

# Activities - Unit 6 2018

*For Unit 6 the following dates are important:*

- Monday 3 September:** Online ballot opens. Students emailed login details.
- Wednesday 5 September:** Initial online ballot closes at 10:30am.
- Friday 7 September:** Restricted balloting closes at 10:30am.
- Unit 6 Dates:** October 12, 22, 26, 31  
November 2, 7, 12, 14, 21, 26

Students who do not complete an initial online ballot (by 10:30am September 5), will have to complete a restricted online ballot. This will mean that students will have reduced choices or may need to complete a further restricted paper ballot sheet if most of the Activities are full. **Students who do not complete a ballot after the final date will be placed into an Activity. Please choose carefully as you can be placed into any of your six selections.**

## 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.

## 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 Support.

## 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

### ★\$ Aviation (Pre-book Yrs 7-10)

This is an ideal time for Year 8 students to commence flying lessons and for Year 7 students to try it out. Please see Mr Scott before balloting for more information. Students wishing to either start or continue with their training can ballot for this unit. New students including Year 7's are welcome as are students who have already started and wish to advance to the next stage of training. Basic Aeronautical theory taught during this unit will depend on group needs. Practical flying lessons will be tailored to the individual. Transport via Budget Rosa Bus or Woodleigh HiAce Van driven by a Woodleigh Staff Member or via Driver Coastal Bus Lines.

**Cost: Costs depends on the number of flying hours.**

### Exploring French Language through Conversation (Yrs 9-10)

Ms Lapiere

This Activity is for those students who will be travelling to France on the Broadening Horizons Exchange Program as well as any other interested students wanting to explore French language through conversation. We will explore real-life scenarios around family, food and travel as well as discuss life in France including language, geography, society and culture. During one of the sessions, we may have the opportunity to visit a local French café in Frankston. Transport via Budget Rosa Bus driven by a Woodleigh Staff Member or via Driver Coastal Bus Lines. **You must ballot for this Activity if you are on the French Exchange.**

### Get to know the CAS Calculator (Ti Nspire) and Maths Help (Yrs 9-10 Only) Ms Pendlebury

Designed for students planning on doing year 10 or 11 Maths in 2019 who would like to learn how to use the Ti Nspire CAS calculator. The Ti Nspire CAS calculator software can be downloaded free (90 day trial version) for the purpose of the activity if you don't have a CAS. For students completing Maths exams at the end of the year, time will also be available to prepare for those exams.

## Visual & Performing Arts

### \$ African Drumming and Culture (Yrs 7-10)

This is an exciting opportunity to explore African music and culture. You will work with professional African Drummer, Valanga Khoza. He was exiled from South Africa in 1976 and has since recorded music and published stories reflecting on the places he has been and the people he has met through his journey across the world as a refugee before finally settling in Australia. You will be taught various rhythms on hand and stick drums exploring the aural sounds of African calls. No prior experience is required and drums and earplugs will be supplied. **Parents please note: there is a cost for this Activity. The cost covers instruction from an external professional and use of equipment.**

**Cost: \$30**

### Arty Market Studio Access for Stall Holders (Yrs 7-10)

Ms Macdonald

This Activity is for student stall holders of the 2018 Arty Market. It is designed to provide access to the Visual Art space and provide time to work on making your goods for your market stall.

### \$ Design and Make your Own Jewellery (Yrs 7-10) 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**

### Off Broadway (Yrs 7-10)

Mr Bingham

In this Activity you will be able to select scenes and songs from your favourite theatre repertoire. You will work with other students to develop direction, blocking, musical direction and choreography to present your scenes at a performance towards the end of the unit. You will have access to accompaniment in the form of tracks or piano accompaniment.

