



**SPECIALISED ASSISTANCE
SCHOOL FOR YOUTH**

**2023 PROGRAM DESCRIPTORS
ALIGNING WITH STUDENT REPORTS**

Middle Years Program Descriptors

ALT Sport

Alt Sports is a program designed to increase physical activity for students who would not normally participate in the standard 'PE' sports. It will utilise a range of alternative sports that will require students to learn skills and techniques to increase successful outcomes. These include gymnastics, mini golf, and lawn bowls.

Mountain Biking

The Mountain Biking Program runs in conjunction with Bike SA, who provide both the instructors and the mountain bikes. Students are taught how to navigate different terrains and mounds, either at City Dirt or the gravel track at West Lakes. The students gain confidence to meet many challenges and all students increase their development and knowledge of mountain biking techniques. The students enjoy riding each week and all achieve a great deal of success. Footage is taken of the students in action and will be displayed at the SASY showcase. At the end of the program all students receive a second-hand bike put together by refugees in Adelaide.

Bike Kitchen

Bike Kitchen enables students to attend the Adelaide Bike kitchen and create a bike from used parts. Students receive 1:1 support from trained bicycle mechanics and are provided with the opportunity to service their own bikes or build one from scratch. The students also learn the 'survival' skills of fixing a flat tyre, repositioning a chain, inserting a tube into a tyre and using a pump. The students also plan and lead bike rides along the River Torrens and in Bonython Park throughout the program.

Crisis on Earth

In "Crisis Unearthed," young people delve into the profound effects natural disasters impose on individuals and communities. They gain insights into effective preparation strategies while dissecting how a changing world influences the frequency, location, and severity of these events. This exploration is channeled through the examination of two specific natural disasters: bushfires and tornadoes.

Hustlers

In Hustlers young people not only acquire fundamental entrepreneurial skills but also cultivate their creativity by developing their own innovative business concepts.

Ice Factor

Ice Factor welcomes young individuals to join the school's ice hockey team, the SASY Assassins. As part of a team, they embark on a journey of training, fostering team bonds, and showcasing their new skills in exciting tournaments. Beyond these experiences, they gain access to extraordinary opportunities like the Spectacular fundraiser and visits to the Governor's residence. Through this immersive program, young people flourish in resilience, confidence, leadership, and teamwork, honing their skills and shaping their futures.

Art Through the Ages

Students will have the opportunity to explore art throughout history, studying different art pieces and periods beginning from the earliest known art up until now. Students will learn how art through the ages has influenced contemporary and modern art styles and will have the opportunity to create their own artworks based on a particular style, era or period of their choice. Students will also look into the different mediums used to create art from ancient times to now.

Art Attack

Art Attack is an engagement program that allows students the freedom to create and explore with different art styles and mediums.

Chess Club

Chess club is a place for young people to come and play a variety of games in a safe, sometimes competitive environment. It teaches a variety of skills including visualisation, critical thinking and problem solving.

Sport

Sport is an engagement program where young people can attend a variety of different physical activities each week. This includes basketball, soccer, cricket, bowling, mini golf, the driving range and swimming. This program enables young people to develop the skills, knowledge and understanding to strengthen their sense of self and build respectful relationships. It also contributes to their cognitive, social, emotional and physical development.

D&D

Over an eight-week period, participants will delve into exciting standalone Dungeons & Dragons sessions, each lasting one hour and offering a unique narrative adventure. They will explore a variety of settings, from a village temple under threat from goblin thieves in "The Lost Relic" to the mysterious "Timeless Library," navigating challenges and engaging with diverse characters. The program fosters essential skills outlined in the Australian Curriculum, promoting teamwork,

critical thinking, and creative role-playing. Each week guarantees a captivating experience, encouraging students to collaboratively solve problems and immerse themselves in imaginative storytelling.

eSports

eSports has a focus on creating culture through team development and sportsmanship expectations, character will be explored as young people will learn about themselves within an eSports context and how they interact with others. eSports will offer young people the opportunity for stretch and thereby extending their capacity. This will offer a Holistic eSports program to SASY Young people that embodies character, culture, capacity, celebration, and connection.

Goat Tracks

Goat Tracks will have three phases; self-care, wellbeing of others and explicit teaching of bullying and harassment. YP will first explore themselves and build an understanding of their own values in life and try different strategies that can allow them a better chance at caring for their own wellbeing. During this phase YP will be able to create an individual self-care plan and explore the VIA character strengths. YP will also be taught about the compass of shame. During the second phase YP will learn about how to support others wellbeing and explore what a healthy relationship looks like. YP will explore restorative questions and practice scenarios when they may use these questions to better support people in their lives. Finally, YP will be taught explicitly about the history and psychology of bullying, the impacts on perpetrators and victims and how YP can play a part in reducing bullying and harassment within the SASY community. During this phase YP will also face the reality of decisions made and what legal things can occur should they continue such behaviours into their adult and working lives. YP will also be encouraged during this phase to brainstorm ideas and initiatives that could be implemented in SASY to continue to reduce bullying and harassment and increase YP wellbeing.

