

**MURDOCH  
INTEGRATED  
LEARNING  
EXPERIENCE**

**(MILE)**

**TERMS 3 and 4  
2009**

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## MURDOCH INTEGRATED LEARNING EXPERIENCE (MILE)

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The Murdoch Integrated Learning Experience (MILE) program is a unique and distinctive feature of the College. While primary emphasis is given to learning through study and instruction, the College provides an additional wide variety of activities and experiences through the MILE program.

Courses are led by experts in the relevant fields and provide students with opportunities to grow academically, socially, emotionally and physically.

MILE creates learning opportunities that foster:

- Skill development
- Commitment
- Responsibility
- Self-esteem
- Confidence
- Initiative
- Adaptability
- Reliance
- Team-building skills
- Organisational skills
- Leadership
- Persistence

Courses offered fall into one of the following six categories to allow students to acquire skills in a number of areas:

- Academic Enhancement
- Visual & Performing Arts
- Community Involvement
- Business & Technology
- The World of Science
- Sports Leisure & Personal Development Skills

## HOW TO MAKE YOUR SELECTION

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### 1. Read through each course in this booklet and make sure that you.....

- are able to undertake the course for the whole term (*Course changes cannot be made once you have enrolled*)
- understand the course offering – I.e. What is involved?
- have the equipment needed to undertake the course
- meet the pre-requisites – there are sometimes age limits or special requirements
- can meet the cost of the course
- obtain parental/guardian permission to take the course

### 2. Fill in your selection form (last page)

- Write down five (5) courses, that you would like to do in EACH term, in any order, along with the cost;
- The College will randomly choose two of your selections - One for Term 3 and one for Term 4;
- Complete all sections. Incomplete forms will not be accepted and will be returned to the student for completion;
- Submit your selection form to your TAG teacher by **Friday 18<sup>th</sup> June**

**\*\*YR 11's - do not need to make selections for TERM 4**

## ARCHERY

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Release the inner Robin Hood. Learn the basics of how to shoot a bow and arrow, develop hand, eye coordination and mental concentration. This is a short course designed to introduce you to the different techniques used in Archery.

### Sports Leisure & Personal Development

#### OUTCOMES

By the end of this course you will .....

- Be able to use a bow and arrow correctly and safely
- Be able to shoot at a target (min 10 metres)
- Have knowledge of a range of Archery techniques.

Class held at.....	Murdoch University Training Pitch
Offered by the Term (T).....	T4
Cost.....	\$160 per term
Equipment needed.....	Sports uniform, hat, sunscreen, water bottle
Pre-requisites.....	None
Class min & max numbers.....	Maximum 20, Minimum 10

## BADMINTON

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This course is designed to teach you the fundamentals of playing Badminton. By choosing this course you will improve your physical fitness, health and self confidence as well as learn the tactics and strategies of Badminton.

### Sports Leisure & Personal Development

#### OUTCOMES:

By the end of this course you will .....

- Know how to serve, overhead clear, overhead drop and drive
- Have an understanding of the principles applied to stroke production and characteristics of shuttle flight
- Have improved cardiovascular fitness
- Have greater flexibility and strength.

Class held at.....	Murdoch University Sports and Recreation Centre
Offered by the Term (T).....	T3. T4
Cost.....	\$130 per term
Equipment needed.....	Sports uniform, towel, water bottle
Pre-requisites.....	None
Class min & max numbers.....	Maximum 24, Minimum 16

## **BASKETBALL**

---

Basketball was invented in 1891 and since then it has been played worldwide. This is a wonderful team sport where you will learn many strategies and tactics to enable you to play a great game!

### **Sports Leisure & Personal Development**

#### **OUTCOMES:**

By the end of this course you will .....

- Know the rules, regulations and terminology of basketball
- Be able to pass, catch and dribble
- Be able to apply simple tactics to a game
- Be able to organise simple defensive and offensive play with teammates.

Class held at.....	Lakeside Recreation Centre
Offered by the Term (T).....	T3 .T4
Cost.....	\$130 per term
Equipment needed.....	Sports uniform, towel, water bottle
Pre-requisites.....	None
Class min & max numbers.....	Maximum 25, Minimum 18

## **BEACH VOLLEYBALL (INDOOR)**

---

Beach Volleyball is a fun, exciting way to get fit, learn some great team skills and stay out of the sun. It is fast becoming Australia's favourite sport so don't miss out! Join in and learn how to play this great game.

