

## PCS Senior Electives Term 4 2019

Below are the elective choices for Term 4. Students will be able to choose one elective from Session 1 and one from Session 2. Each elective chosen will need to be from a different specialist area. Due to limited numbers for each elective, we recommend thinking of a back-up choice for each session as some subjects fill numbers quite fast. Please remind your child that electives will not be changed once they commence on Wednesday Week 1 of Term 4.

### The Arts

#### **Gardening/ School Improvement- SESSION ONE**

In this Elective, participants will have the opportunity to plant bulbs, paint artefacts, weed, complete mosaicking and general beautifying of our school. Possible excursion involved.

#### **Woodwork– SESSION TWO Cost \$10**

In this elective, students will have the opportunity to explore the safe use and names of woodwork tools. First time students will create a basic woodwork piece. More experienced students will work on a piece within the school environment. Measuring, sawing, nailing, sanding and finishing techniques are part of this elective. Safety demonstrations, and how to learn as a partnership and independently in the woodwork shed are vital components of this elective. During the term, students will have the opportunity to create a ‘passion piece’ after careful design and discussions have taken place with Handy Andy, Mrs Wigzell or Mrs Knight. Finished pieces will be put on display for the school community.

#### **Textiles – SESSION TWO**

Students will be involved in a range of sewing activities using different stitching techniques such as, running stitch, back stitch, blanket stitch and chain stitch. Students will use a variety of materials including hessian, felt and cotton to practise their stitching.

Students will learn to thread a needle, tie a knot, finish a stitch with a knot and sew on a button. They will design and create a handmade pillow/pencil case/tote bag that demonstrates what they have learnt.

#### **Community Engagement and Leadership –SESSION TWO- Personal and Social capabilities**

In this Elective, students will have the opportunity to learn leadership skills and help out in our school and local community. Students will work on their personal strengths and reflect on how they can assist in achieving success at school or in the community. Students will be given the opportunity to learn new coaching skills in literacy and numeracy in order to help our younger students at Pakenham Consolidated.

Students will work individually and in teams to complete tasks and will have the opportunity to self-reflect and identify the characteristics of an effective team and develop descriptions for particular roles within our school and local community including leadership.

### Science

#### **MasterChef-SESSION ONE Cost \$20**

Solids, liquids and gasses behave in different ways and have observable properties that help classify them.

Plan and practice strategies to promote health, safety and wellbeing

Comparing product labels on food items or nutritional information in recipes and suggesting ways to improve the nutritional value of meals.

Using The Australian Guide to Healthy Eating to promote healthy eating.

#### **MasterChef – SESSION TWO Cost \$20**

Solids, liquids and gasses behave in different ways and have observable properties that help classify them.

Plan and practice strategies to promote health, safety and wellbeing

Comparing product labels on food items or nutritional information in recipes and suggesting ways to improve the nutritional value of meals.

Using The Australian Guide to Healthy Eating to promote healthy eating.

### **Things that make you go ooh!-SESSION TWO**

How can you see sound? What makes flame burn blue or green? If the Earth was a marble how big can a Star be? How can air be a liquid and would it be hot or cold? How come microwaves heat food but mobile phones don't heat people?

If you have a question like this and you want to know the answer, or at least have a place to start looking, then this Science elective is for you. If it goes fizz, hum, pop, whoosh or bang chances are you will use it to figure out the way the world works.

## **Technologies**

### **3D Printing including Coding Robots- SESSION ONE**

In this elective students will learn about the fundamentals of 3D printing and designing objects with technology. This will include programming and coding robots. Students will be given the opportunity to design known objects and Landmarks while also having the opportunity to create items of their own choice. They will receive a 3D print of a selection of their designs at the end of the elective.

### **LEGO TECHNIC and MINDSTORM- Build it to make it go-SESSION ONE**

LEGO education kits will let you build your own vehicles and equipment, to see and learn about basic engineering. Follow the instructions to build cranes, cranks, gears and see how things move. Each week you will be challenged to build one of the designs and aspire to become a LEGO master, able to move onto the construction and coding of Mindstorm.

### **Minecraft-SESSION TWO**

Students will be given the opportunity to explore the world of MinecraftEdu, whilst completing challenges both online and away from the computer. They will be given a booklet with tasks to complete offline, which can then be designed in a shared Minecraft world. Students are able to show their peers their designs and work together in small groups to achieve tasks also.

## **Physical Education**

### **Fitness and Nutrition-SESSION ONE**

In the fitness element of this elective, students will be given an opportunity to partake in a range of different activities that help to promote and encourage fitness, while also helping to improve their aerobic capacity and endurance. Students will enjoy participating in tabatas, rotations, boxing, yoga, climbing the ladder activities etc. and learning about the different muscles of the body and how they help us perform. During the nutrition element of the elective students will be introduced to the different body systems, how they interconnect and how we can create optimal health for our body to thrive.

### **Bike Education – SESSION ONE**

In Bike Ed, students will learn about bike safety, road rules, bike equipment and the skills associated with riding a bike. Students have the opportunity to participate in various bike games, time trials and challenges. Students will also go on various rides around the Pakenham District. These rides will include bike paths, local roads, up hills and around BMX tracks.

NOTE: students must have a working bike to participate in Bike Ed and a helmet.

### **Summer Sport- SESSION TWO**

This elective is a fun way to enter the school year spending every session outside participating in a variety of Summer sports. The sports covered will include Tennis, Cricket, Baseball, Softball, Basketball, Lacrosse, Golf and Hand Tennis. Within each class students learn the rules associated with each sport along with the skills and tactical knowledge to play that sport. This is a must elective for the sport lover!