



Parade College

Year 7

CURRICULUM AND SUBJECT SELECTION HANDBOOK - 2026



How to use this Course Guide

You can read this Course Guide page by page by scrolling through the document to advance forward or backward. The Home page allows you to see an overview of the whole guide at once and by clicking items in this interactive menu you can skip ahead to any section. If you wish to return to the homepage at any time, click the [Return to Main Menu](#) button at the bottom of each page.

Table of Contents

| | |
|-------------------------------------|----|
| Introduction..... | 3 |
| Curriculum Structure..... | 3 |
| Year 7 Core Subjects..... | 3 |
| Year 7 Electives..... | 3 |
| Sample Year 7 Program..... | 4 |
| Learning Areas..... | 5 |
| Capabilities | 5 |
| Altior..... | 6 |
| Year 7 Core Subjects..... | 8 |
| Religious Education | 8 |
| English | 8 |
| Mathematics | 8 |
| Science | 9 |
| Humanities | 9 |
| Music..... | 10 |
| Health and Physical Education | 10 |
| Sport..... | 10 |
| Languages..... | 11 |
| Information Technology | 11 |
| Year 7 Electives..... | 12 |
| The Arts Electives..... | 12 |
| Technology Electives..... | 12 |
| Sport Development Electives | 13 |

Introduction

In Year 7, Parade College offers students courses based on the Victorian Curriculum. It covers eight Learning Areas and four Capabilities. There are opportunities in the curriculum for students to experience learning in all Learning Areas and Capabilities.

Courses in Year 7 are at Level Year 7 of the Victorian Curriculum.

If you have any questions relating to the Year 7 Curriculum which this website does not address, please do not hesitate to contact the Assistant Principal Teaching & Learning or the Dean of Learning (Years 7-9) at the College.

Curriculum Structure

In Year 7, students experience subjects in each of the eight Key Learning Areas of the Victorian Curriculum. They complete seven year-long subjects, two semester-long subjects, and four electives which span one term each. The Year 7 Curriculum offers students choice and breadth in their studies with an emphasis on numeracy and literacy skills. One language is studied, chosen from Italian, French, and Japanese. This chosen language is continued in Year 8.

Year 7 Core Subjects

| Year-long | |
|---|---------------------------------|
| ▪ Religious Education | ▪ English |
| ▪ Mathematics | ▪ Science |
| ▪ Humanities | ▪ Health and Physical Education |
| ▪ Languages (Italian, French, Japanese) | |
| Semester-long | |
| ▪ IT Digital Skills | ▪ Music |

Year 7 Electives

Students complete either four (4) electives, one per term, or two Manchester City electives (semester-long).

| Term-long | |
|---|---------------------|
| ▪ Art and Visual Communication Design | ▪ Digistem |
| ▪ Drama | ▪ Food Studies |
| ▪ Materials Design and Production | ▪ Music Performance |
| ▪ Sport Development (AFL, Basketball, Cricket, Tennis, Athletics) | |

Sample Year 7 Program

Please see below an **example** of a year 7 program for both core subjects and elective choices, which are term based:

| Core Subjects | | | |
|-------------------------------------|----------|---------------------------------|-------------------|
| Semester 1 | | Semester 2 | |
| Religious Education | | Religious Education | |
| English | | English | |
| Mathematics | | Mathematics | |
| Science | | Science | |
| Humanities | | Humanities | |
| Health and Physical Education | | Health and Physical Education | |
| French | | French | |
| IT Digital Skills | | Music | |
| Electives | | | |
| Term 1 | Term 2 | Term 3 | Term 4 |
| Art and Visual Communication Design | Digistem | Materials Design and Production | Music Performance |

The above is a sample only and may not be possible due to timetable constraints.

Rules

- Offerings in Technology are subject to the availability of specialist teaching staff.
- Trials occurs for a place in Sport Development electives. Places in Sport Development electives are limited and choosing to preference a Sport elective is entirely optional. Students can complete a maximum of two (2) Sport Development electives.
- Manchester City has a separate selection criteria and application process.
- Student cohort and teacher may change between semesters.

Learning Areas

At Parade College, subjects are grouped into several Learning Areas to ensure that the needs of all students are met:

- The Arts, which includes Art and Visual Communication Design and the Performing Arts (Music and Drama)
- English, including English as an Additional Language (EAL)
- Health and Physical Education (HPE)
- Humanities, which consists of History and Geography
- Commerce
- Design and Digital Technologies
- Languages
- Technology
- Religious Education
- Mathematics
- Science

Capabilities

The Victorian Curriculum includes capabilities, which are a set of discrete knowledge and skills that can and should be taught explicitly in and through the learning areas but are not fully defined by any of the learning areas or disciplines. The four capabilities in the Victorian Curriculum F–10 are:

- Critical and Creative Thinking
- Ethical
- Intercultural
- Personal and Social

It is expected that the skills and knowledge defined in the capabilities will be developed, practised, deployed, and demonstrated by students in and through their learning across the curriculum.