## Sport & Physical Development

### ★ Advanced Tennis (Yrs 7-10)

Andy Scott, Hiram Malau

During this Activity you will be coached by a local professional tennis coach. Intermediate and advanced players are encouraged. You will further develop your skills, rotate through a round robin series of matches and just play for fun. **Students must have their sports gear and runners for every session. Sunsmart applies.**

### ★ \$ Archery and Other Olympic Sports (Yrs 7-10) Mr Harrison

Learn archery from 2016 Olympic Medallist, certified KSL level 2 coach and past student, Alec Potts. You will learn the techniques of shooting developed by internationally renowned coach Ki-Sik Lee, who has brought scientific method to archery. All equipment is provided and you will take part in different archery games and shoot many balloons along the way! Some sessions will provide the opportunity to explore other Olympic sports. **Parents please note: there is a cost for this Activity. The cost covers instruction from an external professional and the use of equipment. This Activity has some element of risk. Please refer to the front section of this pamphlet for more information. Sunsmart applies. Cost \$50**

### ★ Arthurs Seat Challenge and Summer Running Preparation (Yrs 7-10) Ms Schmidt

The Arthurs Seat Challenge is a local event. Woodleigh, as a school and community, have been increasing their involvement in this event over the past few years and hope to do the same this year. The Arthurs Seat Challenge involves running (or walking) from Rosebud Pier to the top of Arthurs Seat. The distance is 6.7km and thousands of competitors get involved. This Activity will see you developing a training routine for this event or other Fun Runs/Walks within the local community. You will be involved in warm ups, running skills, trial runs and cool downs. A great challenge for anyone and a great chance to get fit in the lead up to summer. Sessions will be held on campus at Woodleigh and on a variety of running tracks off campus including Seaford and Frankston Foreshore, Sweetwater Creek, Moorooduc Quarry steps, Ballam Park, Beauty Park, Langwarrin Flora and Fauna Park and surrounds. You will need to bring runners, a complete change of sports gear and water bottle to every session. Transport via Budget Rosa Bus driven by a Woodleigh Staff Member or Driver Coastal Bus Lines. We look forward to seeing some new faces and for some improvements on your results from last year. **Sunsmart applies.**

### ★ Beach Games for Boys and Girls (Yrs 7-10) Mr Paxino, Ms Murphy

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 via Budget Rosa Bus driven by a Woodleigh Staff Member or Driver Coastal Bus Lines. **Sunsmart applies.**

### ★ Cricket Pre-season Training – Boys only (Yrs 7-10)

Mr Davenport, Mr Elmi

Here is a chance to prepare yourself for a summer of cricket. This Activity is for those students who play at club level and want to improve and develop their skills in the lead up to the season. Various aspects of training techniques and skill development will be undertaken focussing on batting, bowling and fielding. We will be using the bowling machine, utilising video feedback and working individually to assist you in developing your game. Students must have their sports gear and runners for every session and can bring their own cricket gear. All sessions will take place indoors at Saxon Sports, Frankston. Transport via Budget Rosa Bus driven by a Woodleigh Staff Member or Driver Coastal Bus Lines. **Note: It is strongly recommended that students provide their own personal protective equipment (ie protector or 'box') and wear suitable underwear so this equipment can be worn correctly.**

### ★ Group Personal Fitness Training (Yrs 7-10)

Do you want to develop your cardio-vascular fitness, improve your core strength and much more? If so, then join in this Activity. During the sessions, you will work with the rest of the group and be instructed by qualified fitness instructors. You will train around the Woodleigh Gymnasium, Fitness Suite (mezzanine) and possibly off campus at Frankston Foreshore and surrounds. Transport via Budget Rosa Bus driven by a Woodleigh Staff Member or Driver Coastal Bus Lines. Sessions may include cardio boxing, strength training, cardio circuit, core strengthening, fitball and work on the cardio machines. **Students must have their sports gear and runners for every session. Sunsmart applies.**

### ★ \$ Snorkel Diver (Yr 7 Only)

Ms Kesterson

Escape to a different world and experience a connection with nature. This Activity is full of tips and advice to help make snorkeling easier and more fun. Initial basic skills will be undertaken in the swimming pool at Somerville YMCA or PARC Frankston. You will learn about the equipment, surface techniques, the skills needed to snorkel underwater whilst breath holding, as well as the main safety aspects. Open water snorkel sessions will be conducted at a variety of locations around Mornington which may include Mornington Pier, Schnapper Point and Fishermans Beach depending on weather conditions. Students will be provided with a wetsuit and snorkel gear and will be required to change at the outdoor location. Transport via Budget Rosa Bus driven by a Woodleigh Staff Member or Driver Coastal Bus Lines. **Parents should note: there is a cost associated with this Activity. Costs include transport to and from the beach and equipment. 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**

## Health, Lifestyle & Practical Skills

### ★ Sewing Eco-friendly Boomerang Bags (Yrs 7-10)

Ms Stuart

During this Activity you will sew eco-friendly Boomerang bags for your own personal use, for the 2019 Round Square Conference participants and to sell at the Arty Market. Basic machine sewing skills, pattern making and piecing will be taught. Materials will be provided.

