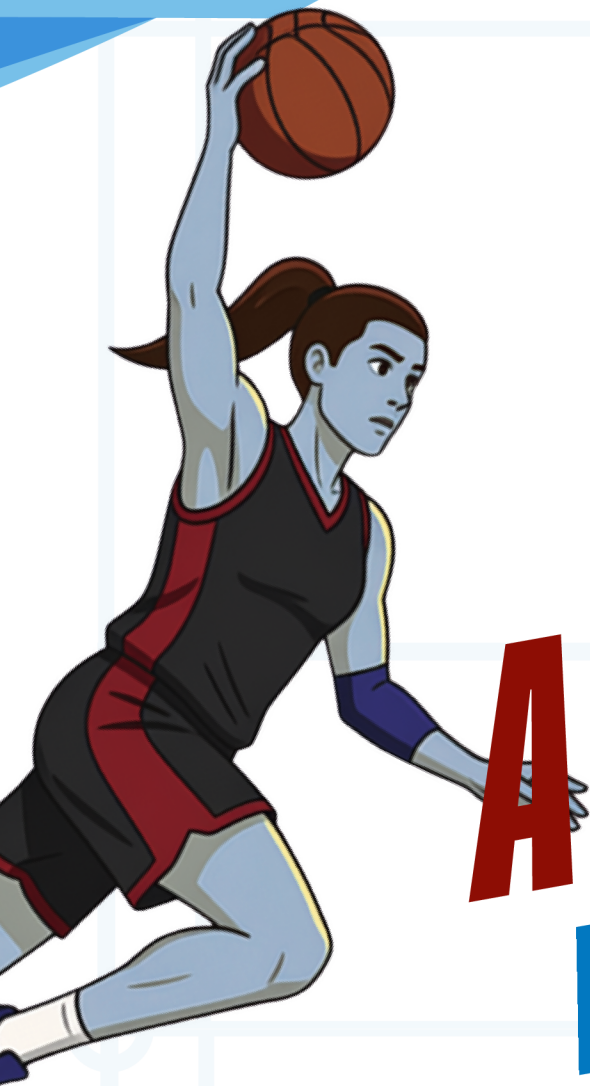




MANOR LAKES P-12 COLLEGE

SPORTS ACADEMIES

SPORT SCIENCE ACADEMY

ELITE SPORTS ACADEMY

**2 ACADEMIES.
1 GOAL.
EXCELLENCE.**



Manor Lakes
P-12 College



UNITS OF STUDY

Elite Sports Academy

Year Level		Term 1	Term 2	Term 3	Term 4
Year 7	Theory	Unit 1: Goal Setting and Healthy Habits (4 weeks) Unit 2: Nutrition For Life (6 weeks)	Unit 3: Strong Mind Strong Athlete (6 weeks)	Unit 4: Level the Playing Field: Fair Play, Respect and Inclusion (6 weeks) Unit 5: Drugs, Alcohol and Sport: Performance and Health (6 weeks)	Unit 6: Lead the Game: Foundations of Sport Leadership (6 weeks)
	Practical	Unit 1: Rugby Tag (6 weeks) Unit 2: NFL Flag (6 weeks)	Unit 3: Basketball (6 weeks)	Unit 4: Netball (6 weeks) Unit 5: AFL (6 weeks)	Unit 6: Rugby League (6 weeks)
Year 8	Theory	Goal Setting and Healthy Habits (2 lessons) Unit 1: Kick-off to Culture (4 weeks) Unit 2: Fitness for Life (4 weeks)	Unit 3: Finance for Athletes (4 weeks) Unit 4: Heads Up! Brain Safety in Sport (4 weeks)	Unit 5: The Winning Formula (4 weeks) Unit 6: Building Respectful Relationships (4 weeks)	Unit 7: Sport Journalism & Broadcasting (4 weeks) Unit 8: Sporting Villains (4 weeks)
	Practical	Unit 1: Rugby Tag (6 weeks) Unit 2: NFL Flag (6 weeks)	Unit 3: Basketball (6 weeks)	Unit 4: Netball (6 weeks) Unit 5: AFL (6 weeks)	Unit 6: Rugby League (6 weeks)
Year 9	Theory	Goal Setting and Healthy Habits (2 lessons) Unit 1: Community Outreach (5 weeks)	Unit 2: Sport Performance Analysis (6 weeks) Unit 3: Pathways to Careers (6 weeks)	Unit 4: Officiating (4 weeks) Unit 5: Coaching and Leadership (4 weeks)	Unit 6: Introduction to S&C (6 weeks) Unit 7: Building Respectful Relationships (4 weeks)
	Practical	Unit 1: Rugby Tag (6 weeks) Unit 2: NFL Flag (6 weeks)	Unit 3: Basketball (6 weeks)	Unit 4: Netball (6 weeks) Unit 5: AFL (6 weeks)	Unit 6: Rugby League (6 weeks)
Year 10	Theory	Goal Setting and Healthy Habits (2 lessons) VET Certificate II in Sport Coaching begins	VET Certificate II in Sport Coaching (continued all year)		
	Practical	Unit 1: NFL Flag	Unit 2: Rugby League	Unit 3: AFL	Unit 4: Basketball
Year 11	Theory	VET Certificate II in Sport & Recreation (whole year)			
	Practical	Unit 1: Rugby League	Unit 2: NFL Flag	Unit 3: AFL	Unit 4: Netball
Year 12	Theory	VET Certificate III in Sport, Aquatic & Recreation (whole year)			
	Practical	Unit 1: NFL Flag	Unit 2: Rugby League	Unit 3: AFL	Unit 4: Basketball

