

# Year 10 Course Guide 2024



Carrum Downs Secondary College  
*Respect Integrity Effort*

# In This Guide

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## IMPORTANT DATES

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|   |            |
|---|------------|
| Parent Information Session              | 13/06/2023 |
| Students Edval Code and Selections Open | 13/06/2023 |
| Course Selection Interviews             | 19/06/2023 |
| Edval Subject Selections Close          | 20/06/2023 |
| Confirmation of Courses                 | Term 3     |

## INTRODUCTION

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It is the goal of Carrum Downs Secondary College that all students have a successful pathway to university, TAFE or full-time employment. It is essential that students transitioning to the senior years plan carefully and make informed decisions that enable them to fulfil both academic and personal goals.

The best advice is to choose studies:

- which the student enjoys
- in which the student is likely to achieve success
- that the student may need for future study (prerequisites) or work
- which maintain and develop the student's special skills and talents

Carrum Downs Secondary College is committed to supporting you and your child as they commence the next stage of their career journey. Throughout the year, students have engaged in careers focused assemblies, course counselling and Pastoral Care activities that have prepared them to consider options for 2024. The pinnacle of this process is to select specific Year 10 pathways and subjects, with the support of course counselling interviews.

## YEAR 10 CURRICULUM STRUCTURE

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The focus of our year 10 program is around providing students with as much choice as possible. The College aims to provide an enjoyable, relevant, broad and rigorous teaching and learning program that provides both preparation for Year 11 and 12 as well as the training and guidance for future careers. During Year 10, there is an opportunity for students to study a VCE subject.

All mainstream year 10 students must complete subjects from the following learning areas:

- English (full year)
- Maths (full year)
- Humanities (one semester)
- Science (one semester)
- Health & Physical Education (one semester)
- Pastoral Care (full year)

In a standard Year 10 course (i.e. one without a VCE subject), students will then have five elective subjects to select. Students are encouraged to consider their future pathways and select subjects tailored to their interests and supportive of their future goals.

# YEAR 10 CURRICULUM STRUCTURE

| Semester 1  | Semester 2  |
|---|---|
| <p>ENGLISH</p> <p><u>Compulsory – choose one:</u></p> <p>Core English<br/>Advanced English<br/>Everyday English</p> <p>8 periods per fortnight</p>  |   |
| <p>MATHS</p> <p><u>Compulsory – choose one:</u></p> <p>Core Mathematics<br/>Advanced Mathematics<br/>Everyday Mathematics</p> <p>8 periods per fortnight</p>  |   |
| <p>SCIENCE</p> <p><u>Compulsory – choose at least one:</u></p> <p>Biology &amp; Environmental Studies<br/>Chemistry<br/>Physics<br/>General Science</p> <p><u>Other:</u></p> <p>STEAM<br/>Psychology<br/>CAD/CAM with Laser<br/>Electronics</p> <p>8 periods per fortnight</p>          | <p>HUMANITIES</p> <p><u>Compulsory:</u></p> <p>Core Humanities</p> <p><u>Other:</u></p> <p>Legal Studies<br/>History's Mysteries<br/>Geography Matters<br/>Economics</p> <p>8 periods per fortnight</p> |
| <p>HEALTH &amp; PHYSICAL EDUCATION</p> <p><u>Compulsory:</u></p> <p>Core Health &amp; PE</p> <p><u>Other:</u></p> <p>Advanced PE<br/>Fitness &amp; Performance<br/>All Sorts of Team Sports<br/>Health &amp; Human Development<br/>Outdoor Education</p> <p>8 periods per fortnight</p> | <p>ELECTIVE 1</p> <p>8 periods per fortnight</p>  |
| <p>ELECTIVE 2</p> <p>8 periods per fortnight</p>  | <p>ELECTIVE 3</p> <p>8 periods per fortnight</p>  |
| <p>ELECTIVE 4</p> <p>8 periods per fortnight</p>  | <p>ELECTIVE 5</p> <p>8 periods per fortnight</p>  |
| <p><u>PASTORAL CARE</u></p> <p>2 periods per fortnight</p>  |   |

# Senior Pathways

## PREPARING FOR SENIOR PATHWAYS

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Subject selection at year 10 is all about preparing for possible future pathways and exploring different subjects and to help students make informed pathway decisions about their senior pathways. Whilst students entering year 10 do not yet need to decide their senior pathway, it is worth keeping these future options in mind as they are selecting their courses for year 10.

