Sydney Distance Education High School



Subject Choices 2023

Stage 5 Years 9 and 10



Sydney Distance Education High School

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Please refer to the *Guide for Students and Supervisors* on our school website for up to date contact details. <u>https://sydneyh-d.schools.nsw.gov.au/about-our-school/rules-and-policies.html</u>

Contents

Subject Requirements for students Years 9 and 10	4
Stage 5 Courses	5
Information about School Contributions	6
CORE SUBJECTS	9
English	10
Geography	11
History	12
Mathematics	13
Personal Development, Health and Physical Education	14
Science	15
Career Education (Year 10 only)	16
ELECTIVE SUBJECTS	17
Agricultural Technology	
Commerce	19
Creative Arts	20
Music	20
Photographic and Digital Media	21
Visual Design	22
Visual Arts	23
Elective History	24
Food Technology	25
Industrial Technology – one year courses only	
Automotive	
Building and Construction	
Electronics	
Information and Software Technology	27
Physical Activity and Sport Studies (PASS)	
Textiles Technology	29

Subject Requirements for students Years 9 and 10

Students must complete a certain amount of study in all of the major subject groups over the four years from Years 7–10. These major areas of study include the following.

- English
- Geography
- History
- Mathematics
- Science
- Creative Arts
- Personal Development, Health and Physical Education
- Technologies
- Career Education (Year 10 only)

In each of the **core groups**, (English, History, Geography, Mathematics, Science) students need to complete at least 400 hours over the four years from Year 7 to Year 10. Government schools have an additional requirement of 100 hours across Years 7 - 10 in each of the English, Mathematics and Science Key Learning Areas and 400 hours of **electives**.

In addition, students in Years 7 and 8 must complete at least 200 hours of Creative Arts and 200 hours of Technology Mandatory. Between Years 7 and 10, students study 300 hours of Personal Development, Health and Physical Education.

All students also study at least 100 hours of Australian History and 100 hours of Australian Geography. Students will have completed the NSW Education Standards Authority (NESA) requirements by studying a Language for at least one year by the end of Year 7 or 8.

Year 9 and 10 electives

As well as continuing with the core areas of study, students in Years 9 and 10 must study at least **two** electives.

At least one elective must be studied over both Years 9 and 10. The other elective may be studied over both years or a student may select a new elective in its place in Year 10.

For more information on NESA requirements contact Head Teacher Secondary Studies (Year 10).

Sydney Distance Education High School

Stage 5 Courses

Years 9 and 10 consist of compulsory subjects and the opportunity for students to choose two elective subjects.

Years 9 and 10 students study the following compulsory subjects.

- English
- Geography
- History
- Mathematics
- Personal Development, Health and Physical Education
- Science
- Career Education (Year 10 only)

In addition, students choose two elective subjects from the following list.

- Agricultural Technology
- Commerce
- Creative Arts
 - Music
 - Photographic and Digital Media
 - Visual Design
 - Visual Arts
- Elective History
- Food Technology
- Industrial Technology one year courses only (Year 9 or Year 10)
 - Automotive
 - Building and Construction
 - Electronics
- Information and Software Technology
- Physical Activity and Sport Studies
- Textiles Technology

The Principal of Sydney Distance Education High School may discuss individual education programs on behalf of students who enrol under the full time category. Such programs may involve students engaging in fewer subjects than they initially chose.

Information about School Contributions

Voluntary School Contribution		
Subject Contributions		
– Subject Contribution General		
- Subject Contribution Specific may apply, if there is an extra course cost		
Industrial Technology – Electronics \$ 35		
Music – Elective only \$ 20		
Textiles Technology \$ 15		
Visual Arts – Elective only (optional art kit) \$80		
An invoice for payment will be sent at a later date.		

Contributions for Special Placement Settings (SSP only) Curriculum Access Provision Years 9-10

New enrolments are only processed when full payment of the Subject Contribution General has been received by an Interschool Journal. The Subject Contribution General for 2023 is \$97. Attached is the Interschool Journal Request with a full schedule of fees.

Note

• Please contact the School Administrative Manager if there are any issues you wish to discuss concerning these contributions. Financial student assistance is available for the Subject Contributions General and Subject Contribution Specific payments.

