

Weeroona College Bendigo

## Elective Guide 2025



**Kind Safe Learners** 



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### Welcome

INTRODUCTION

# 2025 Elective Booklet Kind Safe Learners

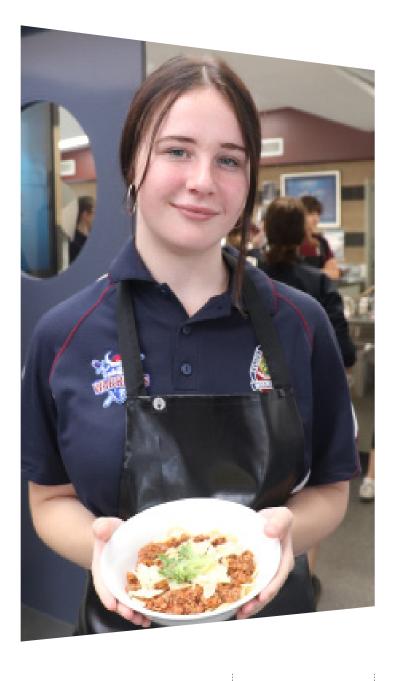
Welcome to the 2025 Elective Booklet. This is a comprehensive guide to the many subjects and pathways that are available for Weeroona College Bendigo students and families to explore for Year 9 and Year 10.

Contained within the pages of this booklet are descriptions of all the electives we have on offer for 2025. Students and their families are encouraged to read through this booklet together to make the best selection. Choosing elective subjects in Year 9 and 10 is an important step in establishing career pathways and is best undertaken with the support and guidance of trusted adults. Teachers will also be available to provide guidance and advice to students throughout this process.

As an overriding guide to making selections, students can focus on the main areas below:

- Identify your interests.
- Identify your strengths.
- Identify what will lead to a job you are interested in.
- Identify what will prepare you for further training or tertiary studies.

In 2025 there are many subjects and pathways available to WCB students.



### Curriculum Structure Year 9 and 10

The Year 9 and 10, curriculum at Weeroona College Bendigo stems from the Victorian Curriculum F-10, which sets out a single, coherent and comprehensive set of content descriptions and associated achievement standards. This information enables staff to plan, monitor, assess and report on the learning achievement of every student.

Students then study six other semester based electives throughout the year. As part of a balanced curriculum students are encouraged to select no more than 2 electives from within a learning area.

At Year 9 we see the introduction of student electives into the timetable. The core curriculum sees students undertake English, Mathematics, Science, Physical Education and Humanities.

| SAMPLE PROGRAM - SEM 1 |   |
|------------------------|---|
| CORE SUBJECTS          | English<br>Maths<br>Humanities<br>Science<br>Physical Education |
| ELECTIVES              | Year 9 Foods<br>Creative Writing<br>First Nations People        |

| SAMPLE PROGRAM - SEM 2 |   |
|------------------------|---|
| CORE SUBJECTS          | English Maths Humanities Science Physical Education |
| ELECTIVES              | Drawing<br>Horticulture<br>Sport Science            |





INTRODUCTION

# VCE Offerings

The College has made a commitment to providing Year 10 students with the opportunity to participate in an accelerated program. College staff can advise students on their suitability to undertake any VCE subjects.

It should be noted that students will not be disadvantaged by not undertaking a VCE subject at Year 10, nor should it be assumed that completing Units 1 and 2 automatically requires that students complete Units 3 and 4 at Year 11.

Students intending to select a VCE subject must demonstrate a commitment to producing high quality work, meeting deadlines and displaying sound organisation and time management skills.

VCE offerings are counted as 4 of the electives choices accross both semester 1 and 2.

WCB has a commitment to provide Year 10 students with the opportunity to participate in an accelerated program.

# English electives

#### Film Appreciation

This elective aims to broaden students' understanding of film as an art form, through a range of screen-based media, including both classic and contemporary features, short films and documentaries. Students will learn to appreciate the aesthetic and literary aspects of film, and how specific filmmaking techniques are utilised by filmmakers to construct meaning for an audience.

This elective provides students with the opportunity to view films that have shaped the genre of cinema, from the earliest iterations of moving images, from Chaplin right through to the rise of the blockbuster feature films we know today.

Students will be required to complete a range of activities to analyse, evaluate and write about films.

#### **Pathways**

Film Appreciation can be good preparation for VCE English.



#### **Creative Writing**

The primary aim of this elective is to develop students as writers through a sustained focus on creative expression, structure, fluency and the drafting and editing process.

Students are expected to brainstorm, plan, draft, proofread and then produce polished final copies of their work.

Students will receive explicit teaching in areas such as structure for different text types and styles of writing and grammar.