*VET Certificate information can be found on pages 7-9.

Sport Science Academy

Year Level		Term 1	Term 2	Term 3	Term 4
Year 7	Theory	Unit 1: Goal Setting and Healthy Habits (4 weeks) Unit 2: Nutrition For Life (4 weeks)	Unit 3: Strong Mind Strong Athlete (4 weeks) Unit 4: Lead the Game: Foundations of Sport Leadership (4 weeks)	Unit 5: Level the Playing Field: Fair Play, Respect and Inclusion (4 weeks) Unit 6: The Performance Equation: Drugs, Alcohol and the Human Body (4 weeks)	Unit 7: Fitness for Life (4 weeks) Unit 8: Finance for Athletes (4 weeks)
	Practical	Unit 1: Cricket (6 weeks) Unit 2: Athletics (6 weeks)	Unit 3: Soccer (6 weeks)	Unit 4: Basketball (6 weeks) Unit 5: Volleyball (6 weeks)	Unit 6: Baseball (6 weeks)
Year 8	Theory	Goal Setting and Healthy Habits (2 lessons) Unit 1: Athlete Anatomy and Physiology (5 weeks)	Unit 2: STEM Sport (5 weeks) Unit 3: Sports Journalism and Broadcasting (5 weeks)	Unit 4: Peak Athletic Performance (4 weeks) Unit 5: The Statistics of Sport (4 weeks)	Unit 6: Building Respectful Relationships (4 weeks) Unit 7: Community Outreach (4 weeks)
	Practical	Unit 1: Athletics (6 weeks) Unit 2: Cricket (6 weeks)	Unit 3: Basketball Soccer (6 weeks)	Unit 4: Soccer (6 weeks) Unit 5: Baseball (6 weeks)	Unit 6: Volleyball (6 weeks)
Year 9	Theory	Goal Setting and Healthy Habits (2 lessons) Unit 1: Coaching and Leadership (5 weeks)	Unit 2: Pathways to Careers (5 weeks) Unit 3: Injury Prevention and Recovery Science (5 weeks)	Unit 4: Sport Performance Analysis (4 weeks) Unit 5: Building Respectful Relationships (4 weeks)	Unit 6: The Physics of Sport (4 weeks) Unit 7: Officiating (4 weeks)
	Practical	Unit 1: Baseball (6 weeks) Unit 2: Athletics (6 weeks)	Unit 3: Volleyball (6 weeks)	Unit 4: Soccer (6 weeks) Unit 5: Basketball (6 weeks)	Unit 6: Cricket (6 weeks)
Year 10	Theory	Goal Setting and Healthy Habits (2 lessons) VET Sport Science begins	VET Sport Science (continued all year)		
	Practical	Unit 1: Cricket (6 weeks) Unit 2: Athletics (6 weeks)	Unit 3: Soccer (6 weeks)	Unit 4: Basketball (6 weeks) Unit 5: Volleyball (6 weeks)	Unit 6: Baseball (6 weeks)
Year 11	Theory	VET Certificate II in Sport & Recreation (whole year)			
	Practical	Unit 1: Basketball	Unit 2: Soccer	Unit 3: Volleyball	Unit 4: Cricket
Year 12	Theory	VET Certificate III in Sport, Aquatic & Recreation (whole year)			
	Practical	Unit 1: Cricket	Unit 2: Soccer	Unit 3: Volleyball	Unit 4: Basketball

