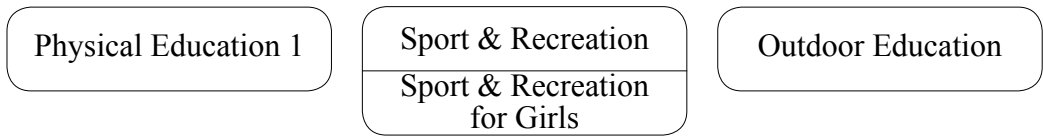
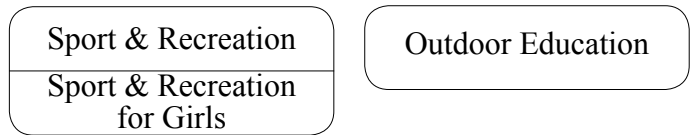


Health & Physical Education

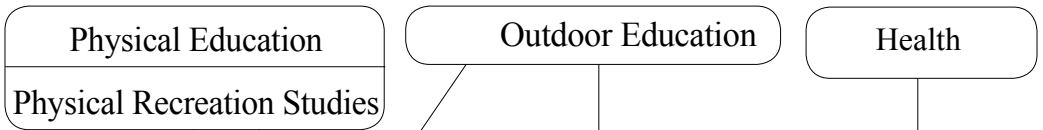
**YEAR 10
Semester 1**



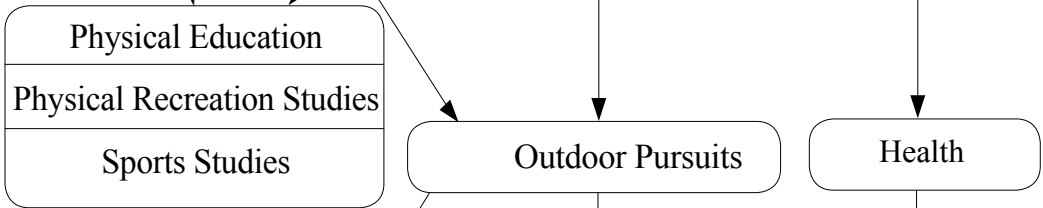
**YEAR 10
Semester 2**



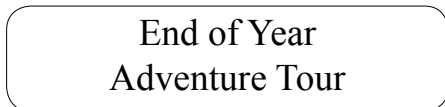
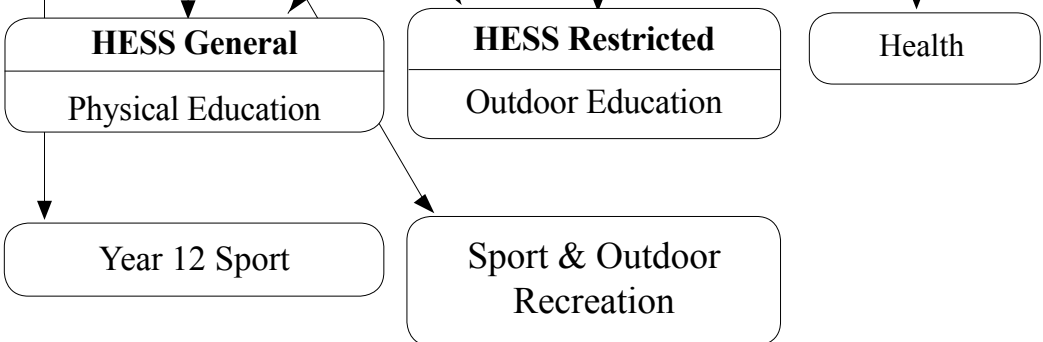
**STAGE 1
Semester 1**



**STAGE 1
Semester 2**




STAGE 2



VET

1



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

Year 10

Code
HPE011

*Nil

Prerequisite
No prerequisite.

Physical Education 1

Subject Description

This is a practical based subject that offers students the opportunity to participate and develop skills in a range of sporting activities. It emphasises personal development and well-being as well as independence and self reliance.

Content

Practical:

Practical: Students will be actively involved in a range of team and individual sporting activities. Five of the following sports will be chosen for the semester: tennis, cricket, AFL, touch, soccer, netball/korfbal, handball, volleyball, softcrosse.

Theory:

Students will study the following theory topics as well as sport related theory: warm up/ cool down, fitness, bones & muscles, energy systems.

Assessment Components

- Practical participation and skill development - 75%
- Theory work - 25%

Subject Length 1 x semester	Subject Offered Semester 1
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Physical Education 2

Subject Description

This is a practical based subject that offers students the opportunity to participate and develop skills in a range of sporting activities. It emphasises personal development and well-being as well as independence and self reliance.

Content

Practical:

Practical: Students will be actively involved in a range of team and individual sporting activities. Five of the following sports will be chosen: badminton, hockey, table-tennis, rugby, gaelic/speedball/international rules, grid iron, baseball/softball, basketball.

Theory:

Students will study the following theory topics as well as sport related theory: tournaments, sport nutrition, performance enhancing drugs, recreational drugs, sport injuries.

Assessment Components

- Practical participation and skill development - 75%
- Theory work - 25%

Subject Length 1 x semester	Subject Offered Semester 2
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Code
HPE012

*Nil

Prerequisite
No prerequisite.

physical & outdoor education

Year 10

Sports & Recreation for Girls

Subject Description

This course is designed to improve girls participation in this area of the curriculum. This is a practical based subject that offers students the opportunity to participate and develop skills in a range of sporting and recreational activities. It aims to develop and foster qualities such as independence and self-reliance.

Content

Practical:

Students will undertake a variety of sporting and recreational activities in the following areas: Aquatics/Racquet Sports/Combative Techniques/Target Sports/Aerobic Skills

Theory:

Students will develop a knowledge and understanding of recreational and health concepts.

Assessment Components

- Practical skill development
- Participation
- Theory recall

Subject Length

1 x semester

Subject Offered

Semester 1 & 2

Sports & Recreation

Subject Description

This is a practical based subject that offers students the opportunity to participate and develop skills in a range of sporting and recreational activities. It aims to develop and foster qualities such as independence and self-reliance.

Content

Practical:

Students will undertake a variety of sporting and recreational activities in the following areas: Aquatics/Racquet Sports/Combative Techniques/Target Sports/Aerobic Skills

Theory:

Students will develop a knowledge and understanding of recreational and health concepts.

Assessment Components

- Practical skill development
- Participation
- Theory Work

Subject Length

1 x semester

Subject Offered

Semester 1 & 2

Code
HPE041

*\$80

Prerequisite
No prerequisite.

Code
HPE031
HPE032 (Semester 2)

*\$80

Prerequisite
No prerequisite.

physical & outdoor education Year 10

Code

HPE021
HPE022 (Semester 2)

*\$65

Prerequisite

No prerequisite.

Outdoor Education

Subject Description

This is a practical subject offering students the opportunities to experience enjoyable and challenging introductory activities in the outdoor environment. It emphasises personal development and fosters qualities such as independence and self reliance.

Content

Practical:

Students are involved in a variety of outdoor activities such as Canoeing, Orienteering and Abseiling.

Theory:

Students will undertake studies in minimal environmental impact, navigation and outdoor living skills.

Assessment Component

- Outdoor Activity Skill Development
- Participation
- Theory recall

Subject Length

1 x semester

Subject Offered

Semester 1 & 2