### **Sports Leisure & Personal Development**

#### **OUTCOMES**

By the end of this course you will .....

- Know the rules and strategies of how to play Beach Volleyball
- Understand the importance of teamwork
- Be fitter and stronger.

Class held at.....	Canning Vale Indoor Beach Volleyball
Offered by the Term (T).....	T3 .T4
Cost.....	\$150 per term
Equipment needed.....	Sports uniform, towel, water bottle
Pre-requisites.....	None
Class min & max numbers.....	Maximum 24, Minimum 16

## **BIOTECHNOLOGY INTRODUCTION**

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This program is designed to introduce you to the knowledge and skills necessary to understand basic Biotechnology principles. You will learn laboratory techniques such as DNA extraction, micro-pipetting, electrophoresis, gel runs and DNA comparisons.

### **The World of Science**

#### **OUTCOMES**

By the end of this course you will .....

- Have a greater understanding of Biotechnology
- Know laboratory skills used in the Biotech Industry
- Understand ethical considerations in the Biotechnology field.

Location.....	Murdoch College
Offered by the Term (T).....	T4
Cost.....	\$60 per term
Equipment Needed.....	None
Pre-requisites.....	School Uniform
Number of Students.....	Maximum 16, Minimum 6

## **BORN STORYTELLERS**

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This wonderful program runs over a full semester. The first term comprises a set of workshops on story craft, covering a number of writing skills and developing a comprehensive story plan. The second term is spent writing. You will turn your plan into a story, and spend time editing and rewriting. Your story is then edited for publication, and published in an anthology. On top of that you will participate in a celebratory book launch. The fee includes a copy of the published volume. Additional copies are offered for sale to interested parties. You must fill out a separate permission form (prior to commencement) to be included in this publishing program. Permissions forms can be picked up from Student Reception.

### **Academic Enhancement**

#### **OUTCOMES**

By the end of this course you will .....

- Have constructed a solid plan for a story
- Understand how to use dialogue effectively
- Become confident in writing.

Class held at.....	Murdoch College
Offered by the Semester (S).....	S2 (T3&T4)
Cost.....	\$300 per semester
Equipment needed.....	None
Pre-requisites.....	None
Class min & max numbers.....	Maximum 16, Minimum 8

## **CERAMIC DESIGN**

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Ceramic Design deals with designing, decorating, glazing and firing ready-made pieces of pottery – known as green ware. When you choose this course you will be able to choose a plate, pot or vase, decide how you want it to look, add the colours and then have it fired so you end up with a record of your new found talent.

### **Visual & Performing Arts**

#### **OUTCOMES**

By the end of this course you will .....

- Be able to develop comprehensive Ceramic design plans
- Gain practical skill in the art of ceramics
- Understand the design process used to create a finished product from modelled green ware
- Be able to select appropriate tools to produce various ceramic finishes

Class held at.....	Murdoch College
Offered by the Term (T).....	T3. T4
Cost.....	\$100 per term
Equipment needed.....	Old shirt to protect uniform
Pre-requisites.....	None
Class min & max numbers.....	Maximum 25, Minimum 18

## **CHESS**

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Through playing chess you will learn many skills and techniques that can be applied to many other aspects of your daily life. Chess teaches you responsibility, patience, to think before you act, to plan ahead and to try and predict the consequences of your actions. Also winning at chess improves your self-confidence and self-esteem and gives you a great sense of achievement when you outwit your opponent. Finally, chess is cheap! Compared with the cost of many of the latest and greatest computer games, it costs almost nothing to play chess and it is a game you will enjoy for the rest of your life.

### **Sports Leisure & Personal Development Skills**

#### **OUTCOMES**

By the end of this course you will .....

- Understand the official rules of chess
- Be able to analyse and weigh-up all the various factors associated with any given situation and make a final decision based upon the results of the analysis
- Learn how to work well under pressure.

