

Activities - Unit 1 2018

For Unit 1 the following dates are important for 2018

Year 7 Students:

Wednesday 22 November: Activity ballots sent by post.

Wednesday 6 December: Ballots to be returned to Senior Campus.

Unit 1 Dates: February 9, 14, 16, 19, 21, 23, 26, and March 16, 23, 26.

To Students in Years 7 - 10

An outline of each Activity is given in the following pages. You should read the details carefully, be aware of any special requirements such as cost, equipment or materials and discuss your choice with your parents. If you need more information you should contact the teacher in charge of the Activity, or the Director of Activities, Ms Morgan. When you ballot for an Activity, you must be prepared to accept the Activity of your choice. **Please choose carefully as you can be placed into any of your six selections.**

To Parents

Some Activities may incur a cost (\$) where individual coaching or special equipment is required. Costs are shown within this pamphlet and will be charged to the term's account. If your child undertakes a cost Activity you will be notified via email or letter.

Reminders

Over the school year you are encouraged to select Activities from a minimum of **three** of the following categories: Academic Enrichment/Challenge; Leadership; Visual and Performing Arts; Sport and Physical Development; Health, Lifestyle and Practical Skills; Community Partnerships.

Practical Activities and Sunsmart

In sporting Activities you will need your **sports uniform and appropriate footwear**. Students involved in outdoor activities need to supply their own **hat and sunscreen**. Sunscreen is also available in each Homestead, the Sustainability Centre, with staff at outdoor venues and at the Gym in case you forget. Students must wear clothing that covers their shoulders, e.g. Woodleigh Polo Sports Shirt.

Non-Participants

If you miss a bus or you do not have your correct gear, you will need to attend the non-participants room. During this time you will have to complete written tasks (no ICT), quiet reading or undertake school service around the grounds or in the Reserve. If you are ill or injured and unable to take part in your Activity, you must bring a note of explanation for the teacher in charge of the Activity.

Activities Leaving School Grounds

Some Activities may run during lunchtime, particularly those where students are leaving the school. Students need to consider this when balloting and be aware that they may need to take and eat their lunch on the journey from school or back to school.

Important Notes Adventure-Based Activities (as indicated by a ★ to reference this page). Some Activities are regarded as adventure-based. **Being involved may have some higher element of risk and the possibility of injury, both of a minor and serious nature.** It is important that both students and parents are aware of this fact. It is also important that you have an understanding of the nature of the Activity, if you have any questions in regard to a specific Activity please contact the teacher in charge of the Activity or the Director of Activities, Ms Morgan. If you undertake an adventure-based Activity, you may need approval from a parent via CareMonkey.

Academic Enrichment / Challenge

Da Vinci Decathlon - Challenge Program (Yr 7 Only) Ms Pope

This is an extension Activity for Year 7 students. Come and be involved in preparation for this exciting Interscholar competition that takes place at the end of Term 2. Schools involved enter teams of eight Year 7 students who participate in activities in the following disciplines; Mathematics, English, Science, Code Breaking, Engineering Challenge, Ideation/Problem Solving, Creative Producers, Art and Poetry, Games of Strategy and General Knowledge. The tasks are both exciting and challenging with a particular emphasis placed on high order thinking skills. Don't miss this is a once in a lifetime opportunity, it is only offered in Year 7! Come, join this Activity and meet some like-minded fellow students.

Hattah Preparation (Compulsory Unit Yr 10 Only) Mr Peach

In the lead up to the Hattah Camp at the end of Term 1, students in Year 10 will complete a range of camp related tasks to aid in their preparation. All Year 10 students will automatically be placed into this Activity.

\$ ★ Aviation (Pre-book Yrs 8-11) Mr Scott

Students wishing to either start or continue with their training can ballot for this unit. New students are welcome as are students who have already started and wish to advance to the next stage of training. Theory taught during this unit will focus on planning and preparation for flight. Practical flying lessons will be tailored to the individual. Transport will be via a Budget Rosa Bus or Transit Bus driven by Mr Scott or a Woodleigh School staff member.

