

Prospect High School Option Subject Course Selection Guide

Year 7
2026



INTRODUCTION

The curriculum offered to students in Year 7 at Prospect High School is closely aligned to the Australian Curriculum. Students study English, Mathematics, Science, Humanities and Social Sciences (HASS) and Health and Physical Education (HPE) as compulsory subjects. Students in Year 7 also need to select two full year and two half year option courses.

***Please note, Year 7 students choose their half year subjects for terms 2 and 3 in 2026.

Important Points to Consider when Choosing Option Subjects:

- Students are encouraged to choose option subjects that align with interests, skills and possible future pathways
- It is expected that students consult with their parents before choosing option subjects
- Students are reminded to make their own subject choices – it is not appropriate for students to choose the same option subjects for the purpose of being with their friends
- It is important to note that option subjects will only run if sufficient students select the option, class numbers are viable and resources are not over-extended

FULL YEAR COURSES

Students are required to study two courses from the below full year option subjects. Each subject runs twice a week for 70 minutes per lesson.

Arts: Dance

Arts: Drama

Arts: Media Production

Arts: Music

Arts: Visual Art

Design Tech: Design in Material, Design and Technology

Design Tech: Food Specialisations

Languages: Japanese



ARTS: DANCE

In Year 7 students can study Dance as a full year course.

In Year 7, students are introduced to core dance concepts and skills, often through engaging styles like commercial dance, which includes contemporary, hip hop, lyrical, and jazz. This foundational year of dance emphasizes developing performance techniques, learning the elements of dance for choreography, and working collaboratively in groups.

Dance is a practical subject where students engage in warm-up routines, strength and conditioning exercises, and written reflections. They also get various performance opportunities throughout the year.

Any enquiries please contact: Mrs Clark



ARTS: DRAMA

In Year 7 students can study Drama as a full year course.

Students undertaking this course will explore how the elements of Drama work together to create and convey meaning and will experiment with working within different forms and styles. Students will learn about creating characters, building sets, devising scenes, working with scripts and mime work, as well as some technical theatre (lights, sound and projection).

While most of the work is practical, there is a theoretical component with students required to undertake planning and reflective writing. The year will begin with preparation for the Launceston Competitions, while later in the year, students may be selected to present at the PHS Arts Evening.



If you like creating characters, theatre-sports, collaborating with others and viewing performances, then Drama is for you! Equipment required: Plain black clothes (theatre blacks) – trousers and long-sleeve top.

Any enquiries please contact: Mrs Viney

ARTS: MEDIA PRODUCTION

In Year 7 students can study Media Production as a full year or half year course.

Media Production is designed to develop knowledge, skills and understanding of different aspects of the media and media production such as:

- digital photography and professional editing
- video and film
- use of social media and its impact on society
- use a variety of multimedia software including Adobe Premiere, Lightroom, Photoshop and Character Animator

You will also have the opportunity to develop media skills to assist with the recording and documenting of grade and school activities which will be shared with our school community.

Any enquiries please contact: Mr Blundell



ARTS: MUSIC

In Year 7 students can study Music as a full year or half year course.

Year 7 Music is a full year course that follows the ACF Arts Curriculum. The course explores various musical genres to understand the fundamentals of music literacy. The learning intentions of Music in Year 7 is to introduce or further develop the following:

- An understanding of the elements of music, including melody, rhythm, harmony and dynamics
- Explore diverse musical genres and styles, from classical to contemporary
- Foster creativity through musical composition and improvisation activities
- Build practical skills in playing musical instruments and vocal techniques
- Learn about the historical and cultural context of different musical periods
- Enhance listening skills and critical thinking through the analysis of musical pieces

Assessment methods will include practical evaluations of instrumental or vocal skills, written assignments on music theory concepts, analysis of musical compositions and participation in class discussions and performances.



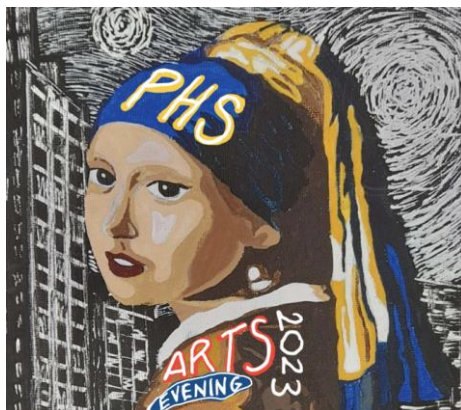
If you are a beginner student or a student that is further developing their craft, music is an option for all and can be joined at any level. Therefore, if you have a passion for music and want to learn how to develop skills in any chosen area of the above, please join Year 7 Music in 2026.

Any enquiries please contact: Mr Gutierrez

ARTS: VISUAL ART

In Year 7 students can study Art as a full year or half year course.

Art is a fabulous full year or half year subject choice for a student who is creative, enjoys experimentation and the challenge of communicating ideas and concepts visually. An art student will develop many skills and grow as an artist using a variety of media including paint, pencil, pen, ink, clay, digital technology and more. At Prospect High School you will learn drafting and journaling skills by utilising your personal journal as the starting point for all artworks.



The art room is a modern space, equipped with technology that allows for production of first-class artwork. Art is part of the national curriculum and is assessed against the Arts framework. We also recognise that Art offers an opportunity for focussing on wellbeing and creativity. Art is offered for Year 7 students as a full year or half year subject.

Any enquiries please contact: Miss Wilson

DESIGN TECH: MATERIALS, DESIGN & TECHNOLOGY

In Year 7 students can study MDT as a full year or half year course.