### VCE GENERAL

The *Victorian Certificate of Education (VCE)* is a 2 year academic program offering a broad selection of subjects providing pathways to further study at University, Technical and Further Education (TAFE), Apprenticeships, Traineeships and employment. Students entering Year 10 may be eligible to begin their VCE early by studying one VCE subject (NB- requirements apply for this. See following section in this handbook).

### VCE VOCATIONAL MAJOR

The *VCE Vocational Major (VCE VM)* is a 2 year program offering students the opportunity to develop both academic and practical skills. The certificate provides core subjects that build on the knowledge and attributes supporting students to make informed choices about education and employment pathways. It opens pathways to Technical and Further Education (TAFE), Apprenticeships, Traineeships and employment.

### VET

As part of VCE courses a *Vocational Education and Training (VET)* subject can be chosen. This means that the student will be undertaking training in a specific vocational area, for instance hospitality, agriculture, information technology or engineering. As part of a VCE Vocational Major program it is compulsory to elect a VET subject. A VET program contributes to the VCE or VCE VM in the same way that other studies contribute, however only scored VET programs with exams contribute towards an ATAR (Australian Tertiary Admission Rank) score. All VET subjects are discussed in more detail later in this booklet. *Although it is important to be aware of VET, it is currently only offered to Year 11 and 12 students and students undertaking the Year 10 Applied Learning at CDSC.*

### SBAT/HEADSTART

Another way for vocational training to contribute towards a VCE certificate is through a *School Based Apprenticeship or Traineeship (SBAT)*. This is a part-time apprenticeship/Traineeship program where the student's timetable is tailored to ensure that there is a suitable mix of necessary core subjects as well as an ability to accommodate the employment requirements of the SBAT. *These opportunities are only available in certain vocations and students will need to meet certain attendance and academic requirements to be considered. Students can apply at year 10, 11 & 12 levels.*

# VCE Accelerated Study in Year 10

Students undertaking a standard Year 10 course have the option to choose a Year 11 subject. Students who do this will aim to finish their Year 12 subject when they complete Year 11. There are many benefits to accelerating students into VCE studies early, however students must meet minimum academic prerequisites and be willing to meet the work expectations required.

Some of the benefits of undertaking a VCE accelerated study:

- Having a 6<sup>th</sup> Unit 3/4 subject to include in your ATAR score
- Having the experience of studying a VCE subject a year early rather than entering a full VCE program, including the experience of SACs (School Assessed Coursework) exams
- Challenging yourself academically

Expectations of students undertaking a VCE accelerated study:

- Being prepared to commit between 3-5 hours per week for study and homework
- Attending all lessons, with the only exception being due to illness (medical certificate)
- Be organised in your approach to learning and stay up to date with work outcomes

Year 10 Accelerated Study is accompanied by a huge commitment and an increased workload for students and it is only recommended to students who meet specific criteria. Ultimately, students will be learning 12 months ahead of the expected Year 10 level. An application form is required for students seeking to undertake an accelerated study.

Subjects Offered for accelerated study to year 10s with their prerequisites

| Unit 1 Accelerated Study   | Relevant Year 9 Classes | Required Grades from Assessment  | Other Requirements  |
|----------------------------|-------------------------|--|---|
| Biology                    | English, Science        | Assessment results of at least year 9 standard for mid-year – Victorian Curriculum Level 8.5 | Most learning behaviours from Semester 1 Progress report at excellent or very good<br><br><u>and</u><br><br>Outstanding attendance of higher than 95% |
| Business Management        | English, Humanities     |  |   |
| Geography                  | English, Humanities     |  |   |
| Health & Human Development | English, Health         |  |   |
| Legal Studies              | English, Humanities     |  |   |
| Psychology                 | English, Science        |  |   |
| Outdoor Education          | English,                |  |   |
| General Mathematics        | Maths                   |  |   |

Considerations for accelerated study:

- It is not guaranteed that all students who apply for accelerated study will be offered a place in their accelerated program – places are limited
- There is an application form that must be submitted by students considering an accelerated study. These are accessed from and must be submitted to the Careers office.