Theatre Sports (Drama)

Young people to engage in a variety of skill building exercises, games and activities called Theatre Sports. Young people will be able to explore theatre sports through shows such as Who Do You Think You Are? Whose Line Is It Anyway? And so on. This program was run in the gym space for an OUT session. Each program focuses on improving performing skills, but also provide Young People with the opportunity to compete in Theatre Sport school competitions. By focusing on games, exercises and activities, young people will be able to engage at their own pace and within the comfort of SASY.

Middle Years Adventure

Through a series of exciting and challenging activities, YP embark on a learning journey that encompasses camping skills, outdoor exploration, cultural experiences, and character development. The program celebrates diversity and encourages YP to challenge fears and celebrate achievements. It inspires confidence, resilience, and appreciation for nature and human experiences.

Senior Years Program Descriptors

Stage 2 Community Connections - Practical Connections

Young people have the opportunity to develop their own art practice and explore the arts community in Adelaide. They will be able to develop a unique and personally relevant folio of work, create an online profile, exhibit work in a public setting as part of SALA month and contribute to the Arts Culture of SASY.

Stage 1 Integrated Learning - Visual Art

Young people gain valuable skills in how to document the creative process, generate and sort ideas, make a resolved artwork and label and display it for SASY Showcase. They also learn about the importance of art in context, self reflection and how to analyse their own work and that of other artists.

Drones - Stage 1 Integrated Learning

The Drones program for Science offers young people the opportunity to explore the world of emerging drone technology. In this semester, students work with three different drone models: the DJI Mini 3 Pro, Codrones, and First Person View Mini Whoops. They learn to program the Codrones using the Python computing language, assemble remote controllers, and upload programs to enable drone flight. These programming skills are transferrable to the DJI Mini 3 Pro and Mini Whoop drones. Additionally, students acquire knowledge about registering with the Civil Aviation Safety Authority (CASA) and have the opportunity to become instructors, teaching others how to fly drones using remote controllers. The program also emphasizes the application of these skills in alignment with the SACE Capabilities, which is a mandatory component of the SACE Certificate.

Art of Discovery - Engagement

The program's intent is to provide a safe space for students to connect with one another and staff in guided sessions. By using (Fail Safe) art mediums as a tool for students to communicate and express themselves in self-discovery and reflection. During this time students may wish to discuss relevant topics such as mental health, drug and alcohol use, relationships, and gender identity within a safe environment. It is an opportunity for students who are not yet engaged in an art class to try new techniques and be in the art space, building familiarity. Using a variety of art techniques and mediums also provide a physical and sensory experience that can be regulating and supportive of emotional expression in a safe manner.

Adventure - Health and Wellbeing/Creative Arts

The adventure program at SASY is all about exploring the great outdoors, fostering connections and gaining hands-on, experiential knowledge. This Semester, Senior Years students have focussed on the benefits of time in nature and sharing stories of Adventure with our community.

Physical AF (Stage 1 Integrated Learning, Stage 2 Interdisciplinary Connections)

Physical AF allows students to improve movement competence and confidence as well as investigate and reflect on the benefits of physical activity both personally and in the Community. It is offered as a Stage 1 Integrated Learning subject with the options of gaining 10 or 20 credits and a Stage 2 Community Connections subject. Physical AF at both stages involves both a practical and theoretical component.

Photography (Stage 2 Community Connections)

This year, Photography was offered as a full year, stage 2 Community Connections class. In the first semester, we explored a range of techniques in both camera and editing skills, which included using macro and telephoto lenses, studio lighting, composition techniques and editing tools in Photoshop. In the second semester, students created artworks for the SALA festival for their Community Activity. They developed a greater understanding of the creative process through their planning, researching, creating, presenting, and reflecting. It's been a highly rewarding experience for all the young people involved in the exhibition and the outstanding quality of work they have produced and exhibited in the community.

Music (Stage 1 Health & Wellbeing, Stage 1 Creative Arts)

Music in Semester 2 has been run as an Integrated Program covering Health & Wellbeing and Creative Arts at Stage 1 level. Young people have investigated using music and playing in a band as a wellbeing tool, alongside exploring the process of rehearsing and performing. Young people have performed, recorded music, and collaborated as a group to explore the impact of music on themselves and others.

Music Jam

Music Jam provides a safe space for beginners to explore learning a musical instrument and playing as part of a group. Young people can drop by to play or learn a song, ask questions, or listen to others jam.

Kooking

Young people collaborate to cook a range of different foods, taking ownership of selecting, organising and carrying out the food preparation process. Young people investigate the nutritional value of the food they cook, how much it costs to make, and the safety procedures involved in food safety.

Sport

During sport this semester, students experienced a different range of sporting experiences. Some activities have included mini golf, attending a driving range, indoor cricket, indoor soccer, indoor netball and basketball. The focus has been on cooperating with each other and making new connections across SASY and engaging in physical activity.

First Nations Culture

First Nations Culture provides an opportunity to learn about the history, arts, and perspectives of First Nations people. Through experiences with staff and First Nations peoples and with the focus of truth telling and education. Young people learnt what Australia looked like pre-colonisation and the effects that colonisation had on our country and its first peoples.