



# iCreate

# Handbook

2025



WESTALL  
Secondary College



iCreate is an elective program for all students in years 7-12 where, on Wednesdays, students have the opportunity to follow their passion and undertake personal development in a class made up of students from all year levels. It is a great opportunity for students to integrate fully into the Westall Learning Community whilst building capability and learning exciting and relevant skills.

## iCreate subjects

Students can choose from the following iCreate subjects:

- Aviation
- Boxing
- Coding and Digital Design
- Duke of Edinburgh Certificate – Adventurous Journey
- Landscape, Architecture & Design
- Martial Arts (Taekwondo)
- Master the Westall Café
- Masters of the Metaverse
- Rugby (Year 9-12)
- Sports and Leisure
- STEM
- Volleyball Academy
- Elite Training
- Visual Arts
- Dance
- Study Space (Year 11 and 12)

Students undertake a range of short and long term projects as part of their iCreate program and these projects are student-driven, meaning that students create their own project and motivate themselves to ensure they meet the desired objectives over the project duration.

In addition to the creative freedom and real-world learning afforded to students as they undertake their respective iCreate programs, the program is closely mapped and aligned to the Victorian Curriculum General Capabilities. Students will undertake projects where they will be assessed against the four areas of the capabilities:

- Critical and Creative Thinking
- Ethical Capability
- Intellectual Capability
- Personal and Social capability



# Aviation

## Purpose:

The Aviation program offers students a pathway into the Aviation industry. This program involves a partnership with Tristar International Flight School based at Moorabbin Airport and will cover all aspects of the aviation industry including the pathway to becoming a pilot.

## Content:

- Engineering
- Tourism
- Air Traffic Control
- Becoming a Pilot
- Air Host/Hostess
- Ground Traffic and Cargo
- The Business of running an airline

## Activities:

- Excursions to Moorabbin Airport
- Flying in a plane and on a simulator
- Building a Plane
- Introduction to Pilot's Licence through weekly lessons from Tristar instructors





# Boxing

## Purpose:

The purpose of the boxing iCreate is to teach the sweet science of boxing. Boxing is an ancient and practical martial art form. There exists a misconception that boxing is about release of aggression, emotion and feeling. This is incorrect. Contrarily, boxing is about maintaining control, keeping calm, cool and relaxed, and staying focused. Boxing teaches fitness. It teaches control. It teaches discipline.

## Content:

- The boxing iCreate will cover the basic techniques and artform of boxing.
- It will also focus on improving fitness.
- It will set a regimen which will promote mental and physical health.

## Activities:

Students will spend the first part of the lesson focusing on establishing the routine of boxing. This will include self preparation and they will learn how to:

- Wrap their hands to protect their knuckles and joints
- Warm up appropriately
- Stretch their muscles to avoid injury
- Develop basic footwork techniques
- Fitness strategies

The second half will be focused on boxing technique and practicing boxing.

Students will learn:

- The basic principles of boxing
- How to properly defend oneself
- The techniques of punching
- Proper footwork
- Balance
- Core strength
- Fitness



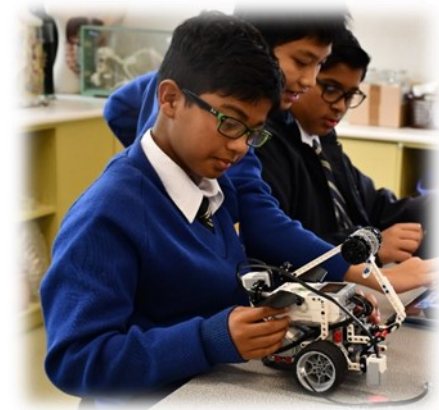
# Coding and Digital Design

## Purpose:

We live in the digital age: Code and technology power our digital world. Every digital device we own, website we visit, smartphone app we use, TV, calculator, microwave oven and even musical birthday card relies on code in order to operate. Along with code, Computer Aided Design (CAD) and Computer aided Manufacturing (CAM) help us engineer and make new devices. This makes coders and makers the architects and builders of the digital age. This subject aims to provide the opportunity to learn how to create code and use state of the art 2 and 3D manufacturing tools.

