

Year 10 Course Selection

Full Year Compulsory Courses

Course Name: English	KAMAR Code: 10ENG
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Students will develop their reading, writing, speaking, listening, and viewing skills through the study of a wide range of literary, visual, and digital texts. They will explore novels, short stories, poetry, film, and media while learning to analyse language, ideas, and themes from both New Zealand and global perspectives. Students will communicate for a variety of audiences and purposes through creative writing, formal writing, discussions, and presentations. They will learn to think critically, express themselves with confidence, and engage with the perspectives of others. Year 10 English builds strong literacy skills and fosters a lifelong appreciation of language and communication.

Course Name: Mathematics	KAMAR Code: 10MAT
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Students will develop confidence and competence across the key areas of number, algebra, geometry, measurement, statistics, and probability. They will learn to apply mathematical thinking to solve real-world problems, identify patterns and relationships, and communicate their reasoning using appropriate mathematical language. Through a variety of practical investigations, collaborative tasks, and problem-solving activities, students will strengthen their understanding of mathematical concepts and processes. They will be encouraged to think critically, reason logically, and analyse information effectively. Year 10 Mathematics provides a strong foundation for future learning while helping students develop the skills needed to make informed decisions in everyday life.

Course Name: Science	KAMAR Code: 10SCI
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Students will explore the fundamental concepts of the natural world through the study of biology, chemistry, physics, and earth and space science. They will develop scientific knowledge and practical skills by carrying out investigations, conducting experiments, analysing evidence, and drawing conclusions based on their findings. Through hands-on learning experiences and inquiry-based activities, students will learn how science helps us understand and explain the world around us. They will be encouraged to ask questions, think critically, solve problems, and make connections between scientific concepts and everyday life. Year 10 Science provides a strong foundation for future scientific learning and discovery.

Course Name: Social Science	KAMAR Code: 10SOC
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Students will develop an understanding of societies, cultures, and how people interact with each other and their environments. Through the study of Social Sciences, they will explore topics from History, Geography, Civics and Society, and Economic Activity, including changes in New Zealand over time, government and democracy, migration, coastal environments, urban challenges, financial decision-making, and the global economy. Through inquiry, discussion, and critical thinking, students will build the knowledge and skills needed to participate actively and responsibly in an increasingly interconnected world.

Compulsory Semester Course

Course Name: Health & Physical Education	KAMAR Code: 10PED
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Students will develop the knowledge, skills, and confidence needed to thrive physically, mentally, emotionally, and socially. Through Health Education, they will explore topics such as identity, relationships, personal safety, emotions, and making positive health choices. In Physical Education, students will develop movement skills, fitness, teamwork, and tactical thinking through a variety of physical activities, games, outdoor education experiences, and aquatic safety. Through active participation and practical learning, students will build confidence, resilience, and the skills needed to lead healthy and active lives.

Semester Course Options

Students will need to select a total of 5 semester courses from the courses below.

The Arts

Students are to select a minimum of one course from The Arts. If you want to take more than one course from The Arts, you are welcome to select extra.

Course Name: Digital Art and Photography	KAMAR Code: 10DAP
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Digital Art and Photography invite students to explore ideas, imagination, and creativity. Students will develop their own thinking while experimenting with digital photography, illustration, creative typography, and both hand-drawn and computer-generated imagery. Using Adobe Photoshop, Illustrator, Lightroom, and InDesign, they will learn how to solve visual problems and communicate ideas in creative ways. This course encourages creative risk-taking and confidence as students refine their work and discover new ways of seeing, designing, and creating.

Course Name: Drama	KAMAR Code: 10DRA
Students will engage in theatre learning delivered through traditional, Eurocentric foundational theatre practices, including the study of script work, devising, and the use of theatre technology where appropriate. They will participate in group work, physical theatre performance, reflective and critical writing, and creative processes that draw on their imagination and personal ideas. Students will develop confidence in performance, collaboration, and communication while gaining an understanding of how theatre is created, interpreted, and presented to an audience.	

Course Name: Music	KAMAR Code: 10MUS
Students will explore music through playing instruments, creating music, and discovering how musical ideas and technology shape the music we hear. They will explore a range of musical traditions, styles, and technologies from New Zealand and around the world.	

Course Name: Painting	KAMAR Code: 10PAT
Painting invites students to explore ideas, imagination, and creativity through a range of painting techniques. Students will develop their own thinking while experimenting with colour, composition, and different ways of painting. Whether inspired by nature, dreams, stories, emotions, or the unexpected, they will create art that communicates meaning and explores new possibilities. This course encourages creative risk-taking, and confidence as students refine their artworks and discover new ways of seeing and creating.	

Course Name: Printmaking & Sculpture	KAMAR Code: 10PRS
Sculpture and Printmaking invites students to explore ideas, imagination, and creativity through a range of hands-on techniques and materials. Students will develop their own thinking while experimenting with modelling clay, construction, printmaking, and mixed-media processes. Whether inspired by nature, dreams, stories, emotions, or the unexpected, they will create art that communicates meaning and explores new possibilities. This course encourages creative risk-taking and confidence as students refine their artworks and discover new ways of seeing and making.	

Course Name: Te Ao Haka	KAMAR Code: 10TAH
Students will engage in Te Ao Haka as a culturally responsive performing arts course that provides opportunities to explore Māori culture, language, identity, and traditional practices through haka and performance. They will learn the foundations of Te Ao Haka while developing an understanding of how the art form continues to grow and evolve in contemporary contexts. Through performance, collaboration, and reflection, students will strengthen their confidence, cultural understanding, and connection to te ao Māori while developing skills in expression, rhythm, and teamwork.	

Technology

Students are to select a minimum of one course from Technology. If you want to take more than one course from Technology, you are welcome to select extra.

