

Aspire

The Personal Interest Project in the area of Sport aims to engage students in meaningful learning, increasing responsibility in, and achievement towards, their chosen interest in sport.

Students will be given every opportunity to maximise individual potential. Continued careful and efficient planning, management and evaluation of students sporting interests will be used to effectively support, promote and meet the needs of student learning.

Learning areas could include (but are not restricted to)

- Nutrition
- Movement and Skill Performance
- Coaching
- Lifelong Physical Activity
- Officiating
- Dance

Fee: nil



Masterchef

Do you love making and eating food? If so, Masterchef is for you.

Masterchef involves:

- Working with exciting foods.
- Growing ingredients to use in dishes from all over the world.
- Learning new skills and mastering cooking techniques.
- Presenting and photographing dishes.
- Challenging your cooking skills with mystery boxes and invention tests.
- Working with your friends as part of a team.

Masterchef is fun for all - whether you are a beginner or an expert in the kitchen!

Fee: \$25.00 (semester)



Agricultural Show Team

Keen to be involved in Agricultural Shows such as the Royal Easter Show and Wauchope Show, to work with and learn about show cattle and show chickens?

Students selecting this PIP will develop their skills at mustering, feeding, haltering, walking, washing, grooming and parading show cattle. Students will have the opportunity to attend various cattle shows that the school participates in to further develop their skills and knowledge of the cattle industry. A love and interest of working with and around animals is essential.

If you're interested but worried that you have never been around cattle before, do not worry. You will have time to build up your skills and confidence.

Fee: \$10



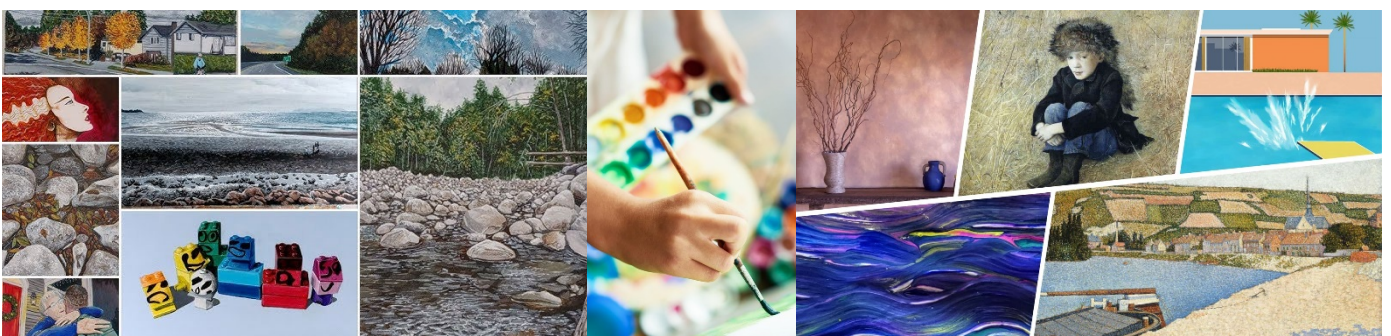
The Painting PIP

Welcome to the captivating world of The Painting PIP, where creativity knows no bounds! Unleash your inner artist and embark on a colourful journey filled with imagination and expression. Whether you're a seasoned painter or a complete novice, our expert teachers are here to guide you every step of the way.

Discover the magic of mixing hues on your palette, as you bring life to your artworks with bold brushstrokes and delicate details. From serene landscapes that transport you to distant vistas, to vibrant abstracts that challenge conventional boundaries, our class embraces a diverse range of styles and techniques.

Indulge in the joy of self-expression and watch your artistic vision flourish as you create original masterpieces that reflect your unique identity. Our inclusive and welcoming environment fosters a sense of teamwork and mutual support, where artists of all levels come together to learn, experiment, and uplift each other. Whether you seek an escape from the ordinary or have a lifelong passion to pursue, the Painting PIP promises to awaken the artist within you.