# Advanced Study in English & Mathematics

As part of our core program students may elect to undertake the subjects of Advanced English and/or Advanced Mathematics. These subjects are aimed at extending students who are already achieving strong results and who are looking for that extra challenge when it comes to their core studies. It is important to note that Year 10 Advanced Mathematics is a prerequisite for Year 11 Mathematical Methods – meaning that any student considering a high level Science or Mathematics pathway involving the subject Mathematical Methods must undertake Advanced Mathematics.

Some of the benefits of undertaking an advanced subject

- More dedicated time focused on the more challenging aspects of the chosen study
- Higher level academic focus will prepare students well for their future VCE studies
- Advanced Mathematics is a prerequisite for Year 11 Mathematical Methods

Expectations of students undertaking a year 10 advanced study

- Being prepared to commit between 2-3 hours per week for study and homework per subject
- Attending all lessons, with the only exception being due to illness (medical certificate)
- Be organised in your approach to learning and stay up to date with work outcomes

Year 10 Advanced Subjects have an increased workload and academic level for students compared to our standard core program, therefore it is only recommended to students who meet *either* 1 of the 2 specific criteria. This will be discussed during the Course Selection Interviews and an application form must be required for students seeking to undertake an advanced study.

Subjects Offered for accelerated study to year 10s with their pre-requisite criteria

*Note that students must meet 1 of the following 2 criteria*

| Advanced Study       | Relevant Year 9 Class | Criteria 1   | Criteria 2   |
|----------------------|-----------------------|--|--|
| Advanced English     | English               | Assessment results at or above year 9 standard for mid-year – Victorian Curriculum Level 8.5 or 9.0 or above | Assessment results of at least year 9 standard for mid-year – Victorian Curriculum Level 8.5     |
| Advanced Mathematics | Mathematics           |  | <u>and</u><br>Most learning behaviours from Semester 1 Progress report at excellent or very good |

Considerations for accelerated study:

- It is not guaranteed that all students who apply for advanced study will be offered a place in their accelerated program – places are limited
- There is no guarantee that once a student has commenced an advanced study that they will be able to “drop back” to a core class at a later time if they change their mind.
- There is an application form that must be submitted by students considering an advanced study. These must be submitted to the Careers office and preference will be given to timely applications.

# Year 10 Applied Learning Pathway

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The Applied Learning Pathway is an alternative to the mainstream pathway that provides students entering Year 10 the opportunity to engage in applied learning which will be practical in nature and provide an opportunity to begin vocational studies.

The pathway has been created to cater for students intending to engage in a VCE VM pathway in Year 11 and 12. There are four core subjects that all Applied Learning Pathway students complete together:

1) Applied Literacy

Students will study selected texts that will link to the context of applied learning. This class will develop communication techniques, written and reading styles.

2) Applied Numeracy

Students will study applied numeracy to support their interests in the area of trades and everyday mathematics using a variety of tasks and activities.

3) Future Work Skills

A program developed to support students thinking about what makes an effective worker. Students will complete hands-on projects they will complete throughout the year.

A program to support students to develop in the area of personal skills such as:

- Social responsibility
- Civic and civil responsibility
- Improved self-confidence and self-esteem
- The development of self
- Valuing civic participation in a democratic society
- Building community

4) Applied Physical Education

Applied Physical Education is the health and sport program that we run as part of our Applied Learning Program. It is essential that students engage in at least 100 minutes of physical activity per week, and students will complete units that study different aspects of sport and movement.

Students undertaking the Year 10 Applied Learning Pathway will complete a VET qualification (Certificate II in Horticulture). This qualification is delivered on-site on a Wednesday. On Friday's students have the opportunity to complete 1 day a week of Work Experience. Students do not have normal classes on these days.

## Elective Choices

Students in the Applied Learning Pathway will still be able to select 1 elective per semester from a list of elective subjects. The list of suitable electives will be made available to applied Learning students in Term 3.

# Year 10 Applied Learning Pathway

## SAMPLE WEEKLY TIMETABLE

|          | MONDAY                     | TUESDAY                       | WEDNESDAY | THURSDAY                   | FRIDAY         |
|----------|----------------------------|-------------------------------|-----------|----------------------------|----------------|
| PERIOD 1 | Elective 1                 | Elective 1                    | VET       | Applied Numeracy           | Work Placement |
| PERIOD 2 | Applied Physical Education | Elective 1                    |           | Applied Physical Education |                |
| RECESS   |                            |                               |           |                            |                |
| PERIOD 3 | Applied Numeracy           | Future Work Skills            |           | Elective 1                 |                |
| PERIOD 4 | Applied Numeracy           | Applied Literacy              |           | Applied Literacy           |                |
| LUNCH    |                            |                               |           |                            |                |
| PERIOD 5 | Applied Literacy           | No class - dismissal @ 1:50pm |           | Future Work Skills         |                |