## Content:

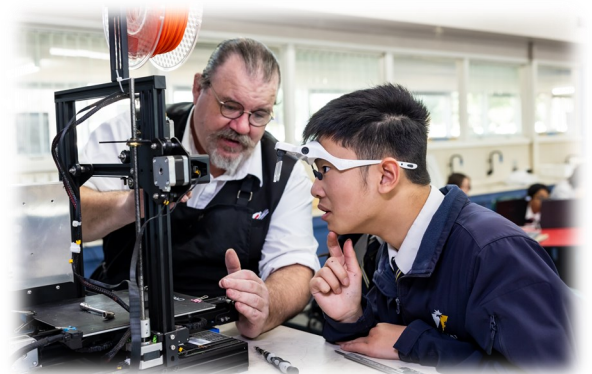
- Digital technology skills
- Coding languages
- Problem solving
- 2 and 3D Designing
- Introduction to micro-processors and electronics.



ers

## Activities:

- Programming development in Python and C
- Design and manufacture with laser cutters and 3D print-
- Developing software bases projects including computer games
- Using micro-processors to construct digital devices
- Advanced robotics





# Duke of Edinburgh Certificate – *Adventurous Journey* **iCreate**

The Duke of Edinburgh's (DoE) Award is the world's leading achievement award for young people and is highly regarded by Universities, Colleges and Employers. It encourages young people to develop independence, commitment, leadership and teamwork through being involved in a personalised program of activities.

## **Purpose:**

Through engaging in the DoE, students will complete the structured youth development program to help students find their purpose, passion and place in the world. This program provides opportunities to learn a skill, improve their physical well-being, volunteer in their community and experience a team adventure in a new environment. Through engagement in this subject, the student will achieve a globally recognised certificate.

## **Content:**

By engaging with and completing this globally recognised certificate students will:

- Develop and master a skill in any area of interest.
- Develop skills, knowledge and behaviours to be physically active now and into the future.
- Understand and experience the benefits of donating time to support the local community.
- Harvest a sense of adventure and discovery whilst undertaking a team journey or expedition

## **Activities:**

- Develop and master a skill in any area of interest. This program will provide class time over a 12-week period in which for students to develop and refine their chosen skill with the assistance and guidance of experienced adult mentors. Examples include: Knitting, language, origami, public speaking, IT skills, painting
- Students will focus on improving their general health and fitness by dedicating a 12-week period towards a physical recreation activity of their choice.
- Students will develop their sense of pride for their community by volunteering a set period of time towards providing a service to the local community. Students may find their own area of passion but are provided with class time to explore and assist in understanding and revegetating the natural environment around Westall Secondary College. Other options for voluntary service include: sports coaching, charity work, school leadership positions, volunteering at an aged care facility, or emergency service such as SES.
- The program encourages a sense of adventure and discovery as students play a lead role in planning, organising and running a team journey or expedition to a location and setting of their choosing.



# Landscape, Architecture & Design

## Purpose:

If you want to improve the environment and communal spaces around the school through the successful use of Design and Technology, this is for you. You will investigate best Design Practice through excursions to local destinations where award-winning designers have created uniquely designed special spaces.

Be inspired by other landscaped areas and then use your drawing skills & Computer Aided Design to produce accurate design proposals to submit to appropriate school committees for approval. You will assist in the selection of tools and materials required for each project and effectively evaluate the success of the learning process and the landscaped areas.

There will also be the opportunity to volunteer your time in local schools, parks and gardens and here at Westall.

## Content:

- Design for the Westall school environment.
- Design for a community environment at a local Primary School or other community group.
- Design for your home environment - an individual project for yourself.
- Design & Project Management, Computer Aided Design (CAD), the safe use of both hand-held and power tools, landscaping tools & processes.
- Range of Materials: Wood, metal, plastics, brick, pavers and concreting.
- Range of Systems: Electrical - Low voltage lighting, Hydro - Water collection, storage, drainage, irrigation, and also Mechanical systems.
- Creative landscaping: Ergonomics & Sustainable development, Tree planting for wind protection & shade, Garden bed design, Mulching and Pathways.
- An outdoor furniture project for the school environment and a personal project to take home will be integral to this course.

## Activities:

- 3D printing/models
- Indoor/Outdoor Furniture
- Large 3D Sculptures





# Martial Arts (Taekwondo)

## Purpose:

Taekwondo is a martial art that originated in Korea more than 1000 years ago. The art has become a global practice and is an Olympic sport. Taekwondo improves students' fitness, builds confidence, maintains discipline and allows for students to develop their strengths within the art. Students have many opportunities for leadership and collaboration with others across year levels.

## Content:

The program is run by an external Taekwondo school, from a black belt Sensei. Grading is conducted at the end of each term to examine what the student has learnt in each term. Students can train and progress through the belt levels, from white belt to black belt. The grading test includes Poomsae (a sequence of learned techniques); self-defence; step sparring; combination kicks; sparring; board breaking (only for black belt grading) and terminology.