Interschool Journal Request – SSPs

To finalise the application for your student please journal funds as outlined below.

School code:	8587 (Sydney D	istance Education High School)			
GL Account:	420010				
Funds:	6300				
Cost Centre:	68587101				
Tax Code:	S5				
Description: (incl notes)	School name	ichool name			
(inci notes)	Student name _				
Interschool Journal:	Interschool Jo	urnal No			
	Voluntary Scho	ool contribution for government school students (2023)			
	• Years 7–10:	Voluntary School Contribution\$118 Two terms or less – pay 50%	NO GST		
	• Years 11–12:	Voluntary School Contribution			
	Subject Contrib	outions			
	• Subject Contrib	ution General (all students)			
	Subject Contrib	ution Specific (may apply, if there is an extra course cost)			
	The following c	ontributions include consumables and kits used during the course.			
	Years 9 & 10	– Industrial Technology – Electronics	\$35		
		– Music – Elective only	\$20		
		– Textiles Technology	\$15		
		– Visual Arts – Elective only (optional kit)	\$80		
	Years 11 & 12	– Hospitality – Kitchen Operations (SIT20416)	\$65		
		- Languages studied through NSW School of Languages (for 2 years)	\$230		
		– Music 1	\$20		
		– Music 2 (Year 11)	\$20		
		– Music 2 (Year 12)	\$50		
		– Music Extension	\$20		
		- Textiles and Design (Year 11 only)	\$35		
		– Visual Arts – Senior Art Kit (optional)	\$80		

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Core Subjects

English

The aim of the English Course is to make students aware of the way language is used for different purposes. By experiencing and composing a variety of texts, students become skilful in the use of language and increase their understanding of literary and non-literary texts.

Students gain experience using language through reading, writing, speaking, listening, viewing and representing in the areas of:

- Poetry
- Fiction
- Drama
- Non-fiction
- Media, multimedia and digital texts
- Film or DVD
- Information Communication Technology (ICT)



Lessons are designed to meet individual needs and units of work are modified for different levels of ability, where necessary. Courses for Stage 5 are delivered online.

Achievement of Course Outcomes

By the end of Stage 5 students should be familiar with the use of language in a variety of situations (text types) and should have developed their reading, writing, speaking, listening, viewing and representing skills as well as their ability to critically, imaginatively and interpretively evaluate literature, film and media.

School based assessment is an integral component of the Stage 5 English course. This is designed to assess individual achievement in the knowledge and skills developed over the whole of Stage 5.



Geography

The aim of Geography in Years K–10 is to stimulate students' interest in and engagement with the world. Through geographical inquiry, they develop an understanding of the interactions between people, places and environments across a range of scales in order to become informed, responsible and active citizens. The Stage 5 Mandatory Geography course follows the NSW Education Standards Authority (NESA) syllabus.

All lesson work is delivered through elearning.

Year 9

Topic 1 – Sustainable Biomes

- In this topic students examine:
 - Biomes
 - Changing Biomes
 - Biomes produce food
 - Challenges to food producing
 - Food security

Topic 2 – Environmental Change and Management

In this topic students examine:

- Environments
- Environmental change
- Environmental management
- Investigative study of an Australian Environment and compare it to another country

Year 10

Topic 1 – Changing Places

Students examine

- The causes and consequences of urbanisation
- Urban settlement patterns
- Internal migration
- International migration
- Australia's urban future

Topic 2 – Human Wellbeing

Students examine

- Human Wellbeing and development
- Spatial variations in human development
- Human Wellbeing in Australia

Improving Human Wellbeing

Skills

- Literacy and numeracy
- ICT will be developed

School based assessment is an integral component of the Stage 5 Geography course. This is designed to assess individual achievement in the knowledge and skills developed over the whole of Stage 5.



CORE SUBJECT

History

The Mandatory History Stage 5 course has been designed to provide an understanding of Australian History, Civics and Citizenship.

The Making of the Modern World / The Modern World and Australia

The Stage 5 curriculum provides a study of the history of the making of the modern world from 1750 to 1945. It was a period of industrialisation and rapid change in the ways people lived, worked and thought. It was an era of nationalism and imperialism, and the colonisation of Australia was part of the expansion of European power. The period culminated in World War I (1914–1918) and World War II (1939–1945).

