



Sport, Lifestyle and Recreation Studies.

Play and learn a range of different sports and explore the beautiful area we live in.

NON-ATAR - BOARD ENDORSED - CATEGORY C

About the Course

SLR aims to give you a deeper understanding of the sports we play, develops good habits surrounding your health and lifelong physical education, and provides you with the option to explore different pathways once you have graduated from school. If you are a keen sportsperson or someone that loves being outside and physically active then SLR is the subject for you.

[Find out more here.](#)

What You Will Do

In SLR, you will be outside the majority of the time participating in and learning about a range of sports, some of which you wouldn't have the chance to do in junior PE. SLR also provides us with the option to go on excursions to local gyms, beaches, sporting events and to explore the local area. You will complete a practical-based assessment with research tasks and quizzes.

Future Opportunities

This course helps to prepare you for careers in Personal Training, Coaching, Outdoor Education, Officiating, First -Aid Training, and Sports Training.