Students have the option of self-directing their learning.

#### **Pathways**

Creative Writing can be good preparation for VCE English.

#### **English Tutorial**

This elective is aimed at Year 10 students who require additional support to participate in the Year 10 English curriculum. Students who select this elective are working below the expected level, but are interested in improving their skills in the areas of reading, writing and oral presentations.

Students will participate in explicit lessons on analysing literature, analysing arguments, delivering oral presentations, writing text response essays and developing exam preparation strategies.

#### **English Literature**

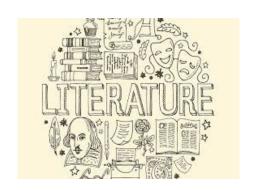
The English Literature elective is designed for students who love reading and are looking for an opportunity to extend their critical thinking and analytical skills.

The purpose of this course is to develop an enjoyment of language and literature through deep and critical reading. Students will be supported to appreciate the stylistic and aesthetic qualities of texts, develop the ability to engage in critical analysis and explore how social and cultural contexts influence literature.

Students will participate in class discussions and will produce text response essays.

#### **Pathways**

This elective is a good segue into VCE Literature. Career outcomes for students who study English Literature are Advertising agencies, Education sector, Freelance writing, Government departments, Libraries, Market research and Publishing companies.



### Maths

### **Mathematics Electives**

#### **Maths Tutorial**

In this elective teachers will determine students' point of need learning through a process of consultation with students.

This is for students who are working below the expected level but are interested in improving their skills and understanding in the area of Mathematics.

This course would assist students in being able to successfully complete units of study in VCE Vocational Major (VCE VM) or Victorian Pathways Certificate (VPC).

#### **Pre-requisites**

Ability to work in a self-directed learning environment. Students will be referred to this program by their Maths teachers after the electives selection process closes.

#### **Pathway**

General Mathematics, Mathematical Methods/ Specialist Mathematics (VCE).

#### Year 10 Applied

#### **Mathematics**

This elective is for student who are possibly looking for future pathways into a trade or attending TAFE.

Students will be participating in learning directly related to mathematical and numeracy skills needed for a variety of apprenticeships and traineeships.

Students will be given an opportunity to combine practical and real-world scenarios relevant to their chosen industry and helps to consolidate concepts that students might learn when completing VET (Vocational educational training).

#### **Pre-requisites**

Ability to work in a self-directed learning environment.

#### **Pathway**

TAFE courses, Apprenticeships, Victorian Certificate of Vocational Major.

#### "Thinking Mathematically"

This elective is for those who wish to build self-confidence and develop positive attitudes towards Mathematics. Students are expected to have a high level of cooperative participation and a willingness to apply themselves both in class and at home.

The focus of this elective is to gain insight into new mathematical concepts, practice and reinforce skills and enhance problem-solving strategies through games and inquiry-based activities.

This elective includes other areas of Mathematics not included in the mainstream curriculum that are of

#### **Pre-requisites**

Students must have successfully studied a minimum of Level 8 Mathematics in their core class in 2024.

interest and benefit to students.

#### **Pathway**

General Mathematics, Mathematical Methods/ Specialist Mathematics (VCE).

### Advanced Year 10 Mathematics

This elective is for students who wish to keep all options open for their studies of Mathematics at the VCE level. Students will be expected to have a high level of mathematical understanding and a willingness to apply themselves both in class and at home.

The focus of this elective is to continue developing high end mathematical skills, including exposure to concepts including surds, non-linear graphing, non-right-angle trigonometry, algebraic equations and modelling. There is also a focus on accessing technology to assist our work, particularly CAS calculator applications.

It should be considered essential to select this elective if wishing to study Maths Methods and/or Specialist Maths.

#### Pre-requisites

Students must have successfully studied a minimum of Level 9 Mathematics in their Advanced class in 2024, or be willing to discuss this with their classroom teachers.

#### **Pathway**

Mathematical Methods/ Specialist Mathematics (VCE).

## Humanities Humanities Electives

#### **Legal Studies**

Legal studies focuses on laws that affect us in everyday life. Students develop an understanding of who makes the laws under which we all must live and also looks at resolving civil and criminal disputes through courts and other bodies. The study provides students with an appreciation of how individuals can be involved in decision making within the legal system, encouraging civic engagement and helping them to be more informed and active citizens.

#### **Pathways**

This elective can prepare students for VCE Legal Studies.

### Introductions to Revolutions

This subject will focus on key revolutions and conflicts that have shaped modern history. Focus topics will include the Easter Rising and the Spanish Civil War. Students will analyse and respond to the causes, consequences and historical legacies of these monumental events. Students will extend their research skills to critically evaluate both primary and secondary historical sources. This subject supports students by providing more in-depth coverage of key historical curriculum and explicitly linking together key historical periods covered in Humanities.

