



2025 - 2026

SUBJECT

SELECTION BOOKLET



YEAR 10

INTRODUCTION

Welcome to the Freyberg High School's Subject Selection Handbook for Year 10. The purpose of this booklet is to help you make the best subject choices to meet your particular needs and preferred pathway. You need to look through this guide and carefully discuss your options with those people who can assist you to make an informed choice. As well as talking to your parents, help is available from people at school.

STAFF WHO CAN ASSIST WITH COURSE SELECTION

Principal	Graeme Williams
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Deputy Principal - Wellbeing	Jordyn Kiriona
Deputy Principal - Operations	Kāhui Watling
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The Pastoral team, subject teachers and wā ārahi are more than happy to help but ultimately this is a whānau decision. Even though it is early days, it is also sensible to check university websites, vocational pathway websites and other providers regarding entry requirements.



HOW TO CHOOSE SUBJECTS

Step 1: Work out what subjects you enjoy

Ask yourself:

- Which subjects do I like doing now?
 - Are there any subjects I'm interested in that I haven't already studied?
 - What do I like doing outside of school such as playing music, helping people, thinking creatively?
- Do any of these subjects include these activities?

Step 2: Work out what subjects you're good at

Ask yourself:

- Which subjects am I strong in?
- What subjects do other people say I'm good at?

Step 3: Keep your options open

Pick a variety of subjects from various areas to ensure that you do not narrow your options moving into the senior school.

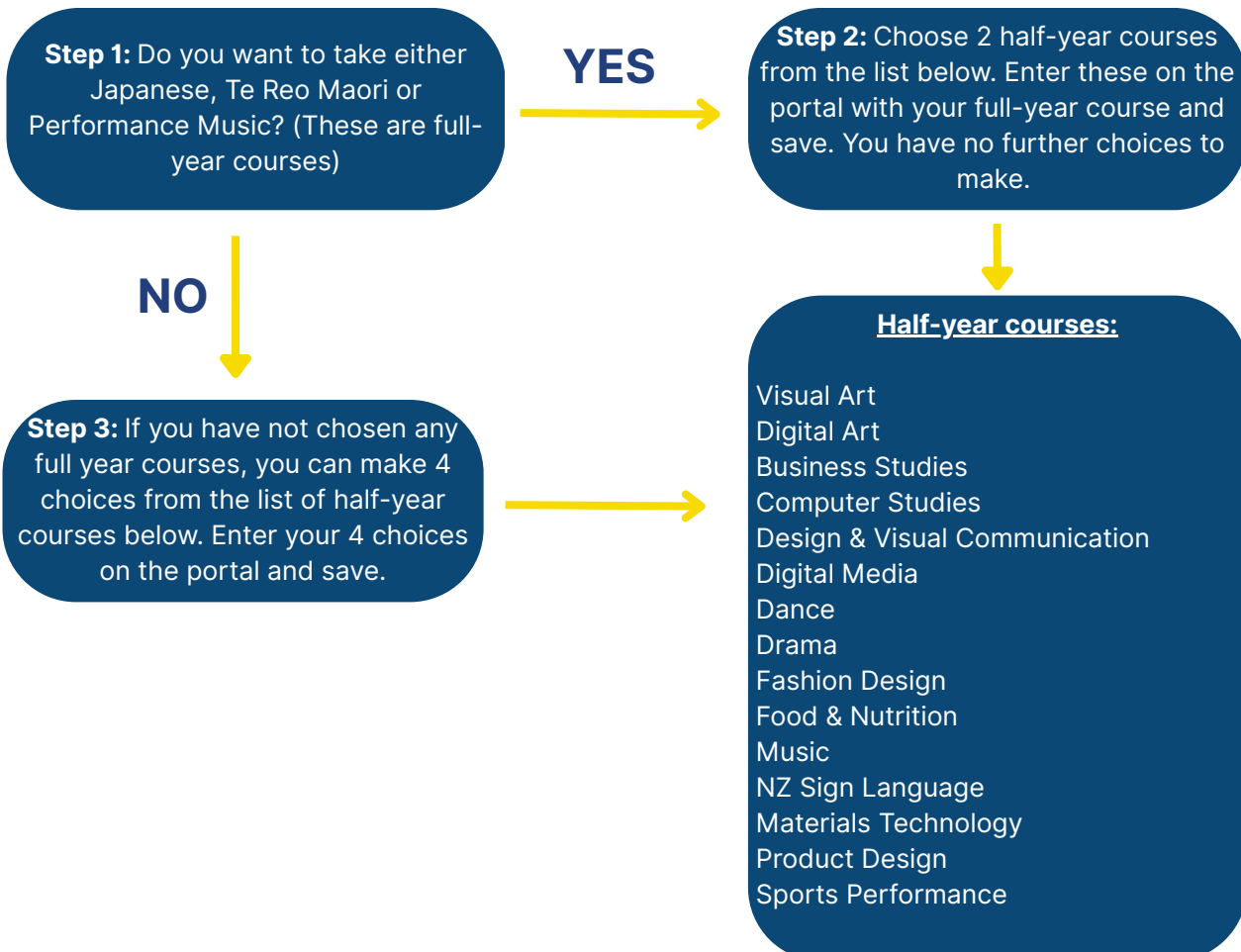
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KEY INFORMATION FOR CHOOSING SUBJECTS FOR YEAR 10

All Year 10 students attend the compulsory subjects of English, Social Science, Mathematics, Science, Physical Education, and Health within their core classes. In addition to these, students will choose up to **FOUR** option subjects. Together, these courses provide a foundation for continuing to develop key competencies and prepare students for entry into NCEA. Entry to all Year 10 courses is open to all students.

