

NUMURKAH SECONDARY COLLEGE



Physical Education

In Physical Education students are able to develop their skills in a variety of different sports. Topics that we cover during Years 7-9 include: Basketball, Netball, Soccer, Badminton, Tennis, Hockey, Lacrosse, Minor Games, Gymnastics, Table Tennis, Cricket, Athletics, Fitness Testing and Volleyball.

At Year 10 students start to prepare themselves for Year 11 & 12 Physical Education and have the opportunity to choose either Training & Fitness or Recreational Pursuits. These subjects offer a range of topics that prepare them for further Physical Education study.

V.C.E

Many students studying VCE PE and/or Health and Human Development go onto study at tertiary level to follow career pathways in Health.



Outdoor Education

In Outdoor Education students are given the opportunity to venture outside the school grounds and participate in a number of outdoor adventure activities which include:

Snow Skiing, Snowboarding, Surfing, Bike Riding, Bushwalking, Canoeing, Windsurfing, Rock Climbing, Scuba Diving & Snorkelling.

Outdoor Education gives students a chance to step outside their comfort zone, experience things they may never have thought possible and learn a whole range of different skills and experiences.

Year 7, 8 & 9

Health Education

Topics covered in Year 7 Health include:

- ⇒ Bullying
- ⇒ Adolescents & Puberty
- ⇒ Friendships/Values
- ⇒ Decision Making
- ⇒ Smoking

Topics covered in Year 8 Health include:

- ⇒ Drug & Alcohol Education
- ⇒ Personal Identity
- ⇒ Nutrition
- ⇒ Puberty/Reproduction
- ⇒ Assertive Behaviour/ Resilience

Topics covered in Year 9 Health include:

Semester 1

- ⇒ Drug & Alcohol Education
- ⇒ Mental Health
- ⇒ Types of Relationships
- ⇒ Conflict Resolution
- ⇒ Safety

Semester 2

- ⇒ Anatomy
- ⇒ Sports Injuries





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Sport Days

Interschool Sports Days provide students with the opportunity to participate in a variety of different sports. These include: Football, Netball, Squash, Badminton, Soccer, Basketball, Tennis, Table Tennis, Volleyball, Cricket, Soft/Baseball, Lawn Bowls, Golf, Ten Pin Bowling. It gives the students a chance to compete against other schools in the GM district. In the past Numurkah SC has been successful at a whole range of these sports and has gone on to participate at the zone and state levels.

In 2018, over 30 teams were sent out on school sports days at no extra cost to parents.

*Swimming
Cross Country
Athletics*

Sporting Carnivals



**2019 House Swimming Sports
Age Champions**

- Numurkah Secondary College holds three sporting carnivals for the year.
- Students compete for their house in Swimming (Term 1), Cross Country (Term 2), Athletics (Term 3).
- Successful students are then given the opportunity to go on and compete against other schools.



1st



**Our 3rd place getters from the
2018 Hume athletics carnival**

Numurkah Secondary College has a proud history of success at Hume region events, with strong results for many years. Some highlights include the 2015 open girls 4x100 relay team winning the state final, Individual participants at state for long jump just to list a few!

At NSC we promote and encourage all of our students to participate in extra curricular sporting activities and provide many opportunities for excellence on the sporting fields.