Materials, Design and Technology, also known as MDT, is a fantastic hands-on subject where you will get to plan, design, and create projects using timber, acrylic, metal and other materials for a variety of purposes. You will develop many skills using a variety of hand tools, as well as battery powered tools and machinery. This can lead to further studies in this area throughout your time at Prospect High School, as well as future career pathways.



At Prospect High School, we have a well-equipped workshop, with access to digital facilities including the use of a laser printer. MDT is part of the National Curriculum and is assessed against the Technologies Framework. We look forward to seeing you in the workshop.

Any enquiries please contact: Mr Colson

DESIGN TECH: FOOD SPECIALISATIONS

In Year 7 students can study Foods as a full year or half year course.

This is an introductory course which enables students to learn about all practical aspects of the kitchen including hygiene and safety guidelines. The students will have the opportunity to learn about health, the Australian Dietary Guidelines, and the sensory properties of food.



Course Objectives:

It is intended students will:

- Become aware of the impact food choices and nutrition has on well-being
- Learn about different ingredients and cooking methods/ techniques
- Develop confidence and practical skills in the process of following a recipe
- Work both independently and co-operatively with others
- Demonstrate the ability to always work safely and hygienically
- Develop research skills in both theory and practical lessons
- Study issues associated with nutrition and the adolescent diet
- Learn about the design process through food modification and research
- Apply the PHS learner dispositions to practical tasks

Any enquiries please contact: Mrs McMahon

LANGUAGES: JAPANESE

In Year 7 students can study Japanese as a full year or half year course.

In Year 7 Japanese you will:

- Learn how to read and write Hiragana and Katakana
- Learn how to introduce yourself in Japanese and talk about your family
- Learn how to communicate in everyday settings
- Learn to make simple Japanese sentences using everyday verbs and vocabulary
- Learn about Japanese culture and participate in cultural activities
- Learn to make connections and develop a greater understanding of your own language
- Commence a pathway of language study that will set you up for success to study Japanese throughout high school, college and university



At this level, previous experience in studying Japanese will be an advantage, but is not a necessary prerequisite. This course is aimed at beginner level students.

Any enquiries please contact: Miss Baird

HALF YEAR COURSES (HY)

Students need to choose a half year course from the below subjects. These subjects run twice a week for 70 minutes each lesson.

The first course will run in terms 1 and 4 – students are required to choose a half year subject that is different to the full year option subject they have chosen.

The second half year course will run in terms 2 and 3 – this option line is combined with Year 8 students. Year 7 students will choose this second half option subject in 2026. The options offered for terms 2 and 3 are not included in this guide.



Term 1 and 4 Courses:

(Student cannot repeat a subject they have already done as a full year subject.
Students need to make a different selection from the list below)

Arts: HY Music 7 (see previous description)

Arts: HY Media Production 7/8 (see previous description)

Arts: HY Visual Art 7 (see previous description)

HPE: HY Sports Club 7

Languages: HY Japanese 7 (see previous description)

Design Tech: HY Design in Material, Design and Technology 7
(see previous description)

Design Tech: HY Food Specialisations 7 (see previous description)

Science: HY Stem 7



HPE: SPORTS CLUB (TERMS 1 AND 4)

If you love sport, movement, and being part of a team — this is the subject for you!

In Sports Club, you'll go beyond PE to level up your fitness, sharpen your skills, and dive into the world of sports leadership and strategy. Whether you're into team sports, individual challenges, or just love being active, you'll have a say in what games, sports, and activities you take part in.

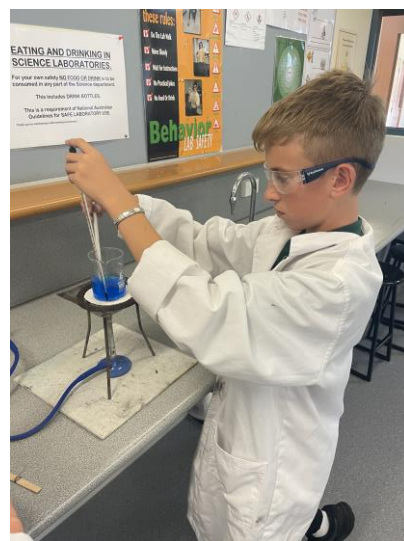
Learn advanced techniques, build strength and endurance, and develop the mindset of a true athlete — all while having fun, working as a team, and pushing yourself to be your best.

Any enquiries please contact: Ms Gill



SCIENCE: HY STEM (TERMS 1 AND 4)

The half year STEM elective provides students with the opportunity to explore and engage with the disciplines of STEM (Science, Technology, Engineering and Maths) to solve real world problems and provide innovative solutions to these challenges. Lessons will be hands on and require collaboration plus critical and creative thinking to work through the range of STEM modules on offer.



Students will explore a range of technologies and applications, which can include:

- Renewable technologies (solar energy, wind and water turbines and their applications, such as solar cars, solar boats, turbine efficiency, etc)
- Innovation in flight (the science and technology of gliders and drones)
- Sustainability (exploring solutions to challenges faced locally and globally)

A key focus of the course will be on the development of student's ability to work with an inquiry approach - this means giving students the chance to explore and question the world around them and with guidance, plan and implement these big ideas. Half year STEM will require teamwork, determination and innovation. We look forward to sharing our work with you in 2026.

Any enquiries: Please contact Mrs Carnell and Ms Noonan



Courage



Growth



Connection



Respect



Responsibility

The Connection value icon was illustrated by Tanya Harper.