## FORMAL TRAINING QUALIFICATIONS

### VET HORTICULTURE

This Certificate II course will give students general knowledge in Horticulture developing their skills in plant identification, pruning, treatment of weeds, identifying and treating pests and diseases, propagation, irrigation planting and use of general gardening equipment. Students typically undertake the theory component in class in the morning, and then get the chance to develop their practical skills in the afternoon as part of their 1 day per week course. The course develops a wide range of practical skills and knowledge.

#### Example Pathways:

- Arborist
- Assistant Gardener
- Greenskeeper / Turf Management
- Landscape Gardener
- Horticulturist
- Nursery Worker

### VET SPORT & RECREATION

The Certificate II in Sport & Recreation will give students general knowledge in the sports, fitness and outdoor recreation sector. Using a combination of theory and group activities, students will develop a range of skills preparing them for future pathways in sport and recreation industries.

#### Example Pathways:

- Community recreation officer e.g., aquatic centre, gym etc.
- Lifeguard/lifesaving
- Fitness instructor
- Recreation officer



# Bring Your Own Device

## (BYOD)

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The vision for Carrum Downs Secondary College is one in which all students can access the necessary ICT tools to be successful learners within the 21<sup>st</sup> century. The use of technology to support student learning needs to be multi-faceted, flexible and adaptive in approach, and the various devices utilised should enable students to have continual access to relevant information and knowledge whenever required, and perform a variety of other functions necessary to support their learning.

It is necessary for all students to have access to a personal netbook device in all of their classes through our Bring Your Own Device (BYOD) program. Students must have access to their own personal netbook device and are responsible for bringing it to the college each day. Students bringing their device will be able to login to our college network allowing them access to the internet, Office 365 software, any other subject specific software they may need.

There are many benefits to learning for students who bring their own device;

- Access at all times to our Compass portal through which students can access learning resources, become up to date with daily organisational changes, submit work and communicate with teachers
- Access to learning software such as digital textbooks and Edrolo (Yr 12 only)
- Capacity to bring the resources and information from the internet into their learning environment at any time
- Easy transfer of school work between school and home
- Opportunities to collaborate in their learning using ICT resources through an ever developing list of platforms including (but not limited to) Google Docs, Padlet, Kahoot just to name a few
- Greater independence in managing their own learning and better preparedness for either further study or work.
- Less interruption to learning due to the current delays associated with accessing technology in class via our netbook trolleys

Whilst there are minimum requirements for devices most netbooks with minimum of windows 10 operating system or Mac ios 11 with permanent keyboards will comply with our requirements. (Please note Chrome books and tablets do not work on our network system)

If you do not yet own a suitable device, please consider the following options:

- Purchase or lease a device outright from a retail provider – our Department of Education approved supplier is Edunet, however any provider or retail store would stock suitable devices
- Obtain a school assisted device through application to our Business Manager

Further information is available from our front office or the IT office.

## Financial Support

### PARENTS & CARERS

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Carrum Downs Secondary College understands that some families may experience financial difficulty. The Camps, Sports and Excursions Fund, CSEF, payment \$225.00 is available to all families with a Health care card or Pension card.

For a confidential discussion about support for textbooks, uniform or laptop computers, please contact the college on 9788 9100 to make an appointment with Julie Westwood, Business Manager.

Email: [julie.westwood@education.vic.gov.au](mailto:julie.westwood@education.vic.gov.au)

# Subject Descriptions

## Pages 10-21

## English

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Students must select only 1 of the following 3 full year English subjects:

### CORE ENGLISH

Our standard English course designed to prepare students for either VCE or VCE VM senior pathways.

Units studied may include:

- Short stories
- Close study of text
- The Writer's Craft
- Poetry
- Shakespeare
- Comparative texts
- Language analysis
- Speech delivery
- Media/multimodal

### ADVANCED ENGLISH\*

*(\*) This subject has minimum academic entrance requirements*

A more challenging English course designed for students who are working at or above the Victorian curriculum standard, preparing students for a VCE pathway.