#### **Pathway**

This elective can prepare students for VCE History subjects: Ancient History, Twentieth Century History, Global Empires, Australian History and History of Revolutions

#### **Sports Management**

If you're a sport enthusiast interested in what happens behind-the-scenes and how sport is managed, presented and promoted, this semester elective gives you that insight. You'll explore the business of sport-specific operations through theory and work experience in the sports industry.

Students will use the Economic and Business Skills from the Victorian Curriculum including developing transferable skills that enable them to identify and investigate contemporary economic and business issues or events in a sporting context. This will assist students to understand the behaviour of sporting franchises, clubs and athletes in the economy, society and financial environment, particularly the decisions made by sporting organisations.

This elective will investigate areas such as sports management, sponsorship, sports media and sports law.

#### **Pathways**

This elective can help prepare students for VCE subjects such as Business Management, Accounting, Economics and Health and Human Development.



#### **Travel and Tourism**

This course introduces students to the diverse and interesting field of Tourism. Students will look at why people travel to particular places and what makes locations tourist attractions. Students will also investigate the different ways people travel, including: backpacking, tour packages and ecotourism.

We will explore the impact of natural and manmade disasters and what impact they have had on tourism locally, internationally and globally. How have different places reacted, what solutions have they put in place?

The study of tourism gives students a range of diverse opportunities and enables them to gain many different transferable skills including time-management, planning, problem-solving, and budgeting, communication, leadership and teamwork skills.

Students will create travel itineraries and brochures for use in the tourism industry as well as looking at case studies of different countries.

#### **Pathways**

This subject could lead to careers in retail travel, wholesale travel, visitor information, tour operators, cruising and VCE Geography.

### Geography Fieldwork and Inquiry

The fieldwork process, being out in nature and learning from the world around you are essential parts of studying Geography. This unit will take students through the process from start to finish and allow them to develop key geographical skills including research, collecting and analysing data, mapping and creating visual representations of information.

Students will develop their ability to think spatially and geographically while exploring real world issues including sustainability, climate change, waste and natural disasters.

This subject will provide students with an opportunity to deepen their understanding of key geographical concepts and skills. Students will learn how to design and undertake a geographical inquiry process and develop observational and research skills for fieldwork-based projects.

#### **Pathways**

This elective is a great introduction to VCE Geography or Environmental Science.



# Science Science electives

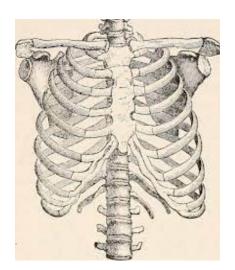
#### **Biology**

In this elective, students study the structure and function of cells as a basic unit of life. DNA, cell development, and the differences between prokaryotic and eukaryotic cells will also be investigated. Students become familiar with current and emerging technologies that further our knowledge of cells as functional units, such as stem cells.

Students will study the relationship between environmental factors and adaptations. They will also design and perform a number of practical activities that develop knowledge and skills in design, measurement and data organisation.

#### **Pathways**

Students intending to do a science based VCE are strongly advised to complete this elective. The topics are taught at an advanced level and some VCE work is covered.



#### **Human Biology**

In this elective, students observe cellular structures and systems and how they function.

Several of the body's systems are examined and students explore how they work together to support life. Students learn about factors affecting the health of the human body and its response to disease. This includes research into local health facilities.

Students also engage in a variety of practical activities that develop their knowledge and skills in design, measurement and data organisation.

#### **Pathways**

This is an ideal preparation for VCE Biology.

#### Chemistry

This elective is for Year 10 students who are considering Chemistry at the VCE level.

Students will need a reasonable level of competence in both Year 9 Core Science and Mathematics.

Topics will come from the Chemical Science Strand and will extend students' prior knowledge from Year 9 and Year 10 Core Science. There will be an emphasis on practical experiments and the theory underpinning these experiments.

#### **Pathways**

Successful completion of this Year 10 elective will support students to pursue VCE Chemistry.

#### Horticulture

This course aims to provide students with the introductory knowledge and skills required for the identification, propagation, growing and pruning of plants.

Activities include seed growing, culture media, other methods of propagation, composting and pruning.

Students are introduced to organic gardening techniques and the safe use of hand tools.

Students in this elective will be involved in physical activities such and planting and digging.

#### **Pathways**

This subject is good preparation for the VCE VET Agriculture, Horticulture, Conservation and Ecosystem Management program.

#### **Psychology**

This subject provides a fun and engaging investigation into the wonders of the brain, our thoughts and the influence of others on behaviour.

