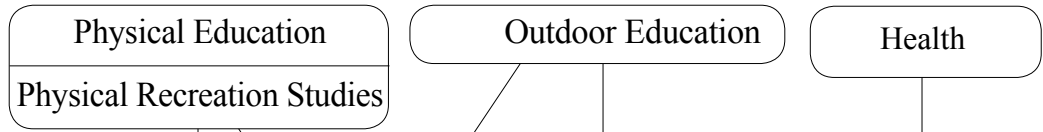
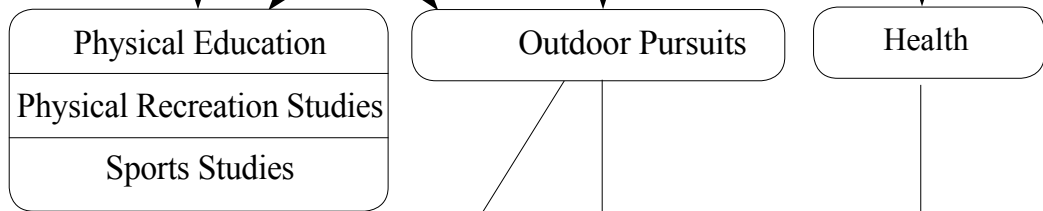


Physical & Outdoor Education

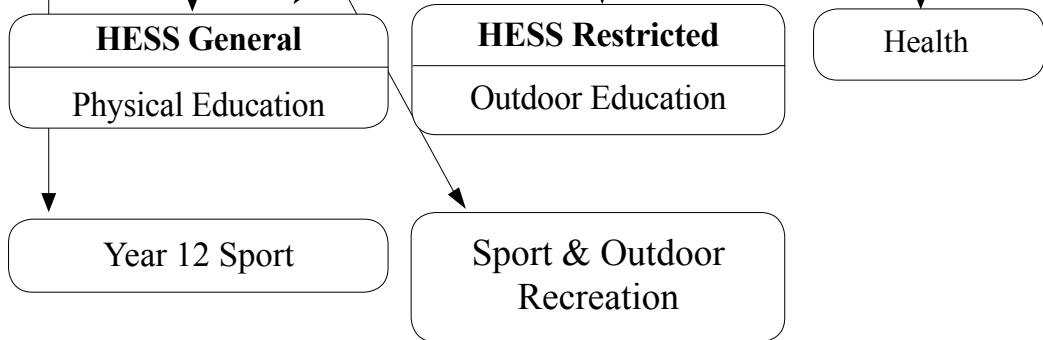
**STAGE 1
Semester 1**



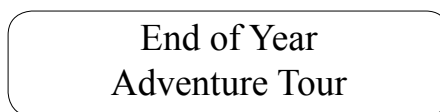
**STAGE 1
Semester 2**




STAGE 2



VET





Casuarina Senior College aims to provide an outstanding education and quality outcomes for all students through the provision of rich learning experiences and a varied curriculum designed to maximise student engagement.

Students are able to access all subjects without incurring tuition costs. A number of subjects also offer extended learning experiences which are optional and for which the College Council will seek the reimbursement of associated costs from parents of participating students. Examples include additional materials, excursions, etc. Indicative reimbursement costs for subjects containing extra-curricula activities are identified throughout the handbook by an asterisk (*).

For further information please contact the College on 8920 1211.

physical & outdoor education stage 1

Physical Education

Subject Description

This subject offers students the opportunity to develop and improve their sports skills in a range of individual and team activities. It also seeks to develop knowledge and understanding of body systems and fitness. This subject is useful as a preparation for those students wishing to study Stage 2 Physical Education.

Content

Practical (skills and application):

Students study three practical activities. These individual and team activities will be selected following negotiation between the students and the teacher.

Folio (principals and issues):

Students study Body Systems and Fitness as well as an issue related to physical activity.