Class held at.....	Murdoch College
Offered by the Term (T).....	T3. T4
Cost.....	\$50 per term
Equipment needed.....	None
Pre-requisites.....	None
Class min & max numbers.....	Maximum 20, Minimum 10

## DANCE – Hip Hop

---

Hip Hop is a funky style of dance which is popular around the world. During classes you will learn to move your body to different forms of music and at the same time get an excellent cardio workout. At the end of this course you will have learnt a full piece and be able to perform.

### Sports Leisure & Personal Development

#### OUTCOMES

By the end of this course you will .....

- Have improved coordination
- Know a variety of dance moves
- Have improved fitness.

Class held at.....	Murdoch University Sports and Recreation Centre
Offered by the Semester (S).....	S2 (T3 & T4)
Cost.....	\$260 per semester
Equipment needed.....	Gym clothes, gym shoes
Pre-requisites.....	None
Class min & max numbers.....	Maximum 30, Minimum 20

## DIGITAL PHOTOGRAPHY

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Are you interested in expanding your skills in digital technology and creative imagery? Do you want to get the most out of a Digital Camera? Then this is the program for you. The lessons are guided by a professional who will teach you how to take a variety of photos in different conditions then download and edit the images to get them ready for printing.

You MUST have your own digital camera with software and drivers that can be used to download your images to the College computers.

### Business & Technology

#### OUTCOMES

By the end of this course you will .....

- Understand the functions of your digital camera
- Be able to take better photos using basic composition techniques
- Gain competence in editing and enhancing photos using Photo Editing software.

Class held at.....	Murdoch College
Offered by the Term (T).....	T3. T4
Cost.....	\$70 per term
Equipment needed.....	<ul style="list-style-type: none"><li>• Your own digital camera with 2 sets of batteries</li><li>• Sports Uniform, hat, sunscreen.</li></ul>
Pre-requisites.....	None
Class min & max numbers.....	Maximum 20, Minimum 12

## FENCING

Fencing, Europe's original martial art, is an exciting, dynamic sport for men and women of all ages. Fencing combines agility and athleticism, with technical skill and lightning-fast tactical decision-making - it is not for nothing that the sport is known as "physical chess". Fencing is a workout for the mind, as well as for the body!

Fencing, one of the world's oldest sports, has its origins in training for the duel and is one of the very few sports to have been included in every modern Olympics. So if you would like to duel against a partner and learn the art of fencing then this is for you!

### Sports Leisure & Personal Development Skills

#### OUTCOMES

By the end of this course you will .....

- Know all the fundamentals of fencing – skills and rules
- Build up your physical fitness, agility, body tone, balance and control
- Have improved decision making skills.

Class held at.....	Murdoch College
Offered by the Term (T).....	T3. T4
Cost.....	\$90 per term
Equipment needed.....	Sports Uniform – must wear tracksuit bottoms.
Pre-requisites.....	None
Class min & max numbers.....	Maximum 16, Minimum 10

## FIRST LEGO LEAGUE CHALLENGE Inspiring future scientists and engineers

ONLY STUDENTS WHO HAVE BEEN SELECTED CAN PUT THIS DOWN ON THEIR SELECTION FORM. Each year FLL teams embark on an adventurous challenge based on current, real-world issues. Students are guided by a team coach and assisted by mentors

### Business & Technology

#### OUTCOMES

By the end of this course you will .....

- Research and solve a real-world problem based on the Challenge theme
- Present their research and solutions
- Build an autonomous robot using engineering concepts to compete head to head in the Robot game.

Class held at.....	Murdoch College
Offered by the Semester (S).....	T3 & T4
Cost.....	\$200 for semester
Equipment needed.....	USB Thumb drive
Pre-requisites.....	Students require good logical thinking and maths skills as well as the ability to work in a team.
Class min & max numbers.....	Maximum 16, Minimum 10

## **FITNESS**

---

If you are into fitness or would like to improve your fitness, then course is for you. The session starts with a 20 minute spin then you will move to the gym where a qualified instructor will go through each apparatus and show you correct techniques on each. You will see your fitness improve throughout the weeks. It is great fun, and an excellent way to build cardio fitness and strength training.

### **Sports Leisure & Personal Development**

#### **OUTCOMES**

By the end of this course you will .....

- Be able to complete a 35 minute cardiovascular session with ease
- Understand how to construct a balanced workout session
- Understand the workings and benefits of each of the weight machines.