Units studied may include:

- Close study of multiple texts
- The Writer's Craft
- Poetry
- Shakespeare
- Comparative texts
- Language analysis
- Speech analysis and delivery
- Media/multimodal

### EVERYDAY ENGLISH

A practical English subject focused around developing Literacy skills for the workplace and life. This pathway is designed for students intending to follow a VCE VM pathway.

Units studied may include:

- Oral language
- Literacy skills in the workplace
- Text analysis
- Film analysis

# Mathematics

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Students must select only 1 of the following 3 full year Mathematics subjects:

## CORE MATHEMATICS

Our standard Mathematics course is designed to prepare students for either VCE General Mathematics or VCE VM senior pathways.

Units studied may include:

- Trigonometry
- Consumer Mathematics
- Linear algebra
- Measurement
- Geometry
- Probability
- Statistics

## ADVANCED MATHEMATICS\*

*(\*) This subject has minimum academic entrance requirements*

A more challenging Mathematics course designed for students who are working at or above the Victorian curriculum standard. This subject is a prerequisite for students intending to study VCE Mathematical Methods as part of a VCE pathway.

Units studied may include:

- Linear relations
- Graphing parabolas
- Surds and indices
- Quadratic equations
- Statistics
- Financial Mathematics
- Matrices

## EVERYDAY MATHEMATICS

A practical Mathematics subject focused around developing skills for the workplace and life. This pathway is designed for students intending to follow a VCE VM pathway, or for students who do not want to undertake mathematics at VCE.

Units studied may include:

- Measurement
- Geometry
- Financial Mathematics
- Probability
- Problem solving skills
- Film analysis

# LOTE

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*Students considering a VCE Language pathway must select it as a year 10 elective.*

## JAPANESE

A full year subject that takes the place of 2 electives. Students study Japanese language and culture. This subject is a prerequisite for any students wishing to study Japanese in VCE.

Units studied may include:

- Culture and communication skills
- Connections between language and cultural expressions
- Japanese scripts
- Literature and films
- Conversations with our sister school in Japan

# Humanities

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*All students undertake Core Humanities. Students considering a VCE Humanities pathway should consider selecting 2 or more subjects from this Learning Area.*

## CORE HUMANITIES

One semester core subject provides students the fundamental understanding from this learning area.

Units studied may include:

- The end of World War I and the rise of Nazi Germany
- Australia's involvement in World War II
- The demand for improved rights in Australia
- Civil rights in the USA
- Environmental change and management
- Coastal management fieldwork
- Economic theories and the business environment

## LEGAL STUDIES

One semester elective subject exploring the role of the legal system and introducing concepts that will be explored in VCE Legal Studies.

Units studied may include:

- Political parties
- Criminal law and the court system
- Civil law and the court system
- The Constitution and the high court
- Citizenship in Australia
- Young people and the law
- Role of government

## HISTORY'S MYSTERIES

A one semester elective subject that takes a fun look at some of the biggest mysteries of History.

Units studied may include:

- Assassination of JFK
- The Bermuda Triangle
- The Illuminati
- The Zodiac Killer
- Anastasia Romanov
- Jack the Ripper
- Nostradamus
- The Moon Landing
- Crop Circles

## GEOGRAPHY MATTERS

A practical one semester elective subject focused on developing student's fieldwork, research and analytical skills whilst developing an understanding of the relationship between people and place.

Units studied may include:

- Global hazards & disasters
- Interaction of people and place
- Concepts in human, physical & environmental geography

- Practical fieldwork Investigations:
  - Weather and climate
  - Environmental quality
  - Population growth
  - Human impact
  - Natural processes of change

## ECONOMICS

A one semester elective subject that explores how economies work and introduces concepts from VCE Economics.

Units studied may include:

- Introduction to economics
- Resources and production
- Consumer behaviour
- Consumption and incentives
- Price setting and market power

## Year 11 Humanities Accelerated Options

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### VCE BUSINESS MANAGEMENT UNITS 1 AND 2

The study of Business Management leads to opportunities across all facets of the business and management field such as small business owner, project manager, human resource manager, operations manager or executive manager. Further study can lead to specialisation in areas such as marketing, public relations and event management.

### VCE LEGAL STUDIES UNITS 1 AND 2

The study of VCE Legal Studies enables students to become active and informed citizens by providing them with valuable insights into their relationship with the law and the legal system. They develop knowledge and skills that enhance their confidence and ability to access and participate in the legal system. Students come to appreciate how legal systems and processes aim to achieve social cohesion, and how they themselves can create positive changes to laws and the legal system.