Assessment

- Practical: Performance Checklists
- Folio: Workbook, test and assignment

Credit	Subject Length	Subject Offered
10	1 x semester	Semester 1 & 2

Physical Recreation Studies

Subject Description

This subject allows students to participate in a variety of recreational activities as well as examining topics related to leisure and recreation and the history of sport/recreation in Australia.

Content

Practical (skills and application):

Students must study three practical activities. These activities will be selected following negotiation between the students and the teacher.

Folio (principals and issues):

Students study various aspects of Leisure and Recreation and the History of Australian Sport as well as an issue related to physical activity.

Assessment

- Practical: Performance Checklists
- Folio: Workbook, test and assignment

Credit	Subject Length	Subject Offered
10	1 x semester	Semester 1 & 2

Code
1PH511

NTCET Code
1PHE10

*\$15

Prerequisite
No prerequisite.

Code
1PH521

NTCET Code
1PHE10

*\$15 plus
excursions are a
component of this
course.

Prerequisite
No prerequisite.

physical & outdoor education stage 1

Sports Studies

Subject Description

This subject offers students the opportunity to develop and improve their sports skills in a range of activities. It also seeks to extend and apply these skills through the study of skill development and coaching procedures and principles.

Content

Practical (skills and application):

Students study three practical activities. These activities will be selected following negotiation between the students and the teacher.

Folio (principals and issues):

Students must study Skill Development and Sports Coaching and an issue related to physical activity.

Assessment

- Practical: Performance Checklists
- Folio: Assignments, Laboratory Reports and Coaching Plan

Credit	Subject Length	Subject Offered
10	1 x semester	Semester 2

Outdoor Education

Subject Description

This is a practical subject offering students the opportunity to experience enjoyable and challenging activities in the outdoor environment. It emphasises personal development of students' outdoor educational skills and fosters qualities such as independence, self-reliance and minimum environmental impact practices.

Content

Practical:

Students are involved in mountain bike riding, sailing and bushwalking. The bushwalking/orienteering component is a compulsory overnight activity.

Folio & Journal:

- Environment and Conservation
- Planning and Management
- Outdoor Activities
- Outdoor Journey

Assessment

Practical

- Outdoor Activities and Journey

Folio

- Environmental Theory and Practices
- Minimum Impact Bushwalking Theory

Journal

- Expedition Journal

Credit	Subject Length	Subject Offered
10	1 x semester	Semester 1

Physical & Outdoor Education

Code

1PH531

NTCET Code

1PHE10

*\$15

Prerequisite

No prerequisite.

Code

1OU511

NTCET Code

1OUE10

*\$80.

Prerequisite

No prerequisite.

physical & outdoor education stage 1

Outdoor Pursuits

Subject Description

This is a practical subject offering students the opportunity to experience enjoyable and challenging activities in the outdoor environment. It further enhances the personal development of students' outdoor educational skills and fosters qualities such as independence and self-reliance.

Content

Practical:

Students are involved in kayaking, snorkeling and abseiling. The abseiling activity is a compulsory overnight component.

Folio & Journal:

- Environment and Conservation
- Planning and Management
- Outdoor Activities
- Outdoor Journey

Assessment

- Practical Activity
- Folio
- Journal

Credit	Subject Length	Subject Offered
10	1 x semester	Semester 2

physical & outdoor education stage 1

Health

Subject Description

This course is a theory based course which is designed to promote healthy lifestyles and behaviours. It focuses on personal development and well-being as well as independence and self reliance.

Content

Students will study a selection of the following theory topics

- Ways of Defining Health
- Health and Participation in an Active Lifestyle
- The effects of Alcohol, Tobacco, and Other Drugs on Health
- Health And Relationships
- Mental and Emotional Health
- Contemporary Health Priorities in Australia
- Growing up Healthy

Assessment

- Theory: Group and individual assignments using various modes of presentation
- Assessment 1: Issues Response
- Assessment 2: Group Activity
- Assessment 3: Investigation

Credit	Subject Length	Subject Offered
10	1 x semester	Semester 1 & 2

Code
1HE511

SSABSA Code
1HEH10

*Excursions may be a component of this course.

Prerequisite
No prerequisite.