*VET Certificate information can be found on pages 7-9.

TIMETABLES

The Sports Academy is designed to fit seamlessly within a student's regular timetable, allowing students to pursue their sporting aspirations while completing the full Victorian Curriculum.

The difference between a standard student timetable and a Sports Academy timetable is that Sports Academy replaces the Global Citizens subject. In addition, Sports Academy curriculum is also taught during Health and Physical Education classes.

Sports Academy students participate in:

- Years 7–9: Six Academy sessions each week.
- Years 10–12: Five Academy sessions each week.

This structure provides students with increased opportunities to develop their athletic performance, sport science knowledge and leadership skills, while maintaining a balanced academic program

GENERAL EXPECTATIONS

Students accepted into the Sports Academy are expected to demonstrate a strong commitment to both their academic studies and sporting development. Academy students are expected to:

- Maintain high standards of behaviour and represent the College with pride.
- Demonstrate strong organisational and time management skills.
- Make a positive contribution to the Academy and wider school community.
- Actively participate in school sporting teams whenever opportunities arise and maintain involvement in community or club sport.
- Uphold and embody the values and culture of Manor Lakes P–12 College:

Shows Respect • Aims High • Is Responsible • Values Community

Ambulance Cover

We highly recommend ambulance cover for all students that participate in the Sports Academy.

STUDENT OUTCOMES AND IMPROVEMENT

We focus on high student standards which means monitoring effort and achievement across all aspects of school, not just sport.

BAR Data

- Behaviour
- Attitude
- Respect
- Attendance
- Lateness

Positive Data

- Positive Compass chronicle entries relating to the school values
- Positive achievement across all aspects of school life

BEHAVIOUR EXPECTATIONS

Sports Academy students are expected to consistently uphold the behaviour standards outlined in the Sports Leadership & Development (SLD) contract.

Students who do not meet these expectations may be placed on a performance review, where their progress and behaviour will be monitored in accordance with the Academy's Behaviour Process. This process is designed to support students in meeting the high standards expected of Academy members.

As places in the Sports Academy are limited and highly sought after, students who continually fail to meet the required behaviour expectations may forfeit their place in the Academy.

EXCURSIONS

Students will participate in excursions to elite sporting facilities, gaining behind-the-scenes access to professional teams, athletes, and high-performance environments.

UNIFORM

Students selected for the Manor Lakes P-12 College Sports Academy have the privilege of wearing an exclusive Sports Academy uniform, proudly designed and supplied by Puma. The uniform represents students' commitment to excellence, teamwork and the values of the Academy, while fostering a strong sense of pride and belonging.