Altior

The Altior Program is Parade College's Gifted and Talented program. It is an alternate curriculum program catered to the highest achieving students in the cohort. It is a challenging academic program that extends and enriches students in the core subject areas of English, Humanities, Science and Mathematics. It is suited to students who are academically able, highly motivated and have an excellent work ethic. Students are offered a variety of complex tasks that encourage leadership skills, higher order thinking, resilience, and teamwork, in a dynamic learning environment that offers extension and accelerated learning.

Year 6 students, who are enrolled to commence Year 7 at the College are invited to apply for the Year 7 Altior program. A position in the Altior Program is awarded based on the student's academic ability, the strength of the student's application, and the student's achievement on the Altior Entrance Examination. Alternatively, some students may be invited to the Altior Program, based on evidence provided by their Primary School that we partner with as part of Parade's transition and data collection process. The Altior Program officially commences in Term 2 of Year 7.

There is no application process for the Altior Program in Year 8 and Year 9. A comprehensive review of all students in the cohort on standardised testing, academic results, and their learning dispositions occurs throughout the academic year and suitable candidates are offered positions in either an Altior English and Altior Humanities class and/or an Altior Mathematics and Science class.

Altior Mathematics

In Year 7 Altior Mathematics, students study positive integers, real numbers, decimals, data analysis and undertake various assessment tasks related to these topics. Throughout the year students are expected to complete an Application Task and several Analysis Tasks. The Application Task involves applying skills learned in a practical situation. Analysis Tasks entail finding solutions to non-routine problems. ICT is incorporated into each unit of work including regular use of online learning resources.

Altior Science

The Year 7 Altior Science curriculum introduces students to science. The subject offers students the opportunity to develop familiarity with using scientific equipment and following scientific methodology to complete, and then evaluate, practical investigations. These skills are continually revisited and developed across the course of the year. Students explore the concepts of biological, chemical, physical, environmental, and astrological sciences and conduct practical investigations and projects to consolidate and apply their understanding of these concepts. Opportunities for curriculum acceleration into concepts explored at Year 8 are common.

Altior English

The Year 7 Altior English course develops student skills in reading, writing, speaking, and listening. The curriculum focuses on expanding student's knowledge and understanding of a range of texts and builds on their appreciation of how to use formal language to construct written and spoken texts for school and real-life purposes. Students will develop their ability to listen actively and to critically evaluate the ideas of others and respond. Students will also become actively involved in reflecting, monitoring, and evaluating their work and their contribution to group activities. Students will complete an investigation on an issue of world significance.

Altior Humanities

In Year 7 Altior Humanities, students are introduced to the studies of Geography and History including the relevant methodology for conducting historical and geographical investigations. Students develop the skills of cartography in an applied way. Students then explore historical and contemporary societies, including Indigenous Australian cultures, to provide an understanding of how contemporary society is informed by our human history.



Year 7 Core Subjects

Religious Education

Year 7 Religious Education at Parade College provides students with a rich and engaging introduction to the Catholic faith, while also encouraging personal reflection. Rooted in the charism of Blessed Edmund Rice, whose legacy continues to inspire the College's mission, students begin their journey by exploring his story and the principles that underpin the Edmund Rice tradition. Throughout the year, students explore key aspects of the Catholic liturgical calendar, including Lent and Holy Week, as they prepare to understand and appreciate the profound significance of Easter. A unit on the Catholic Mass helps students uncover its structure, symbolism, and importance in Catholic life, fostering both understanding and reverence. Students also learn how to navigate the Bible in a Scripture unit designed to build their confidence in reading sacred texts. They explore how the Bible is organised, its different genres, and how it communicates the truths that are still relevant today. Finally, in the unit *Blessed are the Meek*, students unpack this often-misunderstood Beatitude, discovering that meekness is not weakness, but a form of strength grounded in humility and non-violence. Overall, Year 7 Religious Education encourages students to connect faith to life, grow in empathy, and begin developing a moral compass informed by the Gospel values and the Edmund Rice tradition.

