

STAGE 5 PHYSICAL ACTIVITY AND SPORTS STUDIES (PASS)

RUGBY LEAGUE DEVELOPMENT ELECTIVE

- This is a Stage 5 PASS elective which gives students a deeper insight into Rugby League as both a physical activity and a cultural phenomenon.
- Students must be playing or intending to play tackle Rugby League for Kingscliff High School.
- Physical Fitness in Rugby League, Strength and Conditioning , Nutrition for Performance, Australian Sporting Identity. Opportunities in Rugby League

Why Choose Rugby League Elective?

- Develop skills in *game play, teamwork & tactics*
- Learn about *fitness, nutrition & strength training*
- Explore *career opportunities* in the sport
- Build leadership, discipline & confidence
- Be part of a *supportive and competitive team environment*

Cost \$60