COURSE FEES

YEAR LEVEL	INITIAL YEAR FEE	SUBSEQUENT YEAR FEE
YEAR 7	\$250	REDUCED FEE
YEAR 8	\$250	REDUCED FEE
YEAR 9	\$250	REDUCED FEE
YEAR 10	\$305	REDUCED FEE

ACADEMY SCHOLARSHIPS

Through our partnership with Academy Movement, eligible students have the opportunity to apply for the REACH Scholarship Program.

Successful applicants may receive a scholarship of up to \$500 per school year to assist with Academy fees and associated costs. In addition to financial support, scholarship recipients benefit from personalised mentoring by industry professionals and expert guidance to help them achieve success in their chosen sporting or career pathway.

Eligibility and Expectations

The successful applicant must:

- Be in Year 9, 10, or 11 at the start of the school year
- Be playing club sport
- Be academically, and career driven
- Have perfect school attendance record
- Have a good school behaviour record
- Show leadership qualities
- Be driven to be the best version of themselves

APPLICATION PROCESS

To apply for the Sports Academy:

- Complete the online application form available on the school website.
- Include a written reference from a coach, Physical Education teacher or another school teacher. References can be uploaded as part of the online application.
- Submit your application before the closing date.

Certificate II in Sport and Recreation

Qualification: SIS20122 Certificate II in Sport and Recreation

Program Type: VCE VET Sport and Recreation

Delivered By: Manor Lakes P-12 College in partnership with SAVILE Learning (RTO 45452)

VCE/VET contribution

This program may contribute to a student's VCE through the VCE VET Sport and Recreation program, subject to current VCAA requirements and school enrolment arrangements

Delivery Mode

School-based delivery with practical and classroom learning

Assessment

Practical demonstrations, written tasks, projects and presentations

Pathways

Further study and entry-level roles across sport, recreation and community settings

Subject Overview

The SIS20122 Certificate II in Sport and Recreation provides students with the opportunity to develop practical skills and knowledge for participation in sport and recreation settings. The program combines applied learning with classroom-based activities and is suited to students with an interest in sport, recreation, leadership and working with others. Across the course, students build skills in assisting and monitoring sessions, communication, customer service, teamwork and safe work practices. Learning is completed through a combination of practical activities, simulated tasks and theory-based work, allowing students to apply their knowledge in a range of sport and recreation contexts.

What students will do

- assist and participate in delivering of practical sessions
- participating in role plays and simulations
- identifying hazards and discussing risk controls
- reviewing and reflecting on their practical delivery
- completing digital and written learning activities
- participating in conditioning and officiating-based tasks

Who this subject suits

- students who enjoy practical and active learning
- students with an interest in sport and recreation
- students developing confidence in communication and leadership
- students who work well independently and as part of a group
- students considering pathways into coaching, recreation, community activity programs or the broader sport and recreation industry

Units 1 and 2

HLTWHS001 Participate in workplace health and safety

SISXIND011 Maintain sport, fitness and recreation industry knowledge

HLTAID011 Provide first aid

SISOFLD001 Assist in conducting recreation sessions

SISXEMR003 Respond to emergency situations

SISXCCS004 Provide quality service

SISSPAR009 Participate in conditioning for sport

SISXFAC006 Maintain activity equipment

BSBPFE301 Organise personal work priorities

SISSSOF002 Continuously improve officiating skills and knowledge

Certificate II in Sports Coaching

Qualification: SIS20321 Certificate II in Sports Coaching

Program Type: VCE VET Sport and Recreation

Delivered By: Manor Lakes P-12 College in partnership with SAVILE Learning (RTO 45452)

VCE/VET contribution

This program may contribute to a student's VCE through the VCE VET Sport and Recreation program, subject to current VCAA requirements and school enrolment arrangements

Delivery Mode

School-based delivery with practical and classroom learning

Assessment

Practical demonstrations, written tasks, projects and presentations

Pathways

Further study and entry-level roles across sport, recreation and community settings

Subject Overview

The SIS20321 Certificate II in Sport Coaching provides students with the opportunity to develop practical skills and knowledge for assisting in coaching and sport-based activities. The program combines applied learning with classroom-based tasks and is suited to students with an interest in sport, coaching, leadership and working with others.

