

Rugby League Development Program – Year 10

Subject Code: RLD

Core/Elective: Elective

Time Allocation: 3 x 70 minute lessons per week

Rationale:

The main focus of the Rugby League Development Program is to provide students with access to specialist Rugby League coaching to develop the required skills of Rugby League. As in all team sports, a strong focus is placed on leadership and team work. Through the medium of Rugby League, students are encouraged to participate in all school events with a positive attitude and display school pride within the school and the local community. Students are expected to participate in the local Mackay District School Sports Rugby League competition and inter-school games where these skills will be put to practice representing Sarina State High School.

Course Structure

This course covers study on the following topics:

- I Can Influence Others
- Excellence in Health
- Fitness Fanatics
- Nutrition Nuts

Assessment:

Year 10 Rugby League Development students are assessed in two main ways:

- Investigating
- Performance and practical application

Additional Cost:

\$100 for continuing students; or \$120 for a student new to the program