Choosing Year 10 options step-by-step:



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VISUAL ART

Visual Art is an opportunity for students to develop their skills, creativity and passion for making art. Students work on a range of projects that include the use of drawing, painting, printmaking, Māori Art, portraits (faces), mixed media, zines, and photography. Students choose their own ideas and explore how meaning is communicated in art, as well as explore artists and creatives. Leads into Year 11 Visual Art and Digital Art pathways, and then onto painting, photography and printmaking in Year 12 and 13.

DIGITAL ART

Digital Art is for students passionate about the use of digital media in art. Digital Art is an opportunity for students to develop their skills and creativity in a range of projects that include digital illustration and character design, graphic design, typography and photo manipulation in Adobe Photoshop. Students choose their own ideas, explore how meaning is communicated, as well as learn about design movements. Recommended: Adobe for your own device: \$5 (half year license) – on a 4GB Ram device minimum, 8GB Ram recommended, NOT a Chrome book. Leads into Year 11 Digital Art and Visual Art pathways, and then onto digital painting, design and photography in Year 12 and 13.

BUSINESS STUDIES

This is an exciting course which will challenge students in all aspects of business. Students will need to develop a business idea for a market. In doing so they will develop their skills and understanding of working collaboratively, market research, business finance, production and management. The course also introduces Economics by looking at consumer behaviour and understanding how our values and the things that influence our values such as social media affect our decision and our demand for products. This course will lead onto Year 11 Commerce/Business Studies.

COMPUTER STUDIES

Students get an introduction to computer science by learning the basics of coding and how to create different outcomes with code. Students first learn to program a playable game using various game assets. Students then learn about the internet and how to code websites. By the end of this course, students will have developed a website with their original game embedded on their website. This course is a great introduction to computer science and discovering what can be created with code. This course leads onto senior computer science courses.

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DESIGN & VISUAL COMMUNICATION

If you are creative and like drawing and using a computer to design houses, gardens, and products then this is a subject to take. In this class you will learn drawing and sketching techniques as well as making card models to allow you to produce architectural and product-based designs. Recommended: a laptop or MacBook with at least a 4GB Ram, 8GB Ram recommended and NOT a Chrome book or tablet. An equipment pack for sale from school for \$20 is recommended.

FASHION DESIGN

Taking Year 10 Fashion is an exciting journey that blends artistic expression with practical skills. It will provide students with a platform to explore fashion design, learn about fashion history, and develop technical abilities. As they navigate through this creative field, students learn the basics of garment construction, pattern drafting, and textile selection. Practical skills are emphasised to ensure students can bring their designs to life, whilst also discovering a deeper appreciation for the art of fashion. There is a \$25 cost to this subject, which covers all material and resource costs.

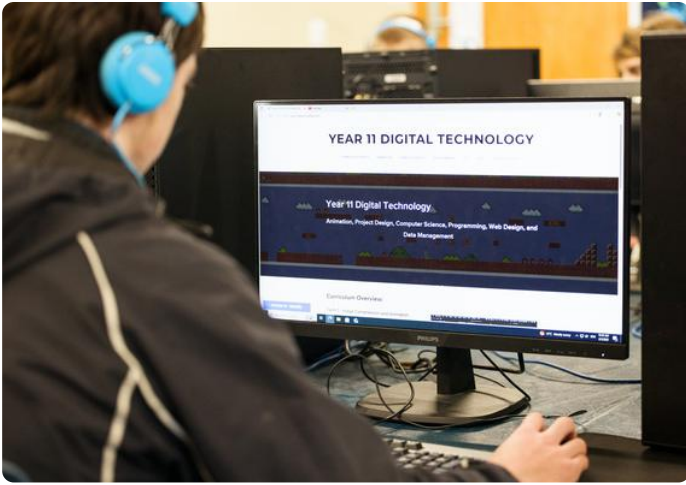
DANCE

Take your skills to the next level! In Year 10 Dance, you will explore a variety of genres that build on what you learnt last year. This practical-focused course will enhance your technique and repertoire knowledge. You will work closely with classmates to create and refine your own choreography. A key aspect of this course is that you will perform all the genres you learn in both of our end-of-term showcases. This will not only showcase the growth in your skills but also deepen your understanding of dance elements and choreographic devices.

DIGITAL MEDIA

This course looks at the various forms of digital media including image, video and audio manipulation, learnt through graphic design, animation and filmmaking projects. Students will get the opportunity to create original digital media content that they can add to a portfolio and share their creative works through social media.

