



GREEN POINT CHRISTIAN COLLEGE



SPORT LIFESTYLE AND RECREATION

- SPORT, LIFESTYLE AND RECREATION IS A PRACTICAL BASED SUBJECT WHERE STUDENTS CAN EXPLORE A VARIETY OF INDIVIDUAL AND TEAM SPORTS AND ACTIVITIES.
- IT IS A WONDERFUL SUBJECT FOR STUDENTS WHO MISS DOING PRACTICAL PE THAT WAS A PART OF THE YEAR 7-10 COURSE.
- THE TOPICS THAT ARE TYPICALLY TAUGHT IN SLR ARE:
- Games and Sports Applications I and II
- Individual Games and Sports Applications
- Resistance Training
- Fitness
- Sports coaching and training

GAMES AND SPORT APPLICATIONS I AND II



INDIVIDUAL GAMES AND SPORT APPLICATIONS



RESISTANCE TRAINING



FITNESS



SPORTS COACHING AND TRAINING





Equipped for Life



www.gpcc.nsw.edu.au