Students investigate a range of topics, including: the brain, mental health and forensic psychology. They examine the topic of sports psychology, which considers ways to improve performance, reduce stress and the importance of team work.

Students participate in a number of practical experiments in their examination of memory and the different types of learning. Students learn and apply aspects of the knowledge and skills of the discipline (critical thinking, experimentation, problem-solving and research skills) to understand human behaviour. By studying psychology, students will learn about themselves, their interactions with others and how to be a more successful learner.

#### **Pathways**

This is an ideal preparation for VCE Psychology.

#### **Physics**

This elective is for Year 10 students who are considering Physics at a VCE level. Students will need a reasonable level of competence in Year 9 Core Science and a high level of competence in Year 9 Mathematics. Topics will come from the Physical Science Strand and will extend students' prior knowledge from previous years.

There will be an emphasis on theoretical content and the Mathematics underpinning topics studied.

Topics will include forces and concepts used to model motion, energy in motion, gravity and space, electromagnetism, particles in the nucleus, energy from the nucleus, atomic reactions as well as radiation and its effect on the human body.

#### **Pathways**

The successful completion of this Year 10 elective will support students to pursue Physics at VCE level.

#### **Food Science**

The food science elective is designed for students wishing to pursue studies that include investigating sustainability, nutrition, anatomy and physiology and healthy lifestyles. The elective investigates the environmental impact of food production, the positive and negative implications some foods have on mental and physical health, the basic requirements of nutrition and how allergies and intolerances can impact one's health.

#### **Pathways**

This subuct is a good pathway to Food Technology and Environmental Science.



# Languages Language Electives

#### **Auslan**

The study of Auslan contributes to the overall education of students, particularly in the areas of communication, cross-cultural understanding, literacy and general knowledge.

Students study lexical signs, gestures and affective non-manual features (NMFs) and use familiar language to collaboratively plan and conduct shared events or activities, such as presentations, demonstrations or transactions.

This semester based course is designed to enable students to use Auslan to communicate with others and develop their understanding and appreciation for the cultural contexts in which Auslan is used.

#### **Pathways**

The ability to communicate in Auslan may, in conjunction with other skills, provide students with vocational opportunities such as teaching the language, teaching deaf children, interpreting, social work, and counselling.

#### Chinese - Year 9 and 10

This course is suited to students who enjoy learning the Chinese language and about Chinese culture.

Students will develop practical knowledge, vocabulary and communication skills on a range of topics. They will apply this knowledge in interactions with each other.

#### **Pathways**

Learning Chinese (Mandarin) opens up career opportunities in areas such as tourism, hospitality, commerce, journalism, technical professions, teaching, diplomacy and the defence forces. This is also ideal for VCE Applied Language (Mandarin) or VCE Chinese as a second language via Victorian School of languages.



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# Technology Technology Electives

#### Foods - Year 9

In this course, students learn food preparation skills and cookery techniques, with an emphasis on cooking healthy meals and snacks while increasing independence in the kitchen.

In theory classes, students investigate the factors that lead to food poisoning and how this can be prevented.

Students also explore the health implications of sugar and how to reduce sugar consumption.

#### **Pathways**

This is an ideal subject for students who wish to be involved in the hospitality industry, or have a keen interest in foods and cooking.

#### Foods - Year 10

In this subject, students are encouraged to become more independent with their cooking and take an active role in choosing some of the recipes cooked in class. Students learn about different foods, ingredients and cooking processes and learn to cook foods that can be prepared as main meals at home. Students investigate the principles of food processing and compare home-made foods to similar factory-produced meals.

#### **Pathways**

This subject is good preparation for the hospitality industry. Students with an interest completing Food Studies, Physical Education or Health and Human Development units at VCE level are also encouraged to choose this elective.

#### World of Food

This course focuses on exploring a variety of cuisines around the world, while developing students' food preparation skills.

Students create a travel diary that includes research on a variety of foods enjoyed in various countries around the world. They also investigate the influence of culture, climate and economics on the local cuisine. Students examine the effects of obesity from a global perspective and look at food insecurity around the world.



#### **Pathways**

This subject is good preparation for: VCE – Food Studies, VCE – Health and Human Development, VET – Certificate II Kitchen Operations.



#### **Exploring Textiles**

This course introduces students to the world of textiles, crafts and fashion.
Students can choose to make or alter garments and accessories. They can also participate in crafts, such as embroidery and embellishing items of clothing, bags or other items made in class.

#### **Pathways**

This subject is good preparation for VCE Production, Design and Technology.



## Technology **Technology Electives Continued**

#### **Wood Technology**

In this subject, students develop skills and knowledge in basic woodwork equipment to safely produce projects with an element of their own design.