Cost: There are costs associated with this Activity (depends on the number of flying hours)

Visual & Performing Arts

Contemporary Drawing (Yrs 7-9) Ms Dolbel

Explore your 2D drawing and layout skills in this contemporary drawing Activity. Students will consider, trial and utilise a range of different materials to produce drawings, with a focus on creative ideas and a consideration of 'What comes next in contemporary art?' You will learn how to refine ideas and concepts and experiment with new ways of expression through drawing. Bring your creativity and individual voice.

Woodwork for Beginners (Yrs 7-8) Mr Rogers

Learn how to use basic hand tools and power tools and improve your manual dexterity by constructing a range of boxes, trays and desktop shelves. This will be a useful grounding for students wanting to study Design & Technology in future years. **Closed-toe sturdy shoes required in the workshop.**

Dance and Choreography (Yrs 7-9)

In this Activity, there will be group warm-ups and sequences learned at each session. You will also learn the art of choreography (making dances) and you will work in small groups to create your own moves/sequences/dances. You will be given the opportunity to perform your dances live or on film. Whether you have years of dance experience, or none at all, you are sure to enjoy being physical and creative in this Activity.

\$ Glass Slumping and Fusing (Yrs 7-11) Ms Macdonald

Students will have the opportunity to prepare, design and construct fused and slumped glass projects. Warm glass is a technique where cut glass is arranged and layered and then while cold, is fired to melt and form a new shape. Skills will include: cutting glass, preparing glass for firing, fusing and slumping. Students can expect to produce a number of finished pieces; such as small plates, bowls, window hangers and jewellery. Parents please note; there is a cost for this Activity. The cost covers materials and instruction.

Cost: \$50

Guitar Techniques (Yrs 7-9) Mr Trenwith

Feel like improving your skills and repertoire on the guitar? Then 'Guitar Techniques' is the Activity for you. The focus of this Activity is on setting goals, reflecting on ways guitarists can improve their playing, and hopefully learning some new tricks along the way. You will be encouraged to share what you know with the others in the group and there will be plenty of times for just jamming. Students must have their own guitar at school each Activity day.

Songwriting and Composition (Yrs 7-11) Mr Bingham

Do you have the beginnings of a brilliant song in your head but just haven't had time to work out the right lyrics...or do you have a catchy chord progression just waiting for the right melody to add? You don't need to be a serious music student; in fact, you don't even need to be able to read music to do this Activity. Just come along with a few ideas and a willingness to have a go. If you have other students you would like to work in conjunction with, please contact Ms Holt before you ballot.

Sport & Physical Development

★ Beach Games for Boys and Girls (Yrs 7-9) Mr Paxino

Come and be involved in fun beach games like cricket, soccer and volleyball. Sessions will take place at the Olivers Hill end of Frankston Beach. This Activity is available to all students regardless of ability. Students must have their sports gear and runners for every session. All sessions will be based on the sand. Transport will be via Driver Coastal or a Budget Rosa Bus driven by a Woodleigh School staff member. **Sunsmart applies.**

Outward Bound Preparation (Yr 9 Only) Mr Harrison

This is a great Activity for those who want to ensure that they are well prepared for Outward Bound. We will undertake fun games and activities as well as some fitness training in preparation for this camp which may include cardio circuit, hiking, team games, orienteering and bushcraft skills. Sessions will take place around the Woodleigh Gymnasium, Fitness Suite (mezzanine) and off campus at Frankston Foreshore, Somerville YMCA, Moorooduc quarry steps, Langwarrin Flora and Fauna Park and surrounds. Transport will be via Driver Coastal or a Budget Rosa Bus driven by a Woodleigh School staff member. Students must have appropriate gear for every session. **Sunsmart applies.**

Sport & Physical Development

\$ ★ SSI Snorkel Diver (Yr 7 Only)