## Activities:

- Poomsae (patterns)
- Basic skills training
- Self-defence
- Martial Arts excursions
- Leadership opportunities
- Martial Arts games
- Taekwondo theory including Korean terminology
- The 5 Tenets of Taekwondo (Courtesy, Integrity, Perseverance, Self-control, Indomitable Spirit)
- Gradings



# Masters of the Metaverse

## Purpose:

With social media becoming a core part of our everyday lives, this subject aims to develop students' social, ethical, and technological awareness surrounding its use, implementation, and delivery.

Through topics such as ethics, algorithms, target audiences, advertising, and more, the subject offers an environment wherein students engage with all the Victorian cross-curriculum capabilities (Ethical, Intercultural, Personal and Social, and Critical and Creative Thinking). Furthermore, the subject is also inspired by parts of the Media and Technologies curriculums.

Furthermore, social media is a part of almost every workplace and in most forms of employment. Having students become 'masters' in social media management and use will improve their employability skills. The subject also provides a benefit for the school, as students will have a hands-on roll in promoting the school through its various current (and future) social media platforms, under the supervision and approval of staff.

## Content:

Every year has a different 'theme' around which the curriculum, ideas, campaigns, and work is altered so that each year offers something. The content/structure of the terms would be similar each year in terms of foundational knowledge, extension, activities, and CATs, but the ethical questions, themes, and groups would alter.

The first three terms are very hands-on and project-based for students. In the first term, they complete 'mini-projects' where they test various production methods that they may use in their campaigns in the following to two terms. Terms two and three are where students work in groups to complete two different campaigns (one per team) for the school's social media. Each group completes a different type of social media campaign (podcast, Instagram series, tiktok videos, etc.), and the type changes each term, so all students experience different social media types. In the fourth term, students reflect on their campaigns – looking towards the future/next year to improve/change their strategies and campaign ideas. They do this in a creative way – completing a 'brochure' or 'advice column' for their future selves or students.

## Year 1 – Culture

Term 1 – Behind the Screens

Term 2 – In Front of the Screens

Term 3 – Through the Screens

Term 4 – Beyond the Screens



## Activities:

- Research
- Reflection tasks
- Analysis tasks
- Groupwork
- Hands-on activities
- Filming/recording/editing on computers, cameras, microphones, etc.
- Surveys and research
- Case studies
- Debates/discussions
- CANVA creative tasks (brochures, advice columns, etc.)
- Storyboarding, scriptwriting





# Master the Westall Cafe

## Purpose:

Westall Café provided students with an opportunity to be involved in running a bustling Cafe business for the Westall community. Students will take on a range of roles and responsibilities, including menu design, sweet / savoury cooking and mastering the art of coffee and other beverages. They will also have an opportunity to take the lead on the business side of Café, including: marketing, promotion, ordering, budgets, profit/loss and supply/demand. Throughout the year students will also be involved in special events, including a food culture excursion, mystery box cooking challenges, Primary School events and cooking and evaluating various dishes to enjoy within the Westall Café team.

## Content:

- Cooking skills (savoury, sweet and beverage)
- Coffee skills (knowledge, skills and latte art)
- Business skills: Marketing, Promotion, Budgets, Ordering, Profit/Loss
- Front of house service/skills

## Activities:

- Cooking (sweet, savoury, beverage) and tasting
- Eating and evaluating food
- Beverage making (including coffee)
- Designing a week of the Café menu
- Taking on a range of roles/responsibilities in the Westall Café, e.g. Head Chef (savoury dish) or Westall Eats delivery
- Evaluating and adjusting the Café business



# Sports & Leisure

## Purpose:

Sports and Leisure aims to develop the knowledge, understanding and skills to enable students to:

- Acquire, apply and evaluate movement skills, concepts and strategies to respond confidently, competently and creatively in a variety of physical activity contexts and settings
- Be an active participant in community based Sport, through a variety of roles.

## Content:

- Students are involved in a number of individual and team sports.
- They learn the rules and procedures to enable them to participate in the various sports.
- Emphasis is placed on combining motor skills and tactical knowledge to improve individual and team performance.
- Students undertake a variety of roles when participating in sports such as umpire, coach, player and administrator and assume responsibility for the organisation of aspects of a sporting competition.

## Activities:

- Minor Games
- SEPEP (a student led program that duplicates a community led season)
- Sports
- Umpiring
- Coaching practice





## Purpose:

- Students develop an understanding that science is about achieving knowledge through investigations, experiments, discussions and the communicating of ideas.
- Students learn to problem-solve and investigate.
- Students learn to design, build and test the research question.

## Content:

Students investigate various topics of interest, such as, Botany, Neurology, Marine Biology, Animal Behaviour Anthropology, Astronomy, Zoology, and use various tools to collect, organize and record their experimental findings using correct formats.