Students will be required to use a range of techniques and equipment to safely investigate, design, produce, and evaluate various wood projects.

#### **Pathways**

This elective is good preparations for VET Certificate II Furnishing.

In this course, students develop skills

and knowledge in the production of

metal products and use a range of

investigate, design, produce and

evaluate various projects.

negotiated.

**Pathways** 

techniques and equipment to safely

Students are required to investigate,

design, produce and evaluate various

creative projects, some set and some

General Metalwork

#### Machine Shop Engineering

This elective introduces students to the safe use of engineering tools and equipment, including the use of an engineering lathe, mill and MIG welding.

Students will produce set projects, design machines and fabricate their own projects based on metals. Topics include: workshop safety, MIG welding, lathe work, project design and millwork.

#### **Pathways**

This elective may lead to VET Automotive or Certificate 1 in Engineering.

#### Design and Engineering

This elective gives students the opportunity to design and build a portable, amplified Bluetooth speaker system. Using a range of variables, students will create designs using creative and innovative ideas to generate solutions.

Students will use a range of materials and techniques for assembly, including designing and 3D printing some components.

#### This elective is good preparation for VET

Certificate II Engineering.

#### **Pathways**

This elective can lead to VCE Design and Technology and Systems Engineering.

#### **Creative Technology**

In this elective, students develop skills, knowledge and use a range of techniques, materials and equipment. Students will be required to investigate, design, produce and evaluate various creative projects, some set and some negotiated.

Focus topics will include basic welding techniques, safe OHS practices and working skills (wood, plastic and metal) and evaluation.

#### **Pathways**

This elective may lead to VET Certificate II in Engineering, further study in VCE and TAFE.

### **Programming (Robotics** and Gamemaking)

This subject will offer students the opportunity to develop and understand fundamental computer programming principles. Students will apply basic programming structures to design a game and then apply similar principles to the robotics unit.

#### **Pathways**

This elective can prepare students for the VCE subjects of Information Technology (Programming), IT Applications, Information Systems or Certificate 3 IT (various streams). Further study in this area can lead to a career in the IT industry as a programmer or system analyst.

#### 3D Printing

#### (Computer Aided Design)

In this course, students develop their skills in advanced manufacturing using computer-aided design (CAD) software. Students can design and 3D render using Fusion 360 and then produce their item using a 3D printer.

Students work towards a personal project of their choice. They will learn how to use a range of software tools and then create IPod docks, USB holders and various other 3D prototypes.

#### **Pathways**

This elective can prepare students for VCE subjects in the areas of IT, Maths, Product Design Technology, Systems Engineering, Visual Communication and Design.

#### **Small Engines**

This technology subject is suited to students who are interested in the automotive and mechanical industry and have a mechanical aptitude.

This elective provides students with a broad base of skills necessary to maintain and service small engines. Units within this course look at: complete engine disassembly, assembly and diagnostics of engine faults. Through theory work and practical tasks, students will learn correct and safe working procedures and carry out investigations of current automotive technologies.

#### **Pathways**

This subject is good preparation for VET Automotive.

#### STEM/Energy Vehicles

This elective aims to engage students in hands on, inquiry based, collaborative learning using innovative technologies as part of the community based Energy Breakthrough program. Students explore solutions to environmental and transport issues that are real world challenges.

They work directly on the Energy Breakthrough vehicles to continually refine and improve their performance and apply the design thinking process to the vehicles and competition.

They investigate ways to make the rider and vehicle more efficient in competition and actively create solutions that can be trialled and assessed. They participate in fitness theory lessons and physical exercise routines to improve their physical fitness and riding skills.

## Adobe Creative (Photoshop

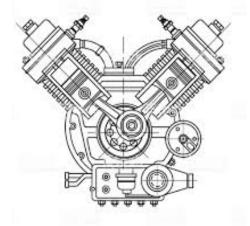
#### & Illustrator)

This subject explores Photoshop and Illustrator from a design perspective to create a diverse range of layouts for various purposes and audiences.

Students will manipulate images and create unique publications using the power of Photoshop and Illustrator.

#### **Pathways**

This elective can prepare students for VCE Computing subjects.



#### Pre requisites

Students enrolled in this elective are expected to be a part of the Energy Breakthrough team, competing in races around Victoria throughout the year leading up to our end-of-the-year competition at Maryborough 24hr Trials. Students are expected to attend training sessions outside school hours.

As a requirement to select this subject, interested students must attend compulsory tryouts that take place the year before.

#### **Pathways**

This elective would be ideal for those students thinking about a career in engineering or associated fields.

# Physical Education and Health Physical Education and Health Electives

#### Specialised Sports (A)

This elective focuses on competitive and physical contact based sports.