### ★ Baw Baw Hike Fitness Preparation (Yr 8 Only)

This is a great Activity for those who want to ensure that they are well prepared for the Baw Baw Hike. We will undertake some hikes in preparation for this camp, which may include using weighted backpacks. Sessions will take place around Woodleigh Senior Campus and off campus at Seaford and Frankston Foreshore, Sweetwater Creek, Moorooduc Quarry steps, Ballam Park, Beauty Park, Langwarrin Flora and Fauna Park and surrounds. Transport via Budget Rosa Bus driven by a Woodleigh Staff Member or Driver Coastal Bus Lines. **It is recommended that students wear runners or sturdy shoes and carry a waterbottle and a waterproof jacket. Sunsmart applies.**

### ★ Cooking Outdoors (Yrs 7-10)

Come and share ideas and recipes for interesting, appetising and creative camp dishes. Each lesson we will explore a different style of camp cooking skills using a Trangia stove, cooking with minimum pots and ingredients that don't need refrigeration. We will also include using the dehydrator. This Activity will be beneficial to Year 8 students in preparation for the Baw Baw hike.

### ★ \$ Indoor Climbing (Yrs 7-10)

Mr Landman, Ms Zara

In this Activity we will be climbing at the Bayside Rock Indoor Climbing and Adventure Centre in Carrum Downs. This is a great chance to try out rock climbing. Transport via Budget Rosa Bus driven by a Woodleigh Staff Member or Driver Coastal Bus Lines. **Note: Rockclimbing is an adventure based activity and has some element of risk and therefore the possibility of injury associated with being involved. Students will be involved in climbing a range of indoor rock faces at the centre whilst being belayed by other students. Parents please note; there is a cost associated with this Activity. The cost covers transport, hire of facility, use of safety gear and qualified instructors. Cost: \$60**

### ★ \$ Learn to Dry Felt (Yrs 7-10)

Ms Kanta

Come and learn the art of dry felting from international felt artist, Zetta Kanta, a Latvian artist who uses natural wools to create beautiful wearable felts and wall hangings. You will explore shape building with wool, a process which is very meditative and calming, to make felted bead necklaces which are taking the world by storm and are loads of fun to create. **Parents should note: there is a cost associated with this Activity. The cost covers materials and instruction from an internationally recognised professional. Cost: \$60**



## Health, Lifestyle & Practical Skills

### Spring into Summer (Yrs 7-10)

Ms Ley, Ms Twist

Venture out of the classroom, get some fresh air and explore some of the local areas on the Peninsula whilst enjoying a brisk walk. Places you will explore include; Seaford and Frankston Foreshore, Sweetwater Creek, Moorooduc Quarry steps, Ballam Park, Beauty Park, Langwarrin Flora and Fauna Park and surrounds as well as in our own back yard. Transport via Budget Rosa Bus driven by a Woodleigh Staff Member or Driver Coastal Bus Lines. **It is recommended that students wear runners or sturdy shoes and carry a waterbottle and a waterproof jacket. Sunsmart applies.**

### Strategy Board Games (Yrs 7-10)

Mr Ryan

Here is a chance to challenge your brain with a variety of games. Come and play Dungeons and Dragons and other strategy games. No previous knowledge required.

## ICT - Technology

### 3D Design and Printing (Yrs 7-10)

Using design software such as Tinker Cad, you will be able to design a small 3D object which you will then have the opportunity to print using Ultimaker Cura. Designs will go through a drafting process, during which students will need to problem solve to resolve any issues. Students will learn how to use and care for the 3D printer.

### Adobe Premiere Pro CC (Yrs 7-10)

Mr Chapple

Adobe Premiere Pro CC is a world-class desktop video editor with built in audio, titling and effects tools. During this Activity you will explore Premiere Pro CC. Learn how to edit a movie, add in titles, special effects, audio and music and export to mp4, mov and other formats. If time permits, we will use Adobe After Effects to enhance your movie.

