

Web based programs, video of actual cases and internet research will be used in addition to practical activities to give an insight into the field of forensics.

SCIENCE: STEM

The STEM half year course is designed to offer students a diverse range of experiences where they can build their design and construction skills through a STEM focus or to work towards competing in the State F1 in Schools Challenge,

For those students wanting to extend their skills within Science and Technology and who enjoy the competitive nature of a diverse range of scientific challenges, and the technologies behind them, this course combines the skills of laser cutting and 3D printing into a range of team challenges.

Students will be learning to identify the basic engineering design principles and develop skills in 3D printing, laser cutting and CAD software. Many tasks will be reflective of the Grade 9/10 Science and Engineering Competition.

WINTER SPORTS TEAMS

Sports teams represent the school and players will be selected on their ability and merit. Players are therefore expected to play in the team determined by the coaches from selection training. Winter sport selection means that successfully selected students will have one fewer short course than otherwise because Winter Sport will run across both Lessons 3 and 4 on a Wednesday afternoon.

Riverside High is proposing to enter **the following teams** in the Wednesday Winter roster:

- Australian Rules Football (Boys)
- Australian Rules Football (Girls)
- Hockey
- Netball
- Soccer Outdoor

CAP: CAREER AWARENESS PROGRAM (Grade 10 only: Terms 1 & 4)

This is a compulsory short course for Grade 10 students who have been selected in the Career Awareness Program (CAP). This class will focus on work readiness with an aim to start work placements from Term 2. Students will develop resumes and build relevant skills for a range of vocational endeavours such as opportunities to attain their White Card, RSA, etc. A major focus of CAP will be pathway planning for Grade 10 and the future.

PEER MENTORS (Grade 10 only required if selected: Terms 1 & 4)

This compulsory course for selected Peer Mentors will enable students to further develop their leadership, communication, interpersonal skills, and capacity to support others to realise their potential. As required students for this course, they are supported to complete their own schoolwork while fulfilling their obligations as Peer Mentors. They will work with junior school students to support transition into high school, enhance their wellbeing and confidence and enable them to feel valued and supported with their learning. A considerable part of the role is to support junior students by working at their shoulder to help them gain access to learning that otherwise would prove challenging for them. The Peer Mentor teacher co-ordinator will be timetabled to take this course. Consequently, fewer overall short courses choices are available to Peer Mentors. Students will be placed in this course when selected.

PREFECTS (GRADE 10 only; required if elected: Terms 1 & 4)

This is a compulsory short course for students who have been elected as Prefects. This time will be made available to support the duties required to fulfill leadership responsibilities and to catch up on assignment work if things get too demanding. Prefects are required to take this course. The Prefect co-ordinator teacher will support Prefects during this time. Consequently, fewer overall short courses choices are available to Prefects. Students will be placed in this course when elected.