Students will have the opportunity to further establish and refine a multitude of fundamental motor skills in sports such as: netball, soccer, lacrosse, AFL and tennis.

Students will undertake inquiry based investigations on women's health, historical events in women's sports, the opportunities provided to women in contemporary society, as well as a range of careers in the sporting sector. At the end of the semester, the students participate in an excursion to the MCG Sports Museum.

#### **Outdoor Education**

This course is offered to students in Years 9 and 10 as individual electives. It aims to provide students with the knowledge and skills required for safe participation in a range of outdoor recreational activities.

Students will have the opportunity to experience: canoeing, rock-climbing, navigation, orienteering and the development of bushcraft skills. They will develop leadership capabilities, co-operation, self-confidence, trust, teamwork and environmental awareness.



#### Pre requisites

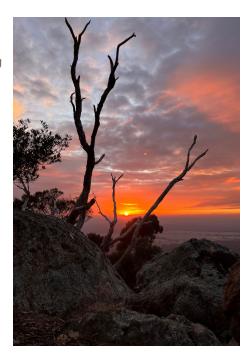
Students will be expected to attend overnight camps and day excursions.

#### Specialised Sports (B)

This elective focuses on competitive and physical contact based sports. Students will have the opportunity to further establish and refine a multitude of fundamental motor skills in sports such as: AFL, gridiron, golf, futsal and cricket. Students undertake an inquiry based investigation on men's health, specifically focusing on male dominated sports. At the end of the semester, students participate in an excursion to the MCG Sports Museum.

#### **Pathways**

This subject is ideal for students wishing to complete VCE Outdoor Education.



#### Advanced PE (Year 9)

In this subject, students explore the structure of the musculoskeletal and cardiorespiratory systems with a focus on the muscles, bones, heart and lungs.

Students investigate how these body systems work together, and the effect exercise has on these systems.

The second part of the unit is designed to equip students with tools and knowledge to enhance their physical fitness and performance. Emphasis will be placed on training planning, including setting SMART goals, developing personalised training programs, monitoring progress and incorporating rest and recovery strategies for optimal performance.

Advanced PE combines theoretical knowledge with practical applications to foster students' understanding of anatomy and fitness, empowering them to lead healthy and active lives.

#### **Pathways**

This elective is recommended for students who are interested in VCE PE, or any student with an interest in anatomy and physiology, fitness training or any biological science.

#### Soccer Flective

This course provides students with access to specialist soccer-specific coaching through a tailored program. Students will be provided with opportunities to analyse game-play, learn and master advanced offensive movements, understand defensive tracking, review team formations and refine the fundamental motor skills involved in soccer. Students will also participate in a number of inter school matches against other Bendigo regional schools.

#### Advanced PE (Year 10)

In this subject, students explore key aspects of human physiology and physical performance, including anatomy, energy systems, skills development, and biomechanics.

Students explore the three energy systems that power physical activity and how these systems interact to provide energy for different types and durations of exercise.

Advanced PE combines theoretical knowledge and practical application to deepen students' understanding of the human body's mechanics and enhance their ability to perform at their peak in various physical activities.

#### **Pathways**

This elective recommended for students who are interested in VCE PE, or who have an interest in anatomy, physiology, fitness training or any biological science.

#### **Volleyball Elective**

This Year 9/10 Volleyball elective course provides a comprehensive introduction to the essential skills and strategic elements of the game. Students will develop proficiency in setting, digging, spiking, blocking, and executing both underarm and overarm serves. The curriculum includes detailed instruction on the official rules of volleyball, various team formations, and effective tactics to enhance gameplay. Emphasis will also be placed on mastering footwork, improving overall team play, and fostering communication and collaboration among teammates. Through a combination of drills, practice matches, and theoretical lessons, students will gain a thorough understanding of the sport, enabling them to perform confidently and competently in competitive settings.

#### Strength and Conditioning

This Year 9/10 Strength and Conditioning elective focuses on developing students' understanding and practical skills in key areas of fitness, including strength, power, speed, flexibility, and mobility, while emphasising the importance of diet and sleep.

Throughout the semester, students will engage in both theoretical lessons and hands-on gym sessions to explore and practice effective training techniques. The course will cover the principles of fitness and conditioning, teaching students how to design and implement training programs that enhance their physical capabilities for their chosen sport or area of interest.

Additionally, students will learn about the role of nutrition and proper sleep in optimising performance and recovery. By the end of the course, students will have a well-rounded knowledge of strength and conditioning, equipped with the skills to maintain and improve their fitness levels through informed lifestyle choices.

#### **Pathways**

This subject is good for preparation for VCE, Physical Education and Health and Human Development.