English

In Year 7 English, students develop their ability to use both written and oral language appropriately, taking into account purpose and audience. The program makes connections between the classroom and the outside world. Listening, speaking, reading and writing activities are designed to encourage effective expression of ideas. Students respond to a variety of text modes, concentrating on building the skills of analysis and reflection. Students continue to develop literacy skills through the explicit teaching of grammar and punctuation.

Foundation English

This course is designed to explicitly develop students' literacy skills; in particular, their reading skills. Students are in smaller class groups that allow for increased individual attention and specific instruction. Students focus on developing skills in reading, writing, speaking, and listening. Year 7 Intervention English leads to Year 8 Intervention English.

Participation in this course is by invitation only.

Mathematics

In Mathematics there is an emphasis on understanding of basic skills. Students complete work from the key areas of Number, Algebra, Measurement, Space, Statistics, and Probability. Application tasks involve applying skills learnt in a practical situation. The use of computer technology is an integral part of the course. Analysis tasks entail finding solutions to non-routine problems.

Foundation Mathematics

Foundation Mathematics is a modified course for students with significant numeracy difficulties. Students are in smaller class groups that allow for increased levels of teacher assistance. Students undertake outcome tests and complete set homework on a regular basis. Year 7 Foundation Mathematics leads to Year 8 Foundation Mathematics.

Participation in this course is by invitation only.

Science

Students experience four major areas of science. Chemistry includes the properties of mixtures and solutions, safety in the laboratory, identifying laboratory equipment, using the Bunsen burner, and chemical and physical separation techniques. Physics introduces forces, including magnetic, electric, gravity and friction, as well as simple machines. The Earth and Space unit includes the structure of the earth, the seasons, and interactions between the Earth, sun, and moon. In Biology, students explore various classification systems for organisms and the interactions within ecosystems. Practical work in the laboratory forms an important part of the learning in this area, thus students also undertake a dedicated unit of science inquiry skills with continuous development of these skills across the science disciplines.

Humanities

The Humanities in Year 7 involve the study of human societies and environments, people, and their cultures, in the past and the present. The Humanities take as their subject matter human behaviour. They provide unique ways to understand how and why groups of people have settled where they have, organised their societies, developed means of generating and distributing wealth, developed codes, laws and belief systems, related to other groups of people and interacted with their physical environment.

The Humanities encourage use of research skills and inquiry processes. Students learn to plan an investigation and ask key questions. They question and analyse a range of data and sources including artefacts, photographs, maps, stories, special events, interviews, site visits, and electronic media. They form conclusions supported by evidence and present information in a variety of ways. Humanities has three core topics at Year 7: History, Geography, and Civics and Citizenship.

History

Students develop key skills such as source document evaluation, chronological analysis, and the study of cause and effect in relation to historical events. History incorporates depth studies on Ancient Rome, Ancient Australia, and Ancient China.

Geography

Students examine the world around us and the interconnection between our environment. Students collect geographical data using technology and interpret their findings in the context of the depth studies which are Water in the World and Place and Liveability.

Civics and citizenship

Students take on an inquiry project exploring what it would be like to run for parliament. In doing so, students learn how government is formed, the role of the constitution, the role of political parties, and the electoral process.

Music

In Year 7 Music, students participate in music from three essential points of view: the performer, the composer, and the listener. Essential music concepts, music theory and aural skills support the development of practical skills where students learn about the voice as an instrument and develop keyboard skills on glockenspiel. They combine cognitive, kinaesthetic, and cultural domains which are underpinned by written music notation as it appears on a staff. Music composition software enables students to develop their creative instincts through Music Technology Composition. A broad familiarity and engagement with the extraordinary variety of music from past and present is encouraged with regular listening sessions. Music equips every student with the essential experiences and knowledge to begin a personal exploration of music, both in and out of the classroom. Students are also encouraged to enrol in the Instrumental Music Program and the Music Performance elective class.

Health and Physical Education

Health and Physical Education are an important part of the curriculum. Our Year 7 students undertake a program designed to develop fundamental motor skills and game sense through a variety of sports. Students will also receive vital health education on topics such as basic first aid, positive relationships, and managing change during puberty. Students study a wide variety of practical based topics including invasion games, target games and striking games. Students are taught various health issues that are present in our society and especially those relevant to their age group. They will also be equipped with the knowledge and skills to make well-informed decisions that will assist in the maintenance of a physically and mentally healthy lifestyle. The subject will take a harm minimisation approach as we understand that these issues are real and that our students will most likely encounter them if they have not done so already.

Sport

Sport is an important feature in the life of a student at Parade College. Whether it is intra-school sport conducted at the College or inter-school sport via the Associated Catholic Colleges (ACC) competition, all students will have the opportunity to be engaged in sport.