The history of the modern world and Australia from 1945 to the present, with an emphasis on Australia in its global context, follows. The twentieth century became a critical period in Australia's social, cultural, economic and political development. The transformation of the modern world during a time of political turmoil, global conflict and international cooperation provides a necessary context for understanding Australia's development, its place within the Asia-Pacific region, and its global standing.

Topics studied in Year 9 are:

- The Industrial Revolution
- Making a Nation
- Australia at War (World War I & II) Mandatory

Topics for Year 10 Mandatory History course are:

- Australia in the Vietnam War Era
- Rights and Freedoms (1945 to present) Mandatory
- Migration Experiences
- Site Study The Tent Embassy

Students will use Information Communication Technology (ICT) tools to research history and communicate their understanding of past societies and times.

Students are encouraged to develop a lifelong interest and enthusiasm for history and appreciate that history is made up of different viewpoints.

School based assessment is an integral component of the Stage 5 History course. This is designed to assess individual achievement in the knowledge and skills developed over the whole of Stage 5.



Mathematics

Mathematics is a mandatory course in Stage 5. There are 3 pathways available to students, Stage 5.1, Stage 5.2 and Stage 5.3.

Stage 5.1 content builds on knowledge and skills from Stage 4 and provides the opportunity for students to experience some of the applications of Mathematics to their lives.

Stage 5.2 content extends the knowledge and skills achieved in Stage 5.1. A sound grasp of Stage 4 concepts and skills is needed.



Stage 5.3 is the most challenging level of Mathematics. The content for this pathway is the most abstract and is designed for those students capable of achieving all or most of the outcomes for Stages 5.1 and 5.2. Stage 5.3 contains and extends the skills and knowledge acquired in Stages 5.1 and 5.2, requiring students to develop their reasoning abilities to a greater extent than for Stage 5.2.

In all three pathways students will develop understanding and fluency in mathematics through inquiry, exploring and connecting mathematical concepts, choosing and applying problem-solving skills and mathematical techniques, communication and reasoning.

Students will also develop knowledge, skills and understanding in the following three content strands.

- Number and Algebra in developing efficient strategies for numerical calculation, recognising patterns, describing relationships and applying algebraic techniques and generalisation
- Measurement and Geometry in identifying, visualising and quantifying measures and the attributes of shapes and objects, and exploring measurement concepts and geometric relationships, applying formulas, strategies and geometric reasoning in the solution of problems
- Statistics and Probability in collecting, representing, analysing, interpreting and evaluating data, assigning and using probabilities, and making sound judgements

Access to elearning is a major part of the courses. In 2023, the learning resources for all Stage 5 Pathways courses are delivered to students through elearning.

Preparation for Years 11 and 12 (Stage 6)

Stage 5.1 – only very capable Stage 5.1 students could proceed to the Year 11 Mathematics Standard course. Stage 5.1 does **not** provide a basis for Year 11 Mathematics Advanced (2 Unit), Year 11 Mathematics Extension, Year 12 Mathematics Advanced (2 Unit), or Year 12 Mathematics Extensions 1 and 2 in Stage 6.

Stage 5.2 – is a good basis for the Mathematics Standard course or very capable Stage 5.2 students could consider the Mathematics Advanced (2 Unit) course in Stage 6.

Stage 5.3 – is a good basis for all levels of Stage 6 Mathematics.

School based assessment is an integral component of the Stage 5 Mathematics courses. This is designed to assess individual achievement in the knowledge and skills developed over the whole of Stage 5.

Personal Development, Health and Physical Education

Personal Development, Health and Physical Education contributes significantly to the cognitive, social, emotional, physical, and spiritual development of students. It provides opportunities for students to learn about, and practise ways of adopting and maintaining a healthy, productive and active life. The course explores health and physical activity that is specific and important to young people. Students will:

- Think critically, solve problems, and make informed decisions on health, safety, wellbeing and physical activity
- Explore issues that impact the health, safety and wellbeing of themselves and others
- Participate in movement experiences that are regular, varied, purposeful, challenging and enjoyable

Learning in this subject encourages young people to take a positive approach to managing their lives and equips them with skills for current and future challenges. It contributes to the development in young people of the capacity to take responsibility for their own learning and a commitment to continue learning throughout life. Within the course students explore values, attitudes and beliefs and how to relate to the wider community. The course is built around developing skills and competencies in information and communication technologies, as well as embedding the opportunity to develop skills in literacy and numeracy.