### VCE GEOGRAPHY UNITS 1 AND 2

VCE Geography enables students to examine natural and human phenomena, how and why they change, their interconnections and the patterns they form across the Earth's surface. In doing so, they develop a better understanding of their own place and its spaces and those in other parts of the world. These spatial perspectives, when integrated with historical, economic, ecological and cultural perspectives, deepen understanding of places, environments and human interactions with these.

# Science

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*Students must select at least 1 of the following four subjects – Biology & Environmental Studies, Physics, Chemistry and General Science. Students considering a VCE Science pathway should consider selecting 2 or more subjects from the Science Learning Area.*

## BIOLOGY & ENVIRONMENTAL SCIENCE

A semester based core subject that explores the living world and introduces concepts from VCE Biology.

Units studied may include:

- Climate change
- Cells and genetics
- Evolution

## PHYSICS

A semester based core subject that investigates the principles of motion and energy that underpin much of our technology. This subject serves as an introduction to VCE Physics.

Units studied may include:

- Introduction into motion
- Newton's laws
- Thermodynamics
- Astronomy and astrophysics
- Engineering

## CHEMISTRY

A semester based core subject that investigates chemical production and the role chemicals play in society. This subject serves as an introduction to VCE Chemistry.

Units studied may include:

- Introduction into chemistry
- Atoms and elements
- Bonding
- Chemical reactions
- The mole

## GENERAL SCIENCE

A semester based core subject that explores broadly how science impacts our everyday life. This subject is recommended for students who do not intend to follow a VCE Science pathway.

Units studied may include:

- Chemical and physical changes
- Chemical reactions
- Astronomy
- Genetics

## STEAM

The new STEAM program combines Science, Technology, Engineering, Arts and Mathematics into one subject focused around developing our students' capacity to think critically and solve real world problems. The college is currently constructing our new STEAM centre and this subject is a fantastic opportunity for students investigate a STEAM pathway. Students will be taught the specific skills needed to design solutions to real world problems and will get the chance to put these skills to work in developing their own projects.

## PSYCHOLOGY

A semester based elective subject that begins to explore how our minds grow and develop, influencing our behaviour and helping us perceive the world.

Units studied may include:

- What is psychology
- Memory and research methods
- Forensic psychology
- Personality
- Scientific inquiry

## CAD/CAM WITH LASER CUTTER

This course involves creating basic shapes using Vectric Cut2D, Vectric Vcarve (or whatever package is provided with the lasers) as a CAD (Computer Aided Design) program. These shapes (and a number of predesigned patterns) will then be cut on the lasers by the students (CAM).

Units studied may include:

- CAD/CAM
- Laser safety
- Designing and cutting basic shapes
- Combining basic shapes to make more complicated paths
- Laser Cutting
- Laser Engraving

## ELECTRONICS

This course will introduce electronic components and how they can be combined to make various circuits that the students will build.

- Making circuits using breadboards
- Soldering
- Basic circuit design
- Components: diodes & LED, transistor, IC, resistor & variable resistor, capacitor, motor etc.
- Flip-flops
- Conductivity tester / water sensor
- Electrical bug (the moving kind, not the spying kind!)

## Year 11 Science Accelerated Options

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### VCE BIOLOGY UNITS 1 & 2

VCE Biology enables students to investigate the processes involved in sustaining life at cellular, system, species and ecosystem levels. In undertaking this study, students examine how life has evolved over time and understand that in the dynamic and interconnected system of life all change has a consequence that may affect an individual, a species or the collective biodiversity of Earth. The study gives students insights into how knowledge of molecular and evolutionary concepts underpin much of contemporary biology, and the applications used by society to resolve problems and make advancements.

### VCE PSYCHOLOGY UNITS 1 & 2

VCE Psychology provides students with a framework for exploring the complex interactions between biological, psychological and social factors that influence human thought, emotions and behaviour. In undertaking this study, students apply their learning to everyday situations including workplace and social relations. They gain insights into a range of psychological health issues in society.



# Health & Physical Education

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All students undertake Core Health and Physical Education. Students considering a VCE Health and Physical Education pathway should consider selecting 2 or more subjects from this Learning Area.