Intra-school sport includes traditional sports and activities. Students participate in a round robin competition, a house athletics carnival, and a cross country run for house points.

Inter-school sport is offered for those students who wish to represent the College in a more competitive environment. Whilst the College acknowledges that ACC sport is competitive, it also strongly upholds the motto of the ACC at all times: excellence, honour and fairness.

Parade College has been a member of the Associated Catholic Colleges since its inception. Parade fields additional teams at Year 7. The ACC Sports are as follows:

- Term 2: football and soccer
- Term 3: basketball, table tennis, and hockey
- Term 4: volleyball, cricket, and tennis
- Carnival sports: athletics, swimming, and cross country

Other sports in which the College participates are rugby, skiing, cycling, golf, badminton, and clay target shooting.

Languages

In Year 7, students choose one of three languages as part of their enrolment procedure prior to commencing at Parade College. Once chosen, students then continue with this language until the end of Year 8 and are unable to change the chosen language course. From Year 9 onwards, students may elect to continue with their chosen language, all the way through to VCE.

Italian

This subject is designed to extend students' knowledge of the Italian Language and culture. Students will be provided with opportunities to enhance their skills in listening, speaking, reading, and writing, through the use of nouns, pronouns, verbs, prepositions, adjectives and functional expressions. They will explore topics such as school, animals, and pets.

French

Students are introduced to the French language through the study of basic grammar as it exists in a range of practical communicative contexts, including talking about oneself and friends, family interaction and likes and dislikes. Students are also introduced to French culture around the world.

Japanese

Students are introduced to the Japanese language through a variety of activities such as self-introductions, numbers, basic greetings, and expressions. They learn the Hiragana script and are introduced to Kanji. Students also study various aspects of Japanese culture and explore topics such as pets, classroom instructions, classroom objects, and weekend activities.

Information Technology

Information and Communication Technology (ICT) capabilities are primarily taught within the IT Digital Skills subject. ICT skills are also embedded into the Year 7 curriculum and are addressed through a number of the learning areas. The use of ICT in learning areas adds to the depth and richness of student learning.

IT Digital Skills

In this subject, students reflect on aspects of cyber-citizenship. They summarise their reflections by creating an interactive web-based presentation in Microsoft Sway, involving images and text. Students will develop skills in managing and visualising data through the use of Microsoft Word and Excel. Throughout the subject students will experience and be taught the expectations of being a cybercitizen including how to behave and the etiquette used when online.

Year 7 Electives

The elective program at Year 7 involves students studying four elective subjects in total, a different subject each term. [Students must select an elective from the Arts.](#)

The Arts Electives

Art and Visual Communication Design

Students explore a range of methods to create art with a focus on sculpture, painting, drawing and digital art for creating artwork and designs through activities that develop creativity and imagination. Students are introduced to visual communication and learn to communicate with an audience and answer a brief. All work is documented in a visual diary and refined in a folio of work. Students respond to artworks and acquire the knowledge of artists' use of art elements and principles. In responding to art, students study how artists use Art Elements and Principles to make meaning and gain the audience's attention.

Drama

In Drama at Year 7, students develop the basic aspects of performance skills. The focus is on building confidence and self-esteem, from working in front of or with a group of their peers. Drama allows students to develop a love and appreciation of working with their voices and bodies to develop meaning through character. Along with this, verbal and non-verbal communication skills will be explored with an understanding of how to develop these skills and connect with people. Students will use a range of dramatic terms and techniques and build an understanding of a variety of genres.

Music Performance

In Year 7, students who undertake Music Performance further develop their musicality through a range of inter-related activities. Students develop performance skills on a brass or woodwind instrument and perform a variety of music. They explore their creativity through a music technology composition assignment and develop an understanding of the elements of music, music notation, and written theory. Year 7 Music Performance equips every student with the essential experiences and knowledge to begin a personal exploration of music, both in and out of the classroom. Students can extend their skills in the Year 7 Beginner and Intermediate ensembles and the music elective subject pathways in Year 8 and beyond.

Technology Electives

Digistem

There is a need for schools of the 21st Century to respond to the increasing technological demands placed on society for advanced skills in science, technology, engineering, and mathematics. DigiSTEM allows Year 7 students to develop in these essential areas of the curriculum focusing particularly on using digital devices to create solutions to 'real world' projects/problems.

Students learn how to code for the Microbit using micropython. In doing so, they develop their abstract and computational thinking. They work together to solve engaging scenarios that involve designing, building, and writing code to control multiple electronic devices on a breadboard.