The course is organised into three content stands: Health, Wellbeing and Relationships. Movement Skills and Performance. Healthy, Safe and Active Lifestyles. These three stands are integrated into units of work. The units of work are:

Year 9

- Paper Planes
- Bend it like Beckham
- Soul Surfer
- Billy Elliot

- Year 10
- Rabbit-Proof Fence
- Wonder
- Restart
- Boy Overboard

All lessons within the Stage 5 PD Health PE courses are delivered by elearning.

School based assessment is an integral component of the Stage 5 Personal Development, Health and Physical Education course. This is designed to assess individual achievement in the knowledge and skills developed over the whole of Stage 5.

Science

The study of Science is compulsory for all students in Stage 5. Science is concerned with finding out about the physical, biological, chemical, geological and technological world in a systematic way. Students develop their knowledge of scientific investigation and communication by undertaking experiments, carrying out skills activities, completing online activities and processing and presenting information.

In each year, students have opportunities to extend their skills by taking part in a variety of activities ranging from an individual experimental research project through to interactive online activities.



Year 9

- The Scientific Method
- Waves
- Atomic Structure
- More About Compounds
- Genes and Technology
- Technology and Electricity
- Aquaculture
- Moving Continents
- A Research Project
- Industrial Chemistry
- Chemistry Investigation
- Codes and Clones
- Fighting Disease

Being a Scientist

• Waste Management

Response and Coordination

- Year 10
- Biotechnology
- Elements
- It's Cosmic
- Sustainable Fishing
- Evolution

- Motion
- Chemical Combinations
- Forensic Science
- Antibiotics
- Our Connected World
- The program of study at Sydney Distance Education High School aims to provide a sound foundation for senior Science courses. By the end of Year 10, students will have:
 - completed a mandatory individual student research project
 - developed skills in planning and conducting investigations
 - developed skills in communicating scientific understanding
 - developed skills in scientific thinking and problem-solving
 - developed ICT skills such as using databases, spreadsheets, email and the internet.

School based assessment is an integral component of the Stage 5 Science course. This is designed to assess individual achievement in the knowledge and skills developed over the whole of Stage 5.

Science teachers will conduct regular MS Teams web lessons for Year 9 and Year 10 students to support and help them engage with their learning.

15



Career Education (Year 10 only)

This course will be studied in Year 10.

What are your interests and abilities? What jobs are you interested in?

To help prepare you for the world of work this course looks at these and other questions to do with training and work.

School to Work

Students participate in exercises that explore their interests and abilities. They develop a résumé and a job application letter, and learn about worker health and safety. All students develop with the Careers Advisers a profile of their interests to formulate a desirable and appropriate career path.



Work Experience is offered to students in Years 10 and 11. To participate, you need to return your lessons regularly.

Elective

Subjects

Agricultural Technology

Through the study of Agricultural Technology in Years 9-10 students develop knowledge, understanding and skills which enable them to contribute positively to their own lives and to the social, economic and environmental future of Australia.



The dynamic nature of modern agriculture results from the increasing knowledge and application of current and emerging technologies to the production, processing and marketing of agricultural products. A study of the relationships between the production, processing and marketing of agricultural products provides an informed understanding of the impact of agricultural practices on society and the environment.

The course has some hands on practical work components. Students will be expected to grow plants in small containers or pots. There is an optional opportunity for raising poultry. Practical work will help students develop skills in organising, problem solving, planning, managing, measuring, maintaining records and report writing.

The course theory is taught online through our elearning website. The main enterprises that are offered include: Beef, Potatoes, Wool, Wheat, Cotton, Dairying, Macadamias and Poultry.

Commerce

Commerce provides the knowledge, skills, understanding and values that form the foundation on which young people make sound decisions on consumer, financial, business, legal and employment issues.