Mr Davis

Escape to a different world and experience a connection with nature. Scuba Schools International's (SSI) Snorkel Diver program is full of tips and advice to help make snorkeling easier and more fun. Just because it looks simple doesn't mean that it is, and there are skills that you can learn that will not only increase your enjoyment but also your safety. This course concentrates on teaching you about the equipment, surface techniques, the skills needed to snorkel underwater whilst breath holding, as well as the main safety aspects. The program also provides students with an opportunity to explore and learn about the fascinating plants and animals that live in our own backyard. Course costs include transport to and from the beach, equipment, snorkel diver manual and certification. After completing the training, the student will be certified as an SSI Snorkel Diver. Transport will be via Driver Coastal, Budget Rosa Bus or Transit Bus driven by Mr Davis or a Woodleigh School staff member. **Parents should note that this is a water based Activity and therefore has some element of risk. Please refer to the front page of this pamphlet for more information.**

Cost: \$50 cost associated with this Activity

★ Summer Fitness Fun (Yrs 7-11)

Mr Higgins

This Activity will see you developing a training routine for Fun Runs/Walks within the local community and learning and practising Fitness. You will be involved in warm ups, running skills, trial runs and cool downs. Cross training sessions will also enable you to develop other fitness components and improve your core strength. This is a great challenge for anyone and a great chance to maintain your summer fitness. Sessions will be held on campus at Woodleigh XC course and on a variety of off campus running tracks that may include Frankston foreshore, Ballam and Baxter Parks, George Pentland Gardens, Langwarrin Flora and Fauna Reserve, Bunarrong Reserve, Jubilee Park and Seaford Foreshore. You will need to bring runners, a complete change of sports gear and water bottle to every session. Transport will be via Driver Coastal or a Budget Rosa Bus driven by a Woodleigh School staff member. We look forward to seeing some new faces. **Sunsmart applies.**

★ SIS Swim Squad Training (Yrs 7-11) Mr Macindoe / Ms Donaldson

All Year 7-9 and Year 11 students interested in representing Woodleigh at the SIS Swimming Carnival to be held at MSAC on the 19th April **must do this Activity** in order to be considered for selection in the team. Training will take place at YMCA Somerville Health and Aquatic Centre and PARC in Frankston. This is a great opportunity to build your fitness and to prepare for the SIS Swimming Carnival as well as the SIS Swim Relay Carnival to be held at Pines Aquatic Centre on the 16th March. Transport will be via Driver Coastal or a Budget Rosa Bus driven by a Woodleigh School staff member.

Tennis (Yrs 7-9)

Mr Scott (Ext)

During this Activity you will be coached by a local professional tennis coach. Experienced and inexperienced players are welcome. You will develop your skills, rotate through a round robin series of matches and just play for fun. The following is essential: sports gear, flat soled sports shoes and hat. A tennis racquet can be provided. **Sunsmart applies.**

Health, Lifestyle & Practical Skills

Balls and Bowls Galore (Yrs 7-9)

Mr Elmi

During this Activity you will get the chance to play a variety of ball sports and explore a number of Bowling games, such as Tenpin, Bocce, Carpet Bowls and Lawn Bowls. Each session there will be chance to play games to reinforce skills learned. Group interaction, team and individual competitions and challenges will be the focus of the unit. Sessions will be undertaken at Woodleigh, Frankston Bowls Club and Karingal AMF Bowl. Transport will be via Driver Coastal or a Budget Rosa Bus driven by a Woodleigh School staff member.

\$ Design and Make Your Own Jewellery (Yrs 7-9)

Ms Alderton

During this Activity you will have the chance to make a piece of jewellery for yourself or to give to someone special. The unit will be delivered by an external professional jeweller. You can choose to make a pair of earrings, a ring or a pendant (necklace). You will design your piece, then decorate and embellish it using various techniques and materials to enable you to personalise your piece of jewellery. Come and make something for yourself or to give as a unique present. Parents please note; there is a cost for this Activity. The cost covers materials and instruction from an external professional jeweller.

Cost: \$50

\$ Eat and Critique – Cook, Taste and Test (Yrs 7-9)

Ms Ley

Think you're a bit of a master chef and can dish it out? Do you like to eat and critique? Want your opinion to be heard? In this Activity, you'll be rating the meals you eat. You'll be critiquing local cafes on their food, ambience and facilities as well as each other's dishes using the vocabulary of the business - who knows this could be your future career. Sessions will take place at Woodleigh and off campus visiting cafes in surrounding areas. Transport will be via Driver Coastal or a Budget Rosa Bus driven by a Woodleigh School staff member.

