

| Frensham Foundation Course (Stage 4: Years 7 – 8) | Stage 5 Course (Years 9 – 10) | Preliminary Course (Terms 1 – 3 Year 11) | Higher School Certificate Course (Term 4 Year 11 – Year 12) |
|---|---|---|--|
| <p>Core Subjects</p> <ul style="list-style-type: none"> - English - Mathematics - Science - History - Geography - Drama (Year 8) - French - Latin (Year 8) - Technology - Visual Arts - Music - Personal Development, Health and Physical Education (PDHPE) - The Jamieson Program: Frensham Studies (Year 7) - The Jamieson Program: Philosophy & Ethics (Year 8) | <p>Core Subjects</p> <ul style="list-style-type: none"> - English - Mathematics - Science - History - Geography - Personal Development, Health and Physical Education (PDHPE) - The Jamieson Program – including Cambridge IGCSE Global Perspectives, Cambridge IGCSE History or Geography <p>Electives</p> <ul style="list-style-type: none"> - Agricultural Science - Design & Technology - Drama - French - Personalised Learning Plan (PLP) - Latin - Music - NSW School of Languages - Physical Activity and Sport Studies (PASS) - STEM (Science, Technology, Engineering, Mathematics) - Sustainable Commerce - Visual Arts | <p>Core Subjects</p> <ul style="list-style-type: none"> - English (Advanced, Standard) <p>Electives</p> <ul style="list-style-type: none"> - Agriculture - Ancient History - Biology - Business Studies - Chemistry - Design & Technology - Drama - Economics - English Extension - French Continuers - Geography - Health and Movement Science (HMS) - Latin Continuers - Legal Studies - Mathematics (Extension, Advanced, Standard) - Modern History - Music (Music 1, Music 2) - NSW School of Languages - Physics - Studies of Religion 1 (Accelerated)** - Visual Arts <p>Additional:</p> <ul style="list-style-type: none"> - Senior Studies Program | <p>Core Subjects</p> <ul style="list-style-type: none"> English (Advanced, Standard) <p>Electives</p> <ul style="list-style-type: none"> - Agriculture - Ancient History (plus Extension*) - Biology - Business Studies - Chemistry - Design & Technology - Drama - Economics - English Extension 1 & Extension 2 - French (Continuers, Extension) - Geography - Health and Movement Science (HMS) - Legal Studies - NSW School of Languages - Latin (Continuers, Extension) - Mathematics (Standard 2, Advanced, Extension 1, Extension 2) - Modern History (plus Extension*) - Music (Music 1, Music 2, Extension) - Physics - Science Extension - Studies of Religion 1 (Accelerated)** - Visual Arts <p>Additional:</p> <ul style="list-style-type: none"> - Senior Studies Program |
| <p>* Note: NESA allows 1 unit of Extension History to be taken with either Ancient History and/or Modern History)</p> <p>** Studies of Religion is completed in one year, with students sitting the HSC examination in Term 4 of Year 11</p> | | | |

| Day/Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|--|---|---|
| 6:00–7:30am | Swimming Squad Training (6:15–7:15) Cross Country Training (6:15–7:15) Tennis Lessons | Swimming Squad Training (6:15–7:15) Cross Country Training (6:15–7:15) Tildesley Training | Swimming Squad Training (6:15–7:15) Athletics Development Program (6:15–7:15) Tennis Lessons | Swimming Squad Training (6:15–7:15) Cross Country Training (6:15–7:15) Tildesley Training | Swimming Squad Training (6:15–7:15) Tennis Lessons | Term 1 IGSA Tennis Touch Water Polo Swimming Squad Training (6:30–7:30am) |
| 7:40–8:10am (After Breakfast) | Choir Practice: • Senior Choir – Thirds | Choir Practice: • Senior Choir – Seconds | Choir Practice: • Senior Choir – Firsts | | Choir Practice: • Madrigals | |
| 8:30am–3:45pm | Periods 1–7 – Morning Tea/Lunch/Afternoon Tea (Junior Choir Practice – Tuesdays at 12.50–1.15pm) | | | | | |
| 3:45–5:45pm (Afternoon) | Sturt Activities: • Jewellery • Ceramics Recreational Swimming Knitting – Yrs 11, 12 Horse Riding Yoga (4–5pm) – Yrs 11, 12 Dance: Contemporary (4–5pm) Jazz (5–6pm) | Junior Sport Training: (4:00–5:30pm) • Tennis • Touch • Water Polo Holting – Yrs 10–12 Tennis Coaching Recreational Swimming Senior Livestock Training (4:00–5:30) Senior Athletics Training (4:00–5:30) | Instrumental Ensembles • 3:50–5:00 Kennedy Strings/Concert Band • 5:00–5:30 String Quartets & Jazz Band Tennis Lessons Gymnastics (4:00–5:30) Horse Riding Recreational Swimming | Senior Sport Training: (4:00–5:30pm) • Tennis • Touch • Water Polo Holting – Yr 9 (4–5pm) Recreational Swimming Tennis Lessons Junior Livestock Team Training (4:00–5:30) Junior Athletics Training (4:00–5:30) | Sport Match Practice: • Tennis • Touch • Water Polo (Jnr: 4–5pm; Snr: 5–6pm) Recreational Swimming | |
| DINNER | Monday–Thursday at 6.00pm | | | | Friday at 6.30pm | |
| 6:30–8:30pm (Evening) | Yr 7 Prep (6:45–8:00) Yr 8 Prep (6:45–8:15) Yr 9 Prep (6:45–8:30) Yr 9 Music Prep (6:30–7:00) Tennis Lessons: Senior girls only (7–8pm) | Yr 7 Prep (6:45–8:00) Yr 8 Prep (6:45–8:15) Yr 9 Prep (6:45–8:30) Yrs 7 & 8 Music Prep (6:30–7:00) Tennis Lessons: Senior girls only (7–8pm) | Choir Practice (6:30–8:00pm): • Madrigals (6:30–7:15) • Snr Choir (7:15–8:00) Yr 7 Prep (6:45–8:00) Yr 8 Prep (6:45–8:15) Yr 9 Prep (6:45–8:30) Tennis Lessons: Senior girls only (7–8pm) | Yr 7 Prep (6:45–8:00) Yr 8 Prep (6:45–8:15) Yr 9 Prep (6:45–8:30) Tennis Lessons: Senior girls only (7–8pm) | Student led activities (7:15pm) | |