Through the study of Commerce, students investigate the relationships between consumers, businesses and governments in the economy and develop the capacity to apply problem-solving strategies which incorporate the skills of analysis and evaluation. Such skills will enhance their competency to participate in our democratic and pluralistic society.

All lesson material is delivered through elearning.

In Year 9 Core, students study:

- Consumer and Financial Decisions
- Employment and Work Futures

The options that are offered include:

- Promoting and selling
- Travel

In Year 10 Core, students study:

- The Economic and Business Environment
- Law, Society and Political Involvement

The options that are offered include:

- Our Economy
- Law in Action

Note:

- For completion of the 200 hour Commerce course, 4 Core topics and a minimum of FOUR options must be covered.
- For completion of the 100 hour Commerce course, 2 Core topics and a minimum of TWO options must be covered.

In both courses, Information Communication Technology (ICT) skills will be developed.



Music

Students will develop their musical skills and knowledge by listening to, composing and performing a wide range of music. They will learn to compose their own music, follow musical scores and become musically literate.

Students undertaking music learn exclusively online and must study the topic *Australian Music* and at least two topics from each of the groups below.

Group 1

- Baroque music
- Classical music
- Nineteenth-century music
- Medieval music
- Renaissance music
- Art music of the 20th and 21st Centuries
- Music of a culture
- Music for a small ensembles (Group 1)
- Music for large ensembles (Group 1)

- Group 2
- Popular music
- Jazz
- Music for radio, film, television and multimedia
- Theatre music
- Music of a culture (different from Group 1)
- Music for small ensembles (Group 2)
- Music for large ensembles (Group 2)
- Rock music
- Music and technology

Students will develop their Information Communication Technology (ICT) skills through a range of activities including internet research, digital recording and multi-track recording.





Photographic and Digital Media

This course is not for the faint hearted. Friends, family and pets are distorted, manipulated, and reworked in so many ways that they are hardly recognisable.

Each lesson delivered through online learning, will guide you in creating digital images that are beautiful, funny, outrageous and very bizarre.

This course can be studied as a 100 hours elective (one year of study) or as a 200 hours elective (Years 9 and 10)

Some of the topics covered in the course are:

- merging photos to form a panorama, a layered photo with different backgrounds and merged images
- manipulating an image by using filters to enhance and/or distort an image by changing backgrounds and colours
- using the elements of design to create mandalas, portraits and photographic montages
- using the camera as a tool to create expressive artworks
- project based work to create a thematic series of images
- studies in Photographic Practice.



Distort Filters



Mandala

The course works with the Photoshop program (which can be downloaded through the Student Portal) and no prior experience is necessary. Students will start having fun from the very first lesson.

Students will need access to a computer and a digital camera (or mobile phone camera).

Workshops, held at Sydney Distance Education High School, are an important element of the course and provide students with access to digital SLR cameras, studio lighting and professional help.

The knowledge gained in the Photographic and Digital Media course would be beneficial in the career choices of advertising, graphic design, architecture, artist, photographer, fashion designer, interior designer, cinematographer and many more design based occupations.



Panorama

Visual Design

Would you like to create legal graffiti art?

Would you like to create a design for a functional skateboard deck?

Do you enjoy Manga and Anime cartoons?

Would you like to learn how to use the Photoshop digital imaging software?

If you have answered yes to any of these questions then the Visual Design course is for you.

This is an exciting online course that provides students with the opportunity to explore the nature of visual design as a field of various artistic practices and conventions.

The Visual Design course allows students to experiment with innovative and fascinating design techniques. *This course can be studied as a 100 hours elective (one year of study) or as a 200 hours elective (Years 9 and 10).*

Students will have the opportunity to work with some of the following design projects.

- Computer generated graffiti art
- Graphic design, poster design and advertising campaigns
- Wearable design
- Cartooning
- Manga and Anime cartooning using traditional drawing techniques and Photoshop Elements
- Wearable art, hat making and fabric design
- Animation

Students will also explore traditional Visual Arts techniques such as drawing, painting, printmaking, mixed media and photography.

Students who are interested in a career related to Visual Design such as Graphic Designer, Textile Designer, Interior Designer, Industrial Designer, Fashion Designer, Cartoonist, Illustrator or even a Set Designer – we encourage you to enrol in this exciting course.