Across the course, students build foundation skills in communication, session support, safe work practices, injury prevention, emergency response, feedback and working under the supervision of a coach. Learning is completed through a combination of practical activities, simulated tasks, role plays and theory-based work, allowing students to apply their knowledge in a range of school, community sport and recreation contexts.

What students will do

- assist with the delivery of practical coaching sessions
- participate in role plays, simulations and practical activities
- communicate with participants, peers, coaches and stakeholders
- identify hazards and discuss basic risk-control strategies
- respond to emergency situations in simulated sport settings
- apply basic injury prevention and management strategies
- review and reflect on practical coaching performance
- complete digital and written learning activities

Who this subject suits

- students who enjoy practical and active learning
- students with an interest in sport, coaching and recreation
- students developing confidence in communication and leadership
- students who enjoy working with others in team-based environments
- students considering pathways into coaching, recreation, community activity programs or the broader sport and recreation industry

Units 1 and 2

SIRXWHS001 Work Safely

SISSSCO002 Work in a community coaching role

SISSSCO001 Conduct sport coaching sessions with foundation level participants

HLTAID011 Provide first aid

SISSSPT001 Implement sport injury prevention and management strategies

SISSSCO015 Prepare participants for sport competition

SISXEMR003 Respond to emergency situations

Certificate III in Sport, Aquatics and Recreation

Qualification: SIS30122 Certificate III in Sport, Aquatics and Recreation

Program Type: VCE VET Sport and Recreation

Delivered By: Manor Lakes P-12 College in partnership with SAVILE Learning (RTO 45452)

VCE/VET contribution

This program may contribute to a student's VCE through the VCE VET Sport and Recreation program, subject to current VCAA requirements and school enrolment arrangements

Delivery Mode

School-based delivery with practical and classroom learning

Assessment

Practical demonstrations, written tasks, projects and presentations

Pathways

Further study and entry-level roles across sport, recreation and community settings

Subject Overview

The SIS30122 Certificate III in Sport, Aquatics and Recreation provides students with the opportunity to develop practical skills and knowledge for participation in sport and recreation settings. The program combines applied learning with classroom-based activities and is suited to students with an interest in sport, recreation, leadership and working with others.

Across the course, students build skills in coaching, planning and delivering sessions, communication, customer service, teamwork and safe work practices. Learning is completed through a combination of practical activities, simulated tasks and theory-based work, allowing students to apply their knowledge in a range of sport and recreation contexts.

What students will do

- coaching small groups
- planning and delivering practical sessions
- participating in role plays and simulations
- identifying hazards and discussing risk controls
- reviewing and reflecting on program delivery
- demonstrate conflict resolution strategies
- completing digital and written learning activities
- participating in conditioning and officiating-based tasks

Who this subject suits

- students who enjoy practical and active learning
- students with an interest in sport and recreation
- students developing confidence in communication and leadership
- students who work well independently and as part of a group
- students considering pathways into coaching, recreation, community activity programs or the broader sport and recreation industry

Units 1 and 2

HLTWHS001 Participate in workplace health and safety

SISXIND011 Maintain sport, fitness and recreation industry knowledge

HLTAID011 Provide first aid

HLTAID009 Provide Cardiopulmonary Resuscitation

SISXEMR003 Respond to emergency situations

SISXCCS004 Provide quality service

SISXIND009 Respond to interpersonal conflict

SISSPAR009 Participate in conditioning for sport

SISXFAC006 Maintain activity equipment

BSBPEF301 Organise personal work priorities

SISSSOFO02 Continuously improve officiating skills and knowledge

Units 3 and 4

BSBWHS308 Participate in WHS hazard identification, risk assessment and risk control

SISXPLD004 Facilitate groups

SISSCO001 Conduct sport coaching sessions with foundation level participants

SISXPLD002 Deliver recreation sessions