Class held at.....	Murdoch University Sports and Recreation Centre
Offered by the Term (T).....	T3. T4
Cost.....	\$80 per term
Equipment needed.....	Sports Uniform, towel, water bottle.
Pre-requisites.....	None
Class min & max numbers.....	Maximum 30, Minimum 10

## **FRENCH LANGUAGE INTRODUCTION**

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This program aims to bring you to a point where you are able to achieve basic communication with French speakers. You will learn to comprehend written and spoken texts as well as acquire the ability to speak and write effectively in French. You will have the opportunity to enjoy and appreciate French culture.

### **Academic Enhancement**

#### **OUTCOMES**

By the end of this course you will .....

- Comprehend and communicate in basic French (400-500 words)
- Be able to write letter form essays in French
- Read and understand French books (beginner) and magazines.

Class held at.....	Murdoch College
Offered by the Term (T).....	T3. T4
Cost.....	\$80 per term
Equipment needed.....	200 page blank lined notebook. Sports Uniform
Pre-requisites.....	Min age 12 yrs old
Class min & max numbers.....	Maximum 18, Minimum 8

## **GOLF FOR BEGINNERS**

---

This course will show you how to play golf; including how to drive the ball, how to putt, the rules, scoring and etiquette of golf. Included in the fee is coaching, the clubs, balls and travel to and from the golf course. This course will get you to the point where you know the basic fundamentals of golf. Please be aware because of time constraints that students will not be playing on the fairway. All lessons are held on the practice chipping green.

### **Sports Leisure & Personal Development**

#### **OUTCOMES**

- By the end of this course you will .....
- Develop better hand and eye co-ordination
- Know how to drive, putt and chip the ball
- Understand golf etiquette.

Class held at.....	Gosnells Golf Club
Offered by the Term (T).....	T3. T4
Cost.....	\$200 per term
Equipment needed.....	Sports Uniform, hat, sunscreen, water bottle
Pre-requisites.....	None
Class min & max numbers.....	Maximum 15, Minimum 10

## **GROOMING AND PRESENTATION**

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Learn essential social skills, personal care and develop lots of confidence! You will explore the many aspects of personal skin and body care; learn how to conduct yourself with confidence in any social or professional situation and how to make the best of your personal qualities. Conducted by an experienced modelling instructor, this activity will teach you many life skills.

### **Sports Leisure & Personal Development**

#### **OUTCOMES**

By the end of this course you will .....

- Have improved personal confidence
- Understand the rules of social etiquette
- Know many excellent grooming techniques.

Class held at.....	Murdoch College
Offered by the Term (T).....	T3. T4
Cost.....	\$80 per term
Equipment needed.....	None
Pre-requisites.....	None
Class min & max numbers.....	Maximum 25, Minimum 15

## **HOSPITALITY AND CATERING**

---

This course is for students who want to learn about catering in a range of hospitality operations. You will learn to produce quality goods and will develop skills in organising, preparing and presenting food. You will also learn about planning and controlling menu-based catering, as well as customer service techniques.

### **Business & Technology**

#### **OUTCOMES**

By the end of this course you will .....

- Be able to follow basic recipes
- Be able to prepare and present food
- Be able to apply general customer service techniques.

Class held at.....	Murdoch College
Offered by the Term (T).....	T3. T4
Cost.....	\$150 per term
Equipment needed.....	A chef hat and cloth chef apron.
Pre-requisites.....	None
Class min & max numbers.....	Maximum 24, Minimum 18

## **JEWELLERY MAKING – Beading**

---

You will learn all the techniques involved in designing a range of 'beaded' jewellery pieces. The course will also cover the history of beading. All materials are supplied and included in the fee.

### **Visual & Performing Arts**

#### **OUTCOMES**

By the end of this course you will .....

- Have knowledge and experience in the design and making of beaded jewellery
- Know how to use a range of tools and equipment required for jewellery making
- Understand the techniques and processes associated with jewellery making

Class held at.....	Murdoch College
Offered by the Term (T).....	T3. T4
Cost.....	\$200 per term
Equipment needed.....	None
Pre-requisites.....	None
Class min & max numbers.....	Maximum 16, Minimum 10

## MOSAICS

---

This wonderful ancient art shows you how to create mosaic masterpieces that can be kept forever. You are supplied with all the equipment, tiles and glue to make beautiful pieces.