## CORE HEALTH & PHYSICAL EDUCATION

A semester based compulsory core subject that engages students in physical movement and explores Health topics relevant to adolescents. Units studied may include:

- Movement concepts, tactical awareness and skill acquisition in team sports
- Coaching and refereeing/umpiring development
- Refining specialized movement sequences
- Mental health
- Alcohol and other drugs

## ADVANCED PHYSICAL EDUCATION

This subject is for those students who are considering doing VCE Physical Education and will comprise 4 theoretical lessons and 4 practical lessons across the fortnight. It will cover concepts around; acute responses of the Body Systems in response to physical activity and the characteristic of the three Energy Systems and a basic introduction to biomechanical principles. The practical lessons are based around the application of the theory lessons to gain a deeper understanding of the content covered during theory lessons.

## HEALTH & HUMAN DEVELOPMENT

A semester based elective that explores the growth and development of the human body and prepares students for a VCE Health and Human Development pathway.

Units studied may include:

- Dimensions of health
- Nutrition
- Prenatal development (reality babies)
- Health status (measurements and Indicators of health)
- Youth issues
- Lifestyle diseases

## OUTDOOR EDUCATION\*

**CAMPS & EXCURSIONS SUBJECT COST - \$380.00**

A semester based elective that allows students to experience and be active in the natural world.

Units studied may include:

- Team building and understanding outdoor education
- Responses to outdoor environments
- Motivations for outdoor environments
- Experiencing the outdoors
- First aid
- Healthy outdoor environments

Trips Taken:

- Sail camp in Geelong
- Snorkel trip to Rickett's Point
- Mountain bike/canoe at Lysterfield Park

(\* ) Work ethic and attendance will be considered when students select this subject

## FITNESS & PERFORMANCE

This subject will comprise of 4 theoretical lessons and 4 lesson of practical lessons across the fortnight. The focus will be on improving individual fitness levels, developing an in depth understanding of fitness components, training methods and training principles. Students will also look at improving and analysing performance in a selected sport. For theory, students will also look at body systems, drugs in sport and recovery strategies to improve performance.

## ALL SORTS OF TEAM SPORTS

A combination of both practical and theoretical lessons that focus on a number of different sport specific units. Each unit will look at the specific strategies and tactics involved in team sports, as well as professional sporting organisations. This course explores issues in sports such as gender equality and player recruitment, concussions in sport, racism in sport and others.

## Year 11 Health & Physical Education Accelerated Options

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### VCE HEALTH & HUMAN DEVELOPMENT UNITS 1 & 2

VCE Health and Human Development provides students with the skills and knowledge to make informed decisions about their own health and to recognise the importance of health in society. In undertaking this study, they will be able to actively participate in making appropriate choices that allow for good health and be able to seek appropriate advice.

VCE Health and Human Development enables students to understand the current ideologies of health and human development in contemporary society. Students critically evaluate the health and development of the individual across the lifespan in the context of both Australia and global health and human development.

### VCE OUTDOOR & ENVIRONMENTAL STUDIES UNITS 1 & 2

#### CAMPS & EXCURSIONS SUBJECT COST - \$950.00

VCE Outdoor and Environmental Studies provides students with the skills and knowledge to safely participate in activities in outdoor environments and to respect and value diverse environments. The blend of direct practical experience of outdoor environments with more theoretical ways of knowing, enables informed understanding of human relationships with nature. Historically, humans have modified outdoor environments to meet survival, commercial, conservation and recreation needs. For many, outdoor environments have become places of adventure, relaxation, scientific study, social action and enterprise.

Outdoor environments also provide space for connectedness with nature and opportunities for reflection upon the past, present and future. These varying values and approaches generate differing impacts and can cause pressures and tensions between user groups, leading to issues concerning the preservation and sustainability of outdoor environments.

# The Arts

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*Students considering a VCE Arts pathway should consider selecting 2 or more subjects from this Learning Area.*

## DRAMA

A semester based elective, students are introduced to different theatrical styles through workshops, activities and practical scenarios. Students use playmaking techniques to create a short ensemble performance, which incorporates the use of a given stimulus and utilises performance skills and areas of stagecraft such as costume, makeup and set. Students perform short scenes and monologues as prepared and scripted by themselves. Students also view and analyse professional performances.