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DRAMA

Students will deepen their understanding of drama by refining the skills introduced in Year 9 - including elements, techniques, conventions, and technologies - while continuing to grow their creative and collaborative capacities. As active members of our performing arts community, they will explore a range of historical and contemporary theatre forms and take part in a class production, marking their first opportunity to perform for a live audience. Throughout the course, the core skills of drama will be embedded in all creative process work, with a strong emphasis on creativity, collaboration, and communication in the context of live theatre.

FOOD AND NUTRITION

Year 10 Food and Nutrition is both a hands-on practical class and a course where students learn how to make informed decisions about healthy food choices.

This course consists of 3 modules starting with Hauora Kai (Food for Wellbeing) which looks at the nutritional needs of adolescents and how food affects all the dimensions of Hauora (Wellbeing). It also looks at how we ensure that the food we prepare is done in a hygienic, safe way. This is followed by Kōwhiringa Kai (Food Choice) which looks at fresh vs processed foods and develops the students' ability to make food from scratch. During this module we look at how we can create 'fakeaways' - cheaper, healthier options to the takeaway, convenience foods that have become a way of life for many. The last module Te Tikanga Kai (Cultural Food) looks at the way that food is used to bring people together and an important part of many cultural celebrations.

JAPANESE

Year 10 Japanese builds on the basic communication skills developed in Year 9. The key topics are Shopping, Eating Out, the Japanese Education System, Travel and Family. Students will develop the ability to function in a range of real-life scenarios through role-plays, communicative activities, games and ICT. Year 10 is a new, exciting year-long course that covers the Survival Japanese stage and introduces students to NCEA Level 1. The course utilises the new and attractive 'iiTomo' textbooks. Note - if you are intending to do this course, without having done it in Year 9, please talk to Sensei

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MUSIC

This half-year course aims to prepare students to study music in Year 11 and beyond. There are four main areas of study: Music Theory, Playing and/or Singing in a small group, Music Research and Composition/Songwriting/Recording using a DAW (Digital Audio Workstation). The course is contemporary in flavour, and students will work with styles such as Rock, Pop, Hip Hop and Reggae. Whilst it's not required, it is recommended that students take singing or instrumental lessons outside of class to develop their performance and music reading skills.

MATERIALS TECHNOLOGY

This is a subject for those who like making things with their hands. In this class you will learn to construct projects using wood and other materials. You will learn how to use the tools in the workshop correctly and how to follow a set of instruction to make projects like a footstool and other exciting projects. There is a cost of \$30 to allow you to take home what you make.

NZ SIGN LANGUAGE

New Zealand Sign Language (NZSL) is an official language of New Zealand. The six month course builds on the Year 9 'taster' classes, and extends NZSL skills and cultural understanding. Students will develop the ability to hold conversations or give presentations in NZSL on a range of topics such as social media, climate/weather, family or ordering in a café. Te Reo Maori signs and concepts are included. Video recordings will be made to show a portfolio of language work that can lead to evidence at senior levels of NZSL proficiency.

Note - if you would like to do this course, without having done it in Year 9, please see Mr Alley

PERFORMANCE MUSIC

This is a year-long course catering for those who have an interest in music and who may be interested in studying music at Levels 1, 2 and 3. It is advisable for students to be able to play a concert band instrument as there is a strong emphasis on large ensemble playing. Students are assessed on their ability to perform music, as a soloist and as a member of a small ensemble. They are also required to submit a composition for assessment and in Term 4 the final assessment will test their knowledge of musical theory. Though not compulsory, it is strongly recommended for students to enrol in weekly lessons provided either by itinerant tutors at school or with private tutors outside of school hours. Note - if you are intending to do this course, without having been in the Year 9 Band Programme, please talk to Mr Chan

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PRODUCT DESIGN

If you are interested in designing and making, then this is the subject for you. The aim of the subject is to teach you how to test and use materials and processes to make a product. You will learn how to follow a design process and skills to make a product from a range of materials. This challenging course is a mixture of portfolio (sketching and writing) and practical (making and testing). There is a cost of \$30 to allow you to take home the products you make.

SPORTS PERFORMANCE

If you have a passion for sport and physical activity, want to develop your movement skills, ball skills, overall sporting fitness and develop an understanding of how to play sport at a high level, this course is for you. Sport Performance is entirely practical, and you will be challenged both physically and mentally. You will be expected to participate in a range of sporting codes, including Basketball, Netball, Football, Hockey, and Touch Rugby, with the opportunity for specialised coaching. You must have a positive attitude and good work ethic towards all learning and developing in all sporting codes.

Prerequisites:

Currently or intending to play sport for Freyberg High School. Recommendation and approval from your Year 9 PE teacher.

TE REO MĀORI

This course offers students a rich and immersive journey into Māori culture, language, performing arts, and traditional art forms. Expanding on the foundational Year 9 taster course, it delves deeper into cultural practices and introduces more complex language structures. Students will begin to develop a strong foundation in vocabulary, grammar, and basic sentence construction, setting the stage for confident communication and cultural appreciation.