Visual & Performing Arts

### OUTCOMES

By the end of this course you will .....

- Be able to design and make mosaic pieces
- Understand how to use a range of tools and equipment required for mosaic work
- Know the processes associated with cutting, designing and gluing tiles.

Class held at.....	Murdoch College
Offered by the Term (T).....	T3. T4
Cost.....	\$100 per term
Equipment needed.....	Old shirt to cover school uniform
Pre-requisites.....	None
Class min & max numbers.....	Maximum 15, Minimum 10

## MUSIC TECHNOLOGY (M Box)

---

Learn how to create music using the latest software right here at the College. Specially designed keyboards are used to help you create some very innovative sounds. Also this course is great if you are keen to learn more skills in the area of using computers to create music.

Business & Technology

### OUTCOMES

By the end of this course you will .....

- Know how to use Logic Audio software
- Have developed technical musical skills
- Know how to get the most out of a keyboard.

Class held at.....	Murdoch College
Offered by the Term (T).....	T3. T4
Cost.....	\$125 per term
Equipment needed.....	None
Pre-requisites.....	None
Class min & max numbers.....	Maximum 8, Minimum 4

## **PUBLIC SPEAKING**

---

Want to develop your skills in public speaking? In this course, you will learn how to speak to an audience confidently, convincingly and in an entertaining manner. You will explore the techniques of effective public speaking such as voice modulation, body language, content and structure.

### **Academic Enhancement**

#### **OUTCOMES**

By the end of this course you will .....

- Be able to structure a speech for a successful presentation
- Understand the importance of body language
- Speak with confidence.

Class held at.....	Murdoch College
Offered by the Term (T).....	T3. T4
Cost.....	\$120 per term
Equipment needed.....	1 Lever Arch file, notebook, pen/pencils.
Pre-requisites.....	None
Class min & max numbers.....	Maximum 15, Minimum 10

## **ROBOTICS**

---

An exciting, hands-on approach to learning programming and playing with lego. Robotics involves building robots with Lego, programming using RoboLab software, downloading the program onto the robot and seeing the amazing results. Before long you will be racing your robots, playing a game of robot soccer, or creating a dancing robot. No prior knowledge is needed in programming or building with Lego. We will teach it all to you!

### **Business & Technology**

#### **OUTCOMES**

By the end of this course you will .....

- Have designed and built a Lego NXT Robot
- Know how to create NXT-G programs that use sensor input to autonomously control a robot
- Understand the engineering design process required to find the best solution
- Know how to work collaboratively in achieving a common goal.

Class held at.....	Murdoch College
Offered by the Term (T).....	T3. T4
Cost.....	\$70 per term
Equipment needed.....	USB thumb drive
Pre-requisites.....	Only for Year 7, 8 and 9 students
Class min & max numbers.....	Maximum 16, Minimum 8

## ROCK CLIMBING

---

Indoor rock climbing is a safe, exciting, all-over body workout for ages 5 to 85! Top-roping, bouldering, and lead climbing are the main types of indoor rock climbing. Top-roping is where you will begin. This is where a rope runs over a special pulley above, protecting you - the climber - from falling. You'll need a climbing partner to stand at the bottom and control the rope (belay) while you climb; and of course, you'll take turns climbing. Most of the walls at Rock face are dedicated to top-roping, and climbers of all levels take part in this type of climbing.

### Sports Leisure & Personal Development Skills

#### OUTCOMES

By the end of this course you will .....

- Know the basics of rock climbing along with associated equipment and safety procedures
- Know how to work in a team environment
- Have improved body fitness and strength.

Class held at.....	Rockface Climbing School, Northbridge
Offered by the Term (T).....	T3. T4
Cost.....	\$200 per term
Equipment needed.....	None
Pre-requisites.....	Sports Uniform, water bottle
Class min & max numbers.....	Maximum 50, Minimum 10

## SAILING

---

This course will teach you the basic skill requirements of sailing a small dinghy. At the completion of the course you will be accredited with your TL1 certificate, which is the introductory sailing certificate.

### Sports Leisure & Personal Development

#### OUTCOMES

By the end of this course you will .....

