



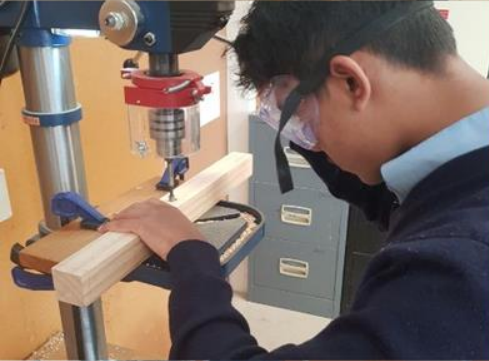
Gagana Sāmoa

Year 10 Sāmoan builds on the skills you learned in Year 9 Sāmoan. Year 10 Sāmoan will focus on reading (faitautusi), writing (tusitusiga), presenting in front of our class (tautalaga), and having extended conversations with people (talanoaga) using the Sāmoan language. These skills will help prepare you for senior levels of Sāmoan.

We will learn to:

- Extend our knowledge of Sāmoan vocabulary, grammar, and pronunciation.
- Explore Sāmoan culture, traditions, etiquette (customary practices), and ceremonies.
- Introduce yourself and share your fa'asinomaga (ancestral history and connections to specific places).
- Engage in extended conversations in Sāmoan.
- Develop the ability to read, write, and confidently present in Sāmoan.





Hard Materials Technology

This course teaches the basics of wood joinery. Students are taught how to mark out and cut several different wood joints, with an emphasis on the dovetail joint and the mortise and tenon joint. They are encouraged to give things a try, to make mistakes and try again, learning as they go.

We will learn to:

- Identify the names and uses of several carpentry tools.
- Apply the skills and techniques necessary to mark out timber for cutting.
- Apply the skills and techniques necessary to cut several different wood joints accurately.
- Use tools safely and effectively.

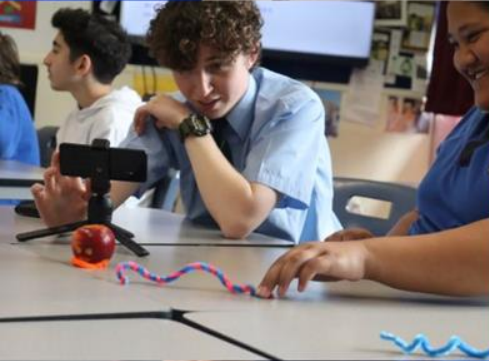


High Performance Sport

The Year 10 High Performance Sport course will look at different aspects that are essential to performance at the elite/professional level as well as looking at what different high performance environments look like. Physical and mental development, skill acquisition, competition preparation and basic functional anatomy and biophysical principles will also be covered. This course will provide basic foundation knowledge that will prepare students for our NCEA Level One Physical Education and Sports Studies courses.

We will learn to:

- Set goals to develop our performance in sport.
- Understand strength and conditioning techniques.
- Prepare mentally for high-intensity physical activities.
- Explore the professional environment of sports.
- Explain functional anatomy and biophysical principles.



Media Studies

Media Studies is learning about how we understand the media that surrounds us in daily life. You will continue to build on your skills from last year and apply them to new media products. We will use critical thinking skills to examine media issues and will explore a film genre.

We will learn to:

- Explore video game narrative and design.
- Study a film genre and create a sweded film.
- Examine media issues related to body image and digital manipulation.
- Develop technical skills at Capital E.



Music

Year 10 Music builds on skills learnt in the year 9 Music course. We will look at the basics of how music is created, written and performed in different styles. You will also receive itinerant group lessons in your chosen instrument, drums, guitar, bass, vocals or piano.

We will learn to:

- Perform a song to the class (i.e. small group or individually)
- Compose music for a purpose (i.e. for a still image)
- Research and present a project on a musician or band.
- Develop our aural skills by analysing songs, scales and chords (major/minor) and intervals.
- Identify and describe music terms, symbols and basic notation.



Outdoor Education

The Year 10 Outdoor Education course involves providing students with opportunities to participate in a range of outdoor activities and experiences that promote personal and social development and environmental awareness. Students will be assessed on their ability to work together and build collaborative relationships in an outdoor setting. The Outdoor Education program provides a unique opportunity for students to develop valuable life skills, build self-confidence, and foster a deeper appreciation for the natural world.

We will learn to:

- Develop navigation, map, and compass skills.
- Prepare for tramps and venture out on short hikes.
- Build camping skills, including setting up tents and cooking meals.
- Participate in team-building activities.
- Explore and engage with the natural environment.



Sculpture

This course allows students to have a hands-on playful to experience, creating sculptural works built from a wide range of materials. Students will be thinking and drawing in 3D to construct sculptures.

We will learn to:

- Research, plan, draw, and build sculptures based on a brief and artist examples, including things like character designs, props, or miniature worlds.
- Try out different materials, both soft and hard, to learn how to use tools and techniques for each type of material.
- Learn about modern Sculpture and work either alone or in groups to make 3D sculptures. We'll have a class exhibition at the end of the course to show your work.
- Bring in recycled materials from home to use in your sculptures and get creative!



Services Academy

The Services Academy is underpinned by a military philosophy of discipline and structured learning. It incorporates drill exercises, fitness and outdoor activities and provides students with opportunities for self-development and leadership. After completing this course students will have a solid base from which to continue with Services Academy at Year 11. Course leads on to Level 1 Services Academy.

We will learn to:

- Recognize and effectively manage emotions.
- Actively contribute in team settings, such as drill.
- Foster a positive classroom engagement.
- Practice Whanaungatanga (Relationships) and Manaakitanga (Caring) by supporting peers and the school community.
- Maintain high attendance and work on boosting self-confidence and discipline.

Te Reo Māori

In Year 10 Te Reo Māori, the goal is to enhance proficiency in all four language skills: listening (whakarongo), reading (pānui), writing (tuhihi), and speaking (kōrero). You will have the chance to participate in activities such as staying at a marae, visiting other marae and hapu in Lower Hutt, and learning about Māori cultural practices like Te Ao Kapa Haka, Powhiri, and Waiata Tautoko.

We will learn to:

- Learn to deliver extended greetings and acknowledgments (Mihi whai whakaaro).
- Discover how to express your Pepeha using extended/metaphorical reo Māori.
- Understand the protocols and procedures for Powhiri and Tikanga Marae.
- Explore the history and landmarks of Te Ngaengae.
- Demonstrate knowledge of a Haka Powhiri and regional Waiata and learn to make and use Poi with natural and modern resources.



Where can your Year 10 options take you for NCEA?

Year 10	Year 11	Year 12/13
Art Design & Photography Sculpture	Art Design & Photography	Art Design OR Photography
Drama Music	Drama Music	Drama Music Pasifika Performing Arts
Anthropology	Geography History	Geography History Sociology
Media Studies	Media Studies	Media Studies
Te Reo Māori	Te Reo Māori	Te Reo Māori
Gagana Sāmoa	Gagana Sāmoa	Gagana Sāmoa

Year 10	Year 11	Year 12/13
Digital Technologies	Digital Technologies	Digital Technologies
Food Studies	Hospitality	Hospitality Trades Academy
Hard Materials Technology	Hard Materials Technology	Hard Materials Technology Trades Academy UCOL Engineering Academy
High Performance Sport Outdoor Education	Physical Education OR Sports Studies	Physical Education OR Sports Studies
Services Academy	Services Academy	Services Academy