Optional Art Kit \$80 – Students of Visual Design are welcome to purchase an Art Kit to support them in the completion of some artmaking tasks. Alternatively, students are welcome to supply their own art materials as needed.



Graffiti Design



Manga



Skateboard deck designs



Fintan Magee - Untitled, Woolloomooloo, 2014

Visual Arts

Art is one of the most satisfying courses a student can undertake. The elective Visual Arts course aims to develop a student's visual awareness and creativity through the making and study of art.

The course work is exclusively online, providing students with an innovative and interactive elearning environment.

Artmaking experiences we offer are the following.

- Drawing
- Painting
- Collage
- Mixed media
- Printmaking
- Ceramics
- Sculpture
- Installation art
- Digital media

Workshops and Study Days, held at Sydney Distance Education High School, are an important element of the course as they provide students with the opportunity to try different approaches to making art.

Throughout the year, we go on a number of excursions to places such as the Brett Whiteley Studios, Art Gallery of NSW and Sculptures by the Sea.

Optional Art Kit \$80 - The Art Kit contains art materials required for the course. If you are interested in purchasing an art kit, please contact School Reception to make payment. Alternatively, students are welcome to supply their own art materials.









Elective History

As well as the Mandatory History course, students with a particular interest in history may ALSO choose this Elective History course. It aims to give a broad overview of the major developments in world history. It provides background to some of the major issues of concern in the modern world and it helps students make sense of current events.

Topics covered in Year 9 include the following.

- Renaissance
- Crisis and Change
- Aboriginal Heritage and Identity
- Site Study Tutankhamun's Tomb
- Medieval Japan
- Biography Cleopatra
- Iconic Women of the 19th and 20th Centuries

Information Communication Technology (ICT) will be the tool students will use to research history and communicate their understanding of past societies and times.

Students will be encouraged to develop a lifelong interest and enthusiasm for history and appreciate that history is made up of different viewpoints.

In Year 10 the course covers the following areas.

- Slavery
- Elizabethan England
- Biography Charles Darwin
- Site Study Buddhas of Bamiyan
- Film Study Mabo
- Propaganda in History
- 20th Century Iconic Photographs
- Qin dynasty and the Entombed Warriors

This study gives students a meaningful context for contemporary events.



Food Technology

Course format

Food Technology is an elearning course, supplemented by a variety of weekly practical lessons.

We offer study days in the SDEHS commercial kitchen and technology space where students can complete the practical and digital component of their course work or assessment tasks if required.

The course may be studied in either Year 9 or 10 (100 hours course) or both years (200 hours course).

Course content

The Australian food industry is growing in importance, providing numerous employment opportunities and increasing the relevance of Food Technology for the individual and society. The study of Food Technology provides students with a broad knowledge and understanding of food properties, processing, preparation and their interrelationships, nutritional considerations and consumption patterns.

Food Technology addresses the importance of hygiene and safe work practices in the production of food. It provides students with a context through which to explore the richness, pleasure and variety food adds to life.

Topics

The 200 hour Food Technology course runs over Year 9 and 10. You will study the following focus areas over the 2 years of study.

Year 9

- Year 10
- Food selection and health
- Food in Australia
- Food for special occasions
- Food equity

- Food for specific needs
- Food trends
- Food service and catering
- Food product development

Additional Information

You will need access to a computer, a home kitchen with a variety of basic kitchen utensils and some small appliances. You'll be required to photograph your food during production and on completion, so a smart phone or digital camera is also required.





Industrial Technology

The study of Industrial Technology provides students with opportunities to engage in a diverse range of creative and practical experiences using a variety of technologies widely available in industrial and domestic settings.

- Industrial Technology Automotive
- Industrial Technology Building and Construction
- Industrial Technology Electronics

These are all ONLY 100 hour (1 year) courses. Students may study a chosen Industrial Technology course for either Year 9 or Year 10 only, not both.



Automotive

Learn about the development and use of power in our society. In particular, the history of the car shows how we use power for the good of people.

This course will help you to become familiar with the workings of the modern car, so you will need access to a car.

Building and Construction

This is the ideal subject if you are interested in woodworking, building and working with your hands. In this subject you will learn about hand and power tools and how to use them safely and effectively. You will study skills used in house building, participate in practical workshops, and build your own projects.