- Be able to launch a sailing dinghy
- Know how to safely capsize and right a capsized dinghy
- Understand sailing language
- Be able to work co-operatively with other students.

Location.....	State Sailing Centre, Mounts Bay Sailing Club
Offered by the Term (T).....	T4
Cost.....	\$150 per term
Equipment Needed.....	Sports uniform, cap, beach towel, sunscreen, water bottle, change of clothes
Pre-requisites.....	<ul style="list-style-type: none"><li>• 12 years and older</li><li>• Must be able to swim 50 metres unassisted</li></ul>
Number of Students.....	Maximum 24, Minimum 20
PSS students.....	Level 3

## SCULLING

---

Sculling – racing a boat of your own - is one of the best ways of getting fit there is. It works more muscles than most other sports. In this course you will learn skills that will enable your to race in a boat on your own.

### Sports Leisure & Personal Development

#### OUTCOMES

By the end of this course you will .....

- Confidently row a single skull
- Have a good knowledge of sculling technique
- Know oarsmanship skills
- Have developed an overall body fitness.

Location.....	Canning Bridge Rowing Club
Offered by the Term (T).....	T4
Cost.....	\$150 per term
Equipment Needed.....	Sports uniform, cap, beach towel, sunscreen, water bottle, change of clothes
Pre-requisites.....	<ul style="list-style-type: none"><li>• 12 years and older</li><li>• Must be able to swim 50 metres unassisted</li></ul>
Number of Students.....	Maximum 20, Minimum 10
PSS students.....	Level 3

## SOCCER

---

Soccer is the world's number one spectator sport and now is your chance to stop watching and start playing! This course is designed to develop your knowledge and understanding of soccer while learning all the skills to play a great game!

### Sports Leisure & Personal Development

#### OUTCOMES

By the end of this course you will .....

- Understand the rules and how to play the game
- Have developed coordination skills
- Have new skills to apply to game situations.

Class held at.....	Murdoch University Oval
Offered by the Term (T).....	T4
Cost.....	\$100 per term
Equipment needed.....	Sports wear, shinguards, football long socks, football boots, cap, sunscreen, water bottle
Pre-requisites.....	None
Class min & max numbers.....	Maximum 32, Minimum 16

## **STAR IS BORN (Vocal Training Course)**

---

This is your chance to experience professional vocal and performance training which will prepare you professional stage appearances. Our experienced vocal and performance coach will help you to develop confidence and a true “star” quality which could launch your career as a singer and performer. Costuming for the final performance is at your own expense.

### **Visual & Performing Arts**

#### **OUTCOMES**

By the end of this course you will .....

- Have developed basic vocal skills, group and solo
- Have developed confidence and self esteem
- Know microphone and PA techniques.

Class held at.....	Murdoch College
Offered by the Term (T).....	T3.T4
Cost.....	\$80 per term
Equipment needed.....	None
Pre-requisites.....	None
Class min & max numbers.....	Maximum 20, Minimum 12

## **TENNIS**

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MastaStroke Tennis System will teach you the basics of how to play tennis - how to serve, volley, slice and pop that tennis ball over the net. The fee includes instruction, court hire costs, equipment and travel to and from the centre.

### **Sports Leisure & Personal Development**

#### **OUTCOMES**

By the end of this course you will .....

- Know the rules of tennis
- Be able to play tennis
- Have develop better hand and eye co-ordination.

Class held at.....	Blue Gum Tennis Club, Brentwood
Offered by the Term (T).....	T4
Cost.....	\$150 per term
Equipment needed.....	Sports Uniform, hat, sunscreen, water bottle.
Pre-requisites.....	None
Class min & max numbers.....	Maximum 70, Minimum 20

## **TOUCH**

This course is designed to teach you the fundamentals of playing Touch. By choosing this course you will improve your physical fitness, health and self confidence as well as learn the tactics and strategies of Touch.

### **Sports Leisure & Personal Development**

#### **OUTCOMES:**

By the end of this course you will .....