Food Studies

Year 7 Food Studies is an introduction to cooking and how food contributes to our health. The course includes the following topics: food safety and hygiene, following a recipe, and good food good mood. Each theory class is followed by a practical class which further enhances the theory component of this course. The practical component of the class includes knife skills; using stoves, ovens, and other kitchen equipment; measuring accurately; how we taste and analyse food; proper cleaning and maintenance of our kitchen, as well as various cooking methods.

Materials and Design

Materials Design and Production at Year 7 level introduces students to the basics required for working with different materials in a safe workshop. Students go on to learn how to create isometric drawings of basic shapes inspired by real world architecture. The students produce a “brief” which is a statement of a design for the project they will produce. Finally, they create several small projects utilising materials such as timber and acrylic to create a piece to keep their desk at home tidy and organised.

Sport Development Electives

As part of our commitment to enabling our students to pursue their sporting interests, learn in environments in which they are enthusiastic about, and develop a high-performance approach to mental and physical preparation, students may elect a sport elective. Non-selection or non-nomination will not preclude a student from representing Parade in ACC Competition. Trials for ACC Sport will take place during Year 7 Sport. Students involved in the Manchester City Football School are not required to select additional electives, as the Football School serves as their electives for Year 7.

A maximum of two sport development electives are allocated to a student.

AFL Football Development Program (Term 1)

This program seeks to enable talented players to develop their AFL skills, physical capabilities and an understanding of high-performance approaches to training. Practical classes will key focus on preparation (mental and physical), skills, game awareness and tactics. Supporting theory lessons will cover an introduction to Sports Nutrition, Fitness Testing and Analysis specific to Australian Football. Students will be required to trial in order to gain preferential entry into this elective.

Basketball Development Program (Term 2)

This program seeks to enable talented players to develop their Basketball skills, physical capabilities and an understanding of high-performance approaches to training. Practical classes will focus on preparation (mental and physical), skills and game awareness and tactics. Supporting theory lessons will cover an introduction to Sports Nutrition, Fitness Testing and Analysis specific to Basketball. Students will be required to trial in order to gain preferential entry into this elective.

Cricket Development Program (Term 3)

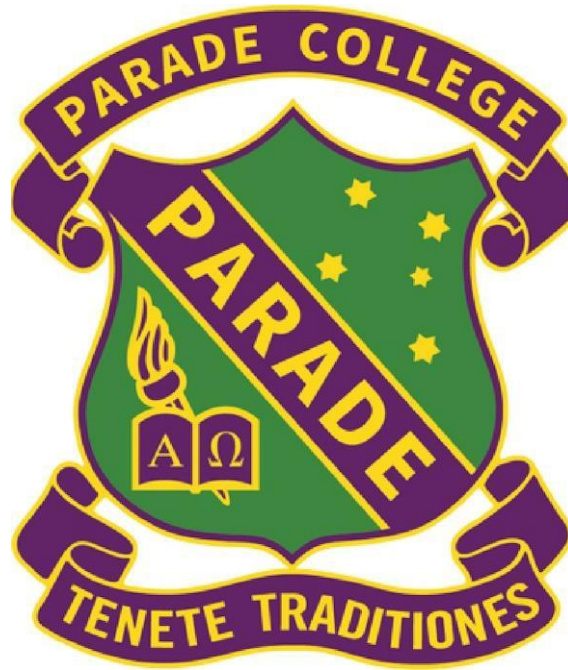
This program seeks to enable talented players to develop their fundamental cricket skills, physical capabilities and an understanding of high-performance approaches to training. Practical classes will focus on preparation (mental and physical), technique and game awareness. Supporting theory lessons will cover an introduction to Sports Nutrition, Fitness Testing and Analysis specific to Cricket. Students will be required to trial in order to gain preferential entry into this elective.

Tennis Development Program (Term 3)

This program seeks to enable talented players to develop their fundamental tennis skills, physical capabilities and an understanding of high-performance approaches to training. Practical classes based, with key focus areas of preparation (mental and physical), technique and match awareness. Supporting theory lessons will cover an introduction to Sports Nutrition, Fitness Testing and Analysis specific to tennis. Students will be required to trial in order to gain preferential entry into this elective.

Athlete Development (Strength & Conditioning and Training Principles) Program (Term 4)

This program seeks to enable students to develop an understanding of fundamental strength and conditioning principles with a view to enabling students to enhance their physical capabilities and apply them to their chosen sporting pursuits. Practical classes will utilise Parade College's sporting facilities, based around the Bedford Centre. Supporting theory lessons will introduce Strength and Conditioning and Training Program principles.



PARADE COLLEGE