Electronics

Contribution: \$35

This is a popular and interesting practical course which enables you to discover the basic principles of electronics. You will apply these to the making of small but exciting projects. Projects include a continuity indicator, which shows whether something will conduct electricity, or a set of flashing LEDs and a siren. All special tools and equipment are provided on payment of the kit fee.



Information and Software Technology

The study of Information and Software Technology Years 9-10 assists students to develop the knowledge, understanding and skills required to solve a variety of real-world problems using technology.

Students learn about current and emerging hardware, software and computing technologies and develop skills in critical thinking, communication and computation.

Practical projects form a major part of the course and give students the opportunity to develop both technology and creative problem-solving skills.

Topics and projects include the following.

- Internet and website development
- The design and building of a website on a topic of interest using HTML and CSS
- Artificial Intelligence, simulation and modelling
- The creation of spreadsheets to model scenarios and simulate events, and build an expert system to fulfil a realworld need

- Database design
- The design and development of a database to solve a real-world problem that includes queries, forms and reporting elements
- Digital media
- The design and production of a digital video incorporating audio and text elements



Physical Activity and Sport Studies (PASS)

The Physical Activity and Sports Studies course is a Stage 5 course that can be completed as either a 100 hour (1 year) or 200 hour (2 year) course. This course is delivered through elearning.

Physical Activity and Sports Studies looks at the many possible contexts in which individuals can build activity into their lifestyle. It incorporates a wide range of lifelong physical activities and the use of physical activity for therapy and remediation.

Participation in regular physical activity is essential to improving health status and quality of life. Health experts agree it can reduce the likelihood of many lifestyle related diseases. Research shows that regular physical activity can also be effective in stress management, therapy and rehabilitation, injury prevention and the promotion of physical fitness.

Individuals who lead an active lifestyle enjoy a positive sense of general wellbeing, heightened energy levels and improved ability to concentrate. They have an enhanced capacity to perform daily activities with ease and respond to increased demands.

Topics covered include the following.

100 hours – Years 9 and 10

- Movement efficiency
- Inclusion
- Coaching
- Nutrition

200 hours – Year 9

- Movement efficiency
- Inclusion
- Coaching
- Nutrition

200 hours – Year 10

- Perfect practice = perfect
- Technology, participation and performance
- Issues in physical activity and sport
- Promoting active lifestyles and surfing

This course is delivered via elearning.

Textiles Technology

Contribution: \$15

Textiles Technology is a great choice for students interested in fabric and fashion trends. Textiles have played a significant role throughout history and continue to satisfy needs in society by means of self-expression, by having social meaning and cultural significance, and by performing specific functions in commercial, industrial and personal settings. This subject relates to the clothes you wear, textile items in your home and in other environments. It is driven by your choice of projects that are fun and interesting.

The course may be studied in either Year 9 or Year 10 (100 hours course) or in both years (200 hours course).

Textiles Technology is a project-based course which means you will undertake interesting and engaging practical projects. Projects will come from the 5 main focus areas.

Apparel:	What we wear
Furnishings:	Textile items in the home
Costumes:	Clothing worn in plays and traditional costume
Textile Arts:	Wall hangings and wearable art
Non-Apparel:	Book covers, bags and toys

You will gain a broad knowledge of the properties, performance and uses of textiles in which fabrics, colouration, yarns and fibres are explored. Students document and communicate their design ideas through a design portfolio which will compliment their project.

There are three areas of study in Textiles Technology.

- Design Students learn how to generate and develop textiles design ideas, to examine and appreciate the work of textiles designers and how to apply colour and decoration to textiles items.
- Properties and Performance of Textiles Students learn about the basic components of textiles and how to use this information to make wise decisions when selecting fabrics for a specific end use.
- Textiles and Society Students look at the historical, cultural and contemporary factors which influence textiles design, construction and use. The impact of textile production and use on the consumer and society in general is also investigated.

The course is an elearning course, supplemented by small kits to assist with manufacturing techniques to develop your skills. You will be required to visit each term and there will be fabric colouration workshops and study days to assist you with the course. The \$15 contribution fee covers the cost of sample kits. You will need access to a sewing machine.