# The Arts Visual, Performing Arts & Music Elective

#### **ART**

Students develop their artistic skills through experimenting with a wide range of materials and techniques. They also explore different art styles, and develop their individual creative style.

Students create folios of work based on drawing, painting and mixed media.

They also research into artistic styles and movement.

Note: Students can repeat this subject as alternative topics are provided.

#### **Pathways**

This subject prepares students for VCE Art Making and Exhibiting and Art General.

#### **Ceramics**

This elective will appeal to students who enjoy working in a three-dimensional format. Students will work with many materials including clay, plaster and cardboard.

Students develop hand-building techniques to create clay and mixed-media sculptures. Students will also learn about the history of sculpture in a free-choice research assignment.

Note: Students can repeat this subject as alternative topics are provided.

#### **Pathways**

This subject prepares students for VCE Art Making and Exhibiting.

#### **Drawing**

Students develop their drawing skills and learn techniques to achieve realism. They also learn to create imaginative and original compositions whilst using a range of drawing materials.

Students create folios of work using new techniques. They develop observation skills through set tasks, and develop personal interests and strengths in original compositions.

Students also spend some time analysing the works of accomplished artists

Note: Students can repeat this subject as alternative topics are provided.

#### **Pathways**

This subject prepares students for VCE Art Making and Exhibiting and Art General.

#### **Animation**

Students learn to plan and film stop-motion and 2D digital animation, using different editing and creation software.

Students cover the following:

Storyboarding

Filming and lighting techniques

Stop-motion film-making

Digital animation film-making

#### **Pathways**

This subject prepares students for VCE Art Making and Exhibiting, VCE Arts General and VET Digital Media.

### Introduction to Photography

Students gain a sound understanding of basic photography skills.

This includes a range of traditional darkroom and digital processes, camera use, composition techniques and use of Photoshop.

#### **Creative Photography**

Students learn how to use digital SLR cameras, a variety of lenses, Photoshop and simple darkroom processes. There is an emphasis on creative presentation. They research the work of other photographers to gain an understanding of the impact photography has in the modern world.

#### **Pathways**

These subjects prepares students for VCE Art Making and Exhibiting: Photography.

#### Theatre Studies

Where the drama elective looks at the actors' craft, Theatre Studies allows students to step into the wider world of the creative team roles and production design, including producing, directing and the theatrical elements of set, costume & lighting design. Acting opportunities will also be offered in this elective.

Students explore the directors craft in working with actors and building scenes from first rehearsal to performance.

They select a play to guide the creation of theatrical element.

This concludes with an end of semester performance.

#### Drama

This elective would appeal to those who love to learn through play. In Drama students explore and create characters through improvisation games and activities.

In practical workshops, students learn how to use their voice and movement to communicate with confidence. They devise original performances as well as interpret and present scripted works in a variety of theatrical styles.

Students analyse their own and other's performances and examine theatre productions from throughout time.

Note: Students can repeat this subject as alternative topics are provided.

#### **Pathways**

These electives prepares students for VCE Drama and Theatre Studies, acting, set design, costume design, lighting design as well as teaching.

#### Music

This elective is for students who love to make music. Beginners and continuing students can enrol in this course.

There will be explicit teaching but self-directed learning is a key feature.

Students will gain skills on their chosen instrument for study. They will be required to organise and present a short informal concert to a selected audience. Students will learn to work individually and in small groups. Music theory, creativity and appreciation of music styles and composers will be addressed.

#### **Pathways**

This course will prepare students for VCE Music and community theatre groups.

#### Music or Dance

This elective allows students to choose between following a music or dance strand.

The dance strand focuses on students developing their technical ability to encourage safe dance practice and enhance their own dance-making potential. They discover the components of movement and have the knowledge to confidently sequence steps together to form a dance.

The music strand focuses on music theory, creativity and appreciation of music styles and composers.

#### **Pathways**

This subject leads to VCE Dance and VCE music as well as community theatre/dance groups.

### Visual Communication

#### and Design

This subject teaches students to brainstorm creative ideas for products, packaging and the WCB School Magazine Cover through learning the Design Process. It extends on design skills introduced in Year 8 Visual Communication and includes technical drawing and colouring techniques.

#### **Pathways**

This subject leads on to VCE Visual Communication and Design.

#### **Media Studies**

This elective aims to develop students' knowledge of how media relates to our society. There is a focus on both news and film media.

Practical work involves the creation of digital productions such as short films and news broadcasts. Students select their chosen media and work both individually and within groups. They are assessed on their ability to follow production processes to generate digital artefacts.

#### **Pathways**

Media Studies can prepare students for a wide range of employment pathways including: journalism, film, TV and radio production, multi-media and computergenerated entertainment design and production.