Students design, build and test, their topic of interest, such as, Rotor Egg Drop, Bottle Rocket, Bridge Building, Elastic Launched Glider. Science categories covered will include Forensic Science, Nanotechnology, Human Science, Robotics and Electronics

## Activities:

- Challenges such as Rotor Egg Drop, Bottle Rocket, Bridge Building, Elastic Launched Glider.
- Mini-challenges such as paper airplane building and tower building.
- Enter their design in external competitions such as the 'Science talent search'



# Volleyball Academy

## Purpose:

Volleyball Academy aims to:

- Develop skills, knowledge and understanding of Volleyball through an education program that incorporates training, video analysis and game play.
- Utilise internal and external coaches to strengthen students Volleyball specific knowledge, skills, fitness and tactics.

## Content:

Students take place in weekly sport-specific and fitness training, as well as match play and tactical knowledge. Students will also have the opportunity to learn the skills of refereeing and refine their knowledge of the rules.

## Activities:

- Strength and Conditioning
- Refereeing
- Training: skills and match play
- Clinics with external coaches
- Excursions



# Elite Training

## Purpose:

Design, implement and monitor a conditioning program targeting fitness and/or sporting related pursuits. The program is designed for students wanting to take their fitness and sport journey to the elite level, through a targeted and strategic approach to their training.

## Content:

Students will take part in goal setting related to their individual fitness pursuits or sports. They will implement and monitor their strength and conditioning program, including developing their knowledge and skills with nutrition and recovery.

## Activities:

- Fitness testing
- Strength and conditioning programming
- Sport specific training and strength and conditioning
- Nutrition
- Recovery programming
- Sport specific conditioning





# Rugby League Sport Development

## (Year 9–12 students only)

### Purpose:

- Student implement high performance conditioning and injury prevention programs.
- Students implement long term athlete development programs and a range of short courses with a strong focus on developing skills and match play.
- Students develop skills, knowledge and understanding of Rugby League through an education program that utilises technology, processes and systems including GPS, video analysis fitness testing and sport science.
- Students learn from a range of external coaches to meet both the physical and mental demands of the game of rugby league.
- Students obtain a mini / mod league referee certificate that supports students to get involved with clubs on the weekend.

### Content:

Term 1- Strength and Conditioning for League, Touch Football Competitions, Core skills

Term 2-Positional requirements, Tactical awareness, Officiating course

Term 3-Matchplay

Term 4:- Season review, Sports Nutrition, Active Recovery

### Activities:

- Strength and Conditioning
- Referring
- Training: skills and match play
- Clinics with NRL games development
- Excursions



# Study Space

(Year 11 & 12 VCE students only)

## Purpose:

- Study Space and tutoring is an opportunity for senior school students to maximize their learning to manage their study program. It is designed to promote success in VCE.
- Students are developing key personal learning skills in managing time and resources to complete work set by their subject teachers as well as preparation for SACs and exams.
- Support is also provided to students by specialized teachers and university tutors available for individual and group tuition as well as access to programs.
- Students are expected to work both autonomously as well as having the opportunity to collaborate and work with small teams of students for peer support.

## Content:

Students bring coursework to this program every Wednesday and use the time to revise and complete coursework, complete assessment tasks and prepare for exams.

## Activities:

- Study Skills Sessions
- Guest and Motivational Speakers
- Tutoring
- Exam Preparation
- Study Techniques
- Edrolo



# Visual Arts

## Purpose:

Visual Arts is a hands on program where students are given the freedom to explore their own creative ideas using both two and three-dimensional media. Students will develop skills in using materials, processes, techniques and technology. Students will gain confidence and independence working individually and collaboratively.

## Content:

Students will be given the opportunity to develop skills in a Visual Arts area they are passionate about. The focus of this program is for students to be able to create, make, express, explore the visual arts in a stimulating and relaxed environment. Students will be gain first hand experience working with professional artists, participating in visual arts workshops and viewing a range of exhibition spaces.

## Activities:

- Sculpture and Ceramics
- Metalwork and casting
- Digital and Traditional Photography
- Textiles and Garment Construction
- Printmaking: stencilling, tee shirt transfers
- Painting and Drawing
- Visual Communication Design
- Film, TV, Video production
- Computer based animation, stop motion, hand drawn, cut out, special effects





# Dance

iCreate

## Purpose:

Dance is a practical based subject designed for students who have a passion or interest in dance (no experience is necessary). Students will develop skills in a variety of different dance styles and build their confidence in performance.

## Content:

Students take part in weekly dance lessons at the local dance studio, Ascendent Dance Company. Students will explore different dance styles, through professional dance instructors and have the opportunity to choreograph their own dance routines.

## Activities:

- Weekly Dance lessons
- Learning choreography
- Choreographing their own routines
- Opportunities for school based performances