- Be able to execute basic rucking and attacking patterns to gain territory in the attempt to score
- Have an understanding of the basic skills such roll ball, tap, draw pass and scoring a touch down.
- Have an understanding of the rules, strategies and tactics of touch.
- Have improved cardiovascular fitness

Class held at.....	Morris Buzzacott
Offered by the Term (T).....	T3. T4
Cost.....	\$130 per term
Equipment needed.....	Sports uniform, hat, sunscreen, water bottle
Pre-requisites.....	None
Class min & max numbers.....	Maximum 24, Minimum 16

## **TOURNAMENT OF THE MINDS**

**If you a member of TOMS then you must put this down on the Selection form.** The Tournament of Minds (TOM) is an annual, Australia-wide, problem-solving competition run in Term Three but requiring a term of team-building and practice activities in order to prepare before the competition starts. TOM requires teams of seven students from at least two year groups to work cooperatively, use lateral thinking and demonstrate performance skills (e.g. drama, dance, poetry), in order to solve a six-week long problem in one of three areas:

- Language & Literature
- Mathematics & Engineering
- Social Sciences

Students will be interviewed for the final selection of TOM.

### **Academic Enhancement**

#### **OUTCOMES**

By the end of this course you will .....

- Have developed confidence when working in teams
- Be able to use lateral thinking skills to achieve a common goal.

Class held at.....	Murdoch College
Offered by the Semester (S).....	End of S1, start of S2 (T2. T3)
Cost.....	\$80 per semester
Equipment needed.....	None
Pre-requisites.....	By Audition Only (Year 8, 9 &10 only)
Class min & max numbers.....	Maximum 21, Minimum 14

## YOGA HEALTH WITH PILATES

---

Yoga is a total body and mind exercise experience, which helps you feel great, reduce stress and with practice, create long, lean, toned muscles. It combines the focus on suppleness that you find in yoga with the emphasis on strength building found in the gym – to create body balance and natural poise.

### *Sports Leisure & Personal Development*

#### **OUTCOMES**

By the end of this course you will .....

- Be able to identify tight areas in your body and release tension using safe gentle movements
- Know how to use breathing techniques to help improve focus and balance hormones
- Use relaxation techniques to learn to help deal with stress and take 'time out'.

Class held at.....	Murdoch College
Offered by the Term (T).....	T3. T4
Cost.....	\$100 per term
Equipment needed.....	Sports Uniform, towel.
Pre-requisites.....	None
Class min & max numbers.....	Maximum 25, Minimum 15

# MILE SELECTION & PERMISSION FORM

## Before you write down your selections make sure you.....

- are able to undertake the course for the whole term (*changes cannot be made once enrolled*);
- have the equipment needed to undertake the course;
- meet the pre-requisites – there are sometimes age limits or special requirements;
- obtain parental/guardian permission.

## FILLING OUT THE FORM

- Use **CAPITAL** letters when filling in the form;
- Write down five (5) courses, that you would like to do for EACH term, in any order, along with the cost;  
**\*\*YR 11's - do not need to make selections for TERM 4**
- The College will randomly choose two of your selections - One for Term 3 and one for Term 4;
- Complete all sections. Incomplete forms will not be accepted and will be returned to the student for completion;
- Give this page (only) to your TAG teacher by **Friday June 18th**.

## STUDENT DETAILS

First Name \_\_\_\_\_ Surname \_\_\_\_\_  
 Student code \_\_\_\_\_ Year \_\_\_\_\_ Tag \_\_\_\_\_

TERM 3 SELECTIONS	
Course Name	Cost
	\$
	\$
	\$
	\$
	\$

TERM 4 SELECTIONS	
Course Name	Cost
	\$
	\$
	\$
	\$
	\$

## CONDITIONS

1. I/We give permission for my/our child/student to participate in any of the above selections.
2. I/We agree to ensure that my/our child/student has the equipment needed to take part in the course.
3. I/We agree to pay all fees and associated costs. In the case of guardianship, I/We understand that the child/student's parents are liable for all fees and associated costs.
4. I/We understand that in the event of inclement weather that the class may be cancelled and that a refund for that class will not be available.

## PARENT / GUARDIAN DETAILS

First Name \_\_\_\_\_ Surname \_\_\_\_\_  
 Signature \_\_\_\_\_ Date: dd/mm/yy \_\_\_\_\_  
 \*Email: \_\_\_\_\_

\*Please provide us with an email address should we need to discuss MILE selection.