KINGSCLIFF HIGH SCHOOL
Subject Selection Information

KINGSCLIFF HIGH SCHOOL

ACHIEVEMENT THROUGH ENDEAVOUR

Faculty: PDHPE

Subject: Sport, Lifestyle and Recreation (SLR)

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Classification of the Course:

Category B

Nature of the Course

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By doing SLR you get to enjoy SOME of the following things in Year 11:

Aquatics
-Participate in KHS swimming carnival
-RLSSA resuscitation course??
-Snorkling, waterpolo, surfing??

Athletics/ Sports Administration
-Plan and conduct in class athletics event/ Participate in KHS athletics carnival

Games & sports applications 1 & 2
-Ongoing practical participation in a range of sports
- Create a game task

Nature of the Course

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By doing SLR you get to enjoy SOME of the following things in Year 12:

Games & sports applications 1 & 2
-Ongoing practical participation in a range of sports

Resistance training
-Attend Excel gym/ school gym (Create, monitor and follow a program)

Sports Administration
-Plan and conduct in class/ recess sports competition
-Plan & conduct community sports competition e.g. ultimate fisby????

Athletics
-Participate in KHS athletics carnival

Individual games & sports applications
-Guiness Book of World records attempt OR Circus skills????

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HSC Exam: No

Length of Exam: NA

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Possible Internal Assessment Structure

Year 11:	Swimming carnival participation task 10%
	In class athletics event/ KHS Athletics Carnival participation task 30%
	Create a game 10%
	Ongoing practical task 50%
Year 12:	Athletics carnival participation task 10%
	Ongoing Resistance training task 20%
	In class/ recess sports competition 20%
	Ongoing practical task 50%

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Elective fees for the Course:

Year 11- $10
Year 12- Xcel gym membership or $5-$10 per visit?

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Skills Required for this subject and/or any Prerequisites:

All students are welcome to study this course.

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Career Opportunities