### An Introduction to Making Music with Technology (Yrs 7-10)

Mr Geisler

Do you have a love for music? Have you ever wanted to make your own instrumental song? You don't need to be a trained musician to produce great music – you just need a keen ear and a love for rhythm and sounds. This is a unit for curious music lovers – you don't need to be confident playing an instrument and you definitely don't need to sing. Over the unit we will explore how to use the entry-level software (such as Garageband) as a tool to craft songs from start to finish. We will build beats from scratch, play with synthesisers, tinker with virtual instruments and explore effects such as delay, reverb and distortion. All styles of music are welcome! Come along and explore the wonderful world of digital music, as you are only limited by your imagination. Final songs will be published on SoundCloud so you can show off your new skills.

### Coding Drones to Fly (Yrs 7-10)

Mr Allsop

Calling all DRONE pilots! Using iPads and connecting them to Drones, you will learn how to fly, control and create your own flight paths. The drones can be programmed to take off, land, turn and perform aerial figures like flips, all under the control of code students create. You can also take photos or movies during the flight and download them onto your Macbook. There are self-paced lessons on an iPad APP that will assist you to becoming a better pilot. **Sunsmart applies.**

### Introduction to mBot Robots Using Scratch (Yrs 7-9)

Mr Pilgrim

In this Activity we will make use of the Makeblock mBot robot car to develop an understanding of basic programming using the Scratch. We will initially build the mBots from the kits supplied and explore their manual controls and inbuilt programs. We will then work on developing skills in Scratch with the aim of writing programs that can be tested on the mBot. Once you develop basic skills in Scratch, the applications with the mBots is almost limitless. Scratch and the mBots provide an excellent manner to develop your understanding of why and how to use algorithms. We will run some challenges to get you thinking but you will also have time to develop a project of your own.

## Community Partnerships

### Brian Henderson Reserve / Field Gnats (Yrs 7-10)

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 7-10)

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. **Closed-toe sturdy shoes required. Water bottle recommended. Sunsmart applies.**

### Farm to Fare (Yrs 7-10)

Ms Janky

This Activity will focus on preparing items with an AgHort theme for the Arty Market. We will also do a few jobs around the farm, using some of this time to get prepared for the Dandenong Show and look at our animal breeding programs for 2019. **Closed-toe sturdy shoes required and sunsmart applies.**

### Design Event Management - 2019 Round Square Conference (Yr 10 Only)

Ms Kaindel

Are you a hardworking and creative student? Do you have ideas for coordinating and branding a large event and the drive and desire to see these ideas put into practise? Then this is the Activity for you. We are seeking the help of students to help with design work needed and coordination of the 2019 Round Square Conference. Working closely as a group, you will continue the event management planning processes for the Round Square 2019 Conference. Along the way you will develop strong organisation skills as well as working in close collaboration with other students, teachers, school leaders, and the wider school community.

### HPV Preparation for Maryborough (Yrs 7-10)

Mr Angelico / Ms Pope

This is a compulsory Activity for students attending the HPV event in Maryborough. This HPV race is very different to all the other races of the year with the actual 24hr race only counting for 50% of the final score for the event. This Activity unit will focus on the other 50%, which is Scrutineering and Presentations. Although this unit is compulsory for students wishing to compete at the Maryborough race, other students who wish to help or are thinking of joining are encouraged to ballot. Depending on progress, sessions may involve gaining experience in riding the HPV vehicles as well as learning about general Trike maintenance. Some Spin Classes at Somerville YMCA may occur and students must have their sports gear and runners for these sessions. Transport via Budget Rosa Bus driven by a Woodleigh Staff Member or Driver Coastal Bus Lines.

### Kinglake Community Service Camp (Yr 10 only)

Ms Cooper

In this Activity students will plan and prepare for the Kinglake Community Service Camp at the end of the year and also prepare for a visit of some of their students to Woodleigh in November. Students will need to decide on what activities we will run with the students at Middle Kinglake Primary, what resources they may require as well as funding for these resources. Students might like to think about what other assistance they may give the community whilst in the area. **Note: This Activity is a pre-requisite if you are considering the Middle Kinglake Primary Community Service Camp as part of the Broadening Horizons Program at the end of the year.**

### Round Square Preparation (Pre-book Yrs 7-10)

Mr Bolch

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