Cost: \$20

★ Kung Fu and Nunchuk Skills (Yrs 7-9)

Mr Ryan

In this unit you will be introduced to kung fu and freestyle nunchuk training. The use of nunchuk improves reflexes, hand control, posture, patience and general coordination, and with practice can lead to some sweet skills! Students will use foam padded nunchuk to develop their abilities. Other sessions will involve practical kung fu and also discussion of the influence of traditional martial artists in popular culture, such as Bruce Lee, Jet Li and Donnie Yen.

Sew a Cape or Costume (Yrs 7-9)

Ms McDonald

During this Activity, you will have the opportunity to create and make your own cape or costume. This unit is for students of all sewing abilities, you will learn how to thread a machine and wind bobbins, straight sewing and the use of various stitches on the machine. Machine safety, use of pins and scissors. Cut out, pin and sew a simple cape or costume. Students will travel to Spotlight in an early session to choose fabric. Transport will be via Driver Coastal or a Budget Rosa Bus driven by a Woodleigh School staff member.

Tai Chi Exercise (Yrs 7-11)

Mr Trenwith

Tai Chi promotes good health, improved concentration and overall wellbeing. It uses moving postures and forms to exercise the joints and muscles of the body. The health benefits are derived from these slow, gentle and tranquil movements which enable harmony in mind and body. Loose, comfortable clothing and flat shoes should be worn during the Activity.

The Woodleigh Farm and Environmental Sustainability Centre (Yrs 7-11)

Ms Janky

This unit will be focused around establishing the direction for the Woodleigh Farm and the Environmental Sustainability Centre (ESC) as an extra-curricular activity for 2018. We will look at the animals we may want to breed and show, establish new vegetable patches, gardens and other spaces around the farm and develop any other ideas students may have. We will then explore ways of 'marketing' this space to other students and the wider community.

ICT - Technology

Coding – Girls and Boys Welcome (Yrs 7-8)

Ms Pendlebury

In these sessions, you will learn to use blocks and written code to complete tasks. You will have the opportunity to program sensors and create your own game. Come and have some fun and gain a practical understanding of basic coding concepts through experimenting. There will be the opportunity to design and print using a 3D printer. Students will work together to discover new skills in coding and computer science.

Community Partnerships

Auslan - Level 1 for Beginners (Yrs 7-11)

Ms Burnell

Learn how to communicate with the Australian Deaf community using Auslan, an open, visual language using fingerspelling, gestures, facial expression, and body language. You will learn how to fingerspell, which is a large portion of Auslan. Once you have mastered fingerspelling you will learn how to count, greet people and use basic everyday signs.

Brian Henderson Reserve / Field Gnats (Yrs 7-11)

Ms Darby

Are you interested in wildlife and the environment? Do you like being in the great outdoors? In this Activity you will support the day-to-day management of the Brian Henderson Reserve. You might feed the animals, contribute to enclosure set-up and maintenance, remove weeds, assist with pest animal control, plant new plants, collect bush foods, prepare animal meals, perform biodiversity surveys and carry out fence and track maintenance. Some tasks may also be performed outside the boundaries of the Reserve. If the weather is too hot/cold, we meet in the Science building and can tend to the animals kept there. Closed-toe sturdy shoes required. Water bottle recommended. **Sunsmart applies.**

Design, Build and Ride a Mountain Bike Skills Park (Yrs 7-9)

Mr Stephens

Do you ride MTB? Have you always dreamt of building a jump, a berm or a tight track? In this Activity we will continue the brilliant work started on Woodleigh's very own MTB skills course with improvements, enhancements and extensions to the existing berms, jumps and obstacles. This will involve significant manual labour – you will be digging holes. There will be more digging than riding, so only sign up if you are not afraid of some hard yakka. **Sunsmart applies.**

Round Square Preparation (Pre-book Yrs 7-11)

Ms Kaindel

This unit will focus on exploring and developing the leadership, presentation, public speaking and creative engagement skills. A variety of different games, exercises and activities will be explored throughout the unit.