#### **Digital Art**

This elective would appeal to students who enjoy using technology creatively to make artwork.

In Digital Art you will learn how to use digital drawing software, focusing on: layering, colour mixing, brushes, textures and applications.

Practical work will include the creation of landscapes, integrated art, portraits and a self-directed project.

#### **Pathways**

This subject prepares students for VCE Art subjects, such as Art, Art Making and Exhibiting (formerly Studio Arts), Visual Communication and Design, VET digital media.

# VCE Electives

## VCE Psychology Units 1 and 2

Psychology is the scientific study of individuals' thoughts, feelings and behaviour. This year-long VCE subject provides students with a fun and engaging framework for exploring the complex interactions that influence human thought, emotions and behaviour.

Students investigate the structure and functioning of the human brain and the role it plays in the overall functioning of the human nervous system. Students explore how their perception of stimuli can be distorted. They evaluate the role social cognition plays in a person's attitude, perception of themselves and relationships with others.

In VCE Psychology students develop a range of inquiry skills involving practical experimentation and research, analytical skills including critical and creative thinking, and communication skills. By studying psychology, students will learn about themselves, their interactions with others and how to be a more successful learner.

#### **Pathways**

This elective could lead to Units 3 and 4 in VCE Psychology.

## VCE Legal Studies Units 1 and 2

VCE Legal Studies gives students the opportunity and knowledge with which to examine the institutions and principles which underpin and are essential to Australia's legal system. Through this, they will develop an understanding of the rule of law, law-makers, key legal institutions, rights protection in Australia, and the justice system.

Students will apply knowledge of legal concepts and principles to a range of actual and/or hypothetical scenarios, and develop their ability to use legal reasoning to argue a case for or against a party in a civil or criminal matter. Students will consider and evaluate recent and recommended reforms to the criminal and civil justice systems, and engage in an analysis of the extent to which our legal institutions are effective and our justice system achieves the principles of justice.

The study of law at any level provides the student with an insight into their relationship with the law and the legal system which underpins the society in which they live. Students will learn how to think critically, research and analyse legal information and apply legal reasoning skills to decision making.

#### **Pathways**

This elective could lead to Units 3 and 4 in VCE Legal Studies.

## VCE Physical Education Units 1 and 2

In Unit 1, students explore how the musculoskeletal and cardiorespiratory systems work together in movement through practical activities and theory lessons. This unit focuses on how these body systems adapt to the demands of physical exercise and the impact they have on movement and participation.

Students also evaluate the influence of social, cultural, and environmental factors on movement. They assess the effects of legal and illegal practices in improving performance, consider potential benefits and risks, and develop strategies to prevent illness or injury to the body systems.

Unit 2 explores the different types of physical activity and their impact on health and wellbeing across different populations. Through practical activities, students gain hands-on experience and an understanding of the level of physical activity needed to optimise health benefits.

Students investigate factors that influence participation by collecting data on enablers and barriers and work towards expanding opportunities for physical activity in various contexts. They also study the consequences of inactivity and sedentary behaviour and develop activity plans that align with prescribed guidelines.

#### **Pathways**

This elective could lead to Units 3 and 4 in VCE Physical Education.

## VCE Health and Human Development Units 1 and 2

Unit 1 explores health and wellbeing from different perspectives, including the World Health Organisation's definition. Students examine their own viewpoints and priorities, explore factors influencing health attitudes, and investigate multiple dimensions of health and wellbeing. This unit focuses on the health and wellbeing of youths, encouraging students to consider their own health and further improve their understanding through data interpretation, nutrition exploration and in-depth inquiries on specific health topics that relate to young people. Unit 2 explores health and wellbeing transitions from youth to adulthood, with an emphasis on independence, responsibility, and relationships. Students examine the Australian healthcare system, analyse health information, explore digital media's impact on health, interpret health data and investigate access to quality healthcare in Australia

#### **Pathways**

This elective could lead to Units 3 and 4 in VCE Health and Human Development.

#### VCE Industry and

#### **Enterprise**

VCE Industry and Enterprise provides students with the opportunity to develop both personal and work-related skills through structured workplace learning. It encourages students to develop appropriate attitudes and behaviour allowing them to recognise opportunities, manage risks and mobilise resources in relation to community and work settings.

Twenty-first-century career pathways are complex and ever changing. Traditional concepts of work are no longer applicable to many careers. VCE Industry and Enterprise enables students to develop personal career goals and plan career pathways. It encourages the development of enterprising behaviour through interactions in personal, work, social and community settings.

#### **Pathways**

This elective could lead to Units 3 and 4 in VCE Industry and Enterprise.



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