Fee: \$15



Hastings Secondary College Westport Campus

Personal Interest Project (PIP) choices 2024

Sustainable World

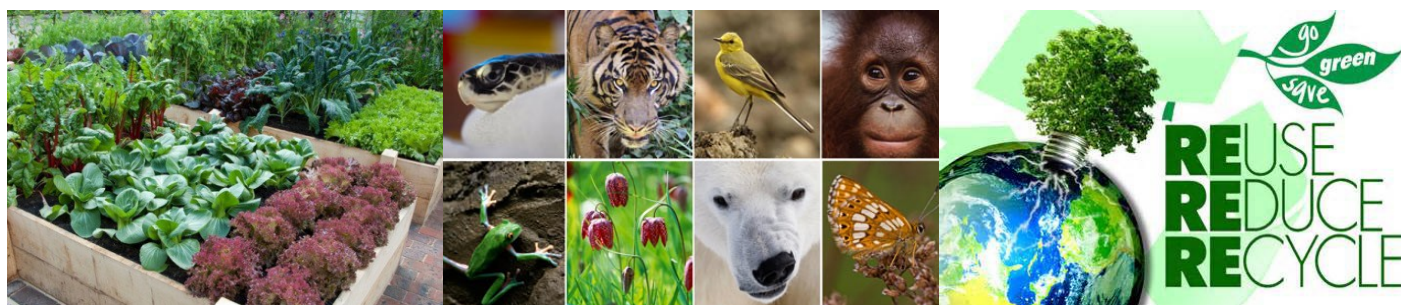
If you care for the environment and love animals, this is where you will learn how to make a difference. This subject will involve practical activities with our School Farm, Marine Science equipment and the local Hastings environment.

Themes covered could include:

- Organic Farming – gardening and chicken rearing
- Environmental Projects – Recycled paper
- Recycling – Collect cans, worm farming, canteen scraps
- Healthy Oceans – Sea bins, pollution.
- Projects to make the school more sustainable.

It can be easy being Green.

Fee: nil



Marine Studies

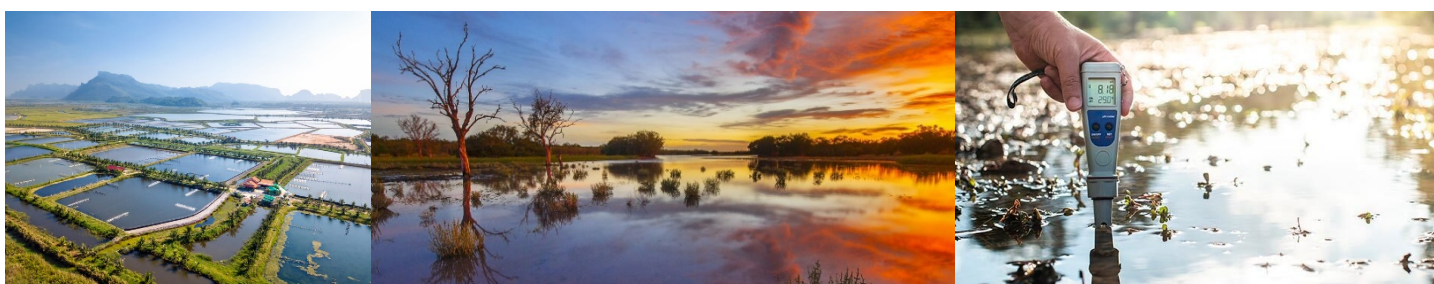
Life relies on water. Ensuring that we have quality water on Earth for humans, animals (aquaculture and agriculture) and the environment in general is of critical importance. Students will explore the many measurements of quality used to test water in industries.

Possible activities and topics include:

- Testing water quality both at school and offsite in a range of ecosystems.
- Use the Marine Studies facilities to grow fish and other aquatic species.
- Investigate the health of local marine environments.
- Use sampling techniques to assess aquatic life diversity.

This PIP is a great introduction to Aquaculture and will lead students into studying Marine Studies in years 9 and 10.

Fee: nil



The Contact Codes: Rugby League, Rugby Union, League Tag and AFL

This will be a 100% practical course aimed at female and male students who have a strong interest in developing their skills in the contact football codes. Activities aims to improve game skills, while students will learn the theory behind athlete preparation and performance. A range of current technology and training aides will be used with students attending one live NRL game. Training techniques, games strategies and sports leadership will also be examined and developed.

The Contact Codes covers

- Skill and fitness training program designed for Rugby League / Union
- Training aides to improve skill and fitness (speed sleds, agility ladders, tackle suits)
- The evolution of the football codes – an historical perspective, achieved through playing the games
- Training session planning
 - Attacking strategies
 - Defensive patterns
 - Video analysis
- Sports psychology
- Resistance training
- Communication and teamwork

Fee: nil