Units studied may include:

- Theatre performance styles
- Non-Naturalist ensemble performance
- Monologue performance
- Drama journal/log

## MEDIA

A semester-based elective, students examine and study narrative story telling in a variety of media forms eg. Film and photography. Students deconstruct the technical codes and conventions and various media forms and look at different production roles and responsibilities inherent in media products. Students engage in production planning, development, script writing, storyboarding, group exercises, productions and postproduction to complete their own media productions.

Units studied may include:

- Narratives in media - film, photography
- Film, photography and print productions
- Representations in the media

## CREATIVE MEDIA

A semester production-based elective, students are provided opportunities to develop knowledge, understanding and skills in Adobe Creative Software associated with specific media industries. Students will look at a range of media including animations, photographic presentations, incorporating graphic and/or photographic images, webpages; comic books; magazines; short films and social media construction.

Units studied may include:

- Adobe design and create programs
- Produce animations, magazines (using photography and computer generated images)
- Study of film, animations, print and social media
- Looking at different types of audiences eg. the social media audience

## VISUAL COMMUNICATION DESIGN

A semester based elective, students create a series of designs by working through the design process. Design projects stem from the three fields of design; Communication Design, Environmental Design and Industrial Design. They will work with a range of different media and drawing systems.

Units studied may include:

- Visual analysis – design elements & principles
- Technical drawing
- Design projects; typography, architecture and branding

## ART MAKING & EXHIBITING

A semester based elective where students will conceptualise, plan and design art works that express ideas, concepts and artistic innovations. They will analyse, interpret and evaluate a range of visual art works from various cultures and different historical and contemporary viewpoints. Students will explore and express their own technique and skills through a range of art making techniques including painting, drawing, printmaking and sculpture. Students produce a Visual Diary / Folio that includes research, trials, information gathered on techniques and materials, personal sketches, drawings and annotated photographs.

Units studied may include:

- Experimenting with materials and techniques
- Artistic influence and inspiration
- Narrative in art
- The influence of culture and style in art

## MUSIC PERFORMANCE & INVESTIGATION\*

The study is designed for students who wish to develop their performance skills in the area of Music and it is achieved in both solo and group performance contexts. In addition, students study and develop skills for presenting effective performance, develop skills in aural comprehension, musical analysis and organisation of sound. Student's present solo and group performances, demonstrate prepared technical work and perform in public performances.

Units studied may include:

- Group and solo performance
- Music theory
- Music history

*(\*) Students can only select this elective if they have completed Year 9 Music Performance*

# Technology

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*Students considering a VCE Technology pathway should consider selecting 2 or more subjects from this Learning Area.*

## WOOD – PRODUCT DESIGN & TECHNOLOGY

A semester based elective, students gain advanced skills and knowledge in design, research, materials, construction techniques and other areas relating to the practice of Wood - Product Design and Technology. Students will manufacture core pieces of work to understand manufacturing techniques, processes and procedures. Students will be able to use the skills and knowledge gained to design and produce a project with teacher guidance. OHS is a key component of this study and must be adhered to at all times.

Units studied may include:

- OHS skills, rules and regulations in the wood industry
- Producing a design brief for a product
- Making a furniture product

## FOOD STUDIES

A semester based elective, students gain a broad knowledge and understanding of food properties, processing, preparation and their interrelationship, nutritional considerations and consumption patterns. Students study and address the importance of hygiene and safe working practices and legislation in the production of food. Students will develop food-specific skills, which can then be applied in a range of contexts enabling students to produce quality food products. Students are also provided a context through which to explore the richness, pleasure and variety that food adds to life as well as the importance of the food supply and nutrition to the future of humanity.

Units studied may include:

- Occupational health & safety food preservation
- Sensory properties healthy eating and cooking
- Ethical foods and cooking

## CAFE

A Semester based elective, students have the hands-on opportunity to learn about Café Operations in our very own on-site 'student & staff' run Café at Carrum Downs Secondary College – 'Café 263'. Our Café is open to the public and the school community on a daily basis and offers real life insight, experience and opportunity for students to experience, grow, learn and refine their very own customer service and hospitality skills, while also being of service to our Carrum Downs and whole school community.

Units studied may include:

- Food handling hygiene
- Food preparation and food service
- Barista-style coffee service
- Customer service and till operation

## COMPUTING

A semester based subject, students are introduced to the stages of the problem- solving methodology. Students focus on how data can be used within software tools such as databases and spreadsheets to create data visualisations, and the use of programming languages to develop working software solutions.

Units studied may include:

- PC hardware/software OS
- Networked digital systems
- Database and programming