Course Name: Computer Science	KAMAR Code: 10CSC
Students will learn computer science by designing and coding their own games, developing problem-solving, computational thinking, and debugging skills. They will also investigate how AI works, how intelligent systems make decisions, and the opportunities and challenges of AI, including issues such as bias and misinformation. Through creating, testing, and improving digital projects, students will build confidence as creative and capable digital innovators.	

Course Name: Digital Media	KAMAR Code: 10DGM
Students will explore how digital media is created, designed, and shared using industry-standard tools and techniques. They'll create digital outcomes such as animations, websites, graphics, and interactive content while learning how design elements such as colour, layout, typography, and accessibility shape user experiences. Students will develop valuable creative and digital skills while gaining the confidence to design engaging media for real-world audiences and purposes.	

Course Name: Food Technology (Hospitality)	KAMAR Code: 10FTE
Students will build confidence in the kitchen through fun, hands-on cooking experiences. They'll learn food preparation skills, nutrition, biotechnology, and safe kitchen practices while creating a range of tasty dishes. Through planning, making, and evaluating their food products, students will consider the influence of culture and the environment on food choices while developing creativity, independence, and practical life skills.	

Course Name: Metal Technology	KAMAR Code: 10MTT
Students will design and engineer projects using a range of metals, developing practical workshop skills and learning how to safely use tools and equipment. Through hands-on making, testing, and refining their ideas, they'll apply engineering thinking to solve real design challenges and create strong, fit-for-purpose products.	

Course Name: Robotics	KAMAR Code: 10ROB
Students will learn how robots are designed, built, and programmed by using VEX IQ kits to explore how different parts work together. They will learn how the robot's structure, gears, sensors, and motors all play a role in how it moves and reacts. Students will build and code their own robots, using sensors and simple automation to help the robot make decisions and complete tasks. By experimenting with different components and testing their ideas, students will create reliable robots that are designed for the vex robotics game. Students may choose to participate in the robotics tournaments as an extra curricular activity.	

Course Name: Spatial and Product Design (DVC)	KAMAR Code: 10DVC
Students will explore product design and architecture, learning how great ideas become real-world solutions. They'll develop creative thinking, sketching, technical drawing, and CAD skills while designing and modelling their own concepts. Through hands-on projects, students will experiment with materials, form, and user experience while developing the skills to communicate and refine innovative design ideas.	

Course Name: Textiles and Design Technology	KAMAR Code: 10TEX
Students will explore fashion and product design through hands-on projects using a range of soft materials and modern technologies. They'll develop practical making skills, test and refine creative ideas, and learn how sustainability, ethics, and purposeful design influence the products we use every day. Along the way, they'll gain confidence working independently, collaborating with others, and turning ideas into high-quality finished products.	

Course Name: Wood Technology	KAMAR Code: 10WDT
Students will design and build their own wood projects, learning how to safely use tools, select materials, and create strong, well-crafted products. Through hands-on making, they'll develop practical workshop skills, solve design challenges, and bring their ideas to life.	

Electives

You may select up to 3 courses from the Open Electives.

Course Name: Outdoor Education	KAMAR Code: 10OED
Students will engage in outdoor education experiences that develop their understanding of safety, leadership, teamwork, and environmental awareness in a range of outdoor settings. They will participate in practical activities such as tramping, navigation, camping skills, and water-based experiences where appropriate, learning how to plan, prepare, and respond effectively in outdoor environments. Students will develop knowledge of risk management, decision-making, and survival skills while building confidence, resilience, and independence. They will also explore their connection to the natural environment and learn how to care for and respect it. Through hands-on experiences, students will strengthen their physical capabilities and personal growth.	

Course Name: Sports Education	KAMAR Code: 10SPO
Students will focus on movement skills and principles in sport, developing their understanding of locomotor, non-locomotor, and object control skills, along with game structures and tactical thinking. They will explore training methods to improve sport-specific fitness components and learn how psychological preparation can enhance performance and support injury prevention. Students will also study nutrition to optimise performance and recovery, as well as engage in fitness testing and the development of personal exercise plans. Through practical and theory-based learning, they will build confidence, resilience, and a deeper understanding of how to improve and maintain physical performance.	

Course Name: French	KAMAR Code: 10FRE
Students will have an introduction to the French language and the cultures of the French-speaking world. They will develop the ability to communicate in simple French in everyday, familiar situations, building foundational skills in listening, speaking, reading, and writing. Learning focuses on practical communication through engaging topics such as greetings, farewells, personal information, family and pets, classroom life, weather and seasons and food. Students will learn to understand and use basic vocabulary and sentence structures to interact with others and express simple ideas. The course also introduces students to aspects of French-speaking cultures through a range of authentic and engaging resources, helping to develop curiosity, cultural awareness, and an appreciation of global diversity.	

Course Name: Japanese	KAMAR Code: 10JPN
Students will have an introduction to the Japanese language and the cultures of the Japanese-speaking world. They will develop the ability to communicate in simple Japanese in everyday, familiar situations, building foundational skills in listening, speaking, reading, and writing. Learning focuses on practical communication through engaging topics such as greetings, personal information, classroom life, hobbies, leisure activities and Japanese festivals throughout the year. Students will learn to understand and use basic vocabulary and sentence structures to interact with others and express simple ideas. The course also introduces students to aspects of Japanese-speaking cultures through a range of authentic and engaging resources, helping to develop curiosity, cultural awareness, and an appreciation of global diversity.	

Course Name: Spanish	KAMAR Code: 10SPA
Students will be introduced to the Spanish language and the cultures of the Spanish-speaking world. They will develop foundational skills in listening, speaking, reading, and writing through practical communication in everyday situations. Learning will focus on topics such as greetings, introductions, family, school life, weather, and food, using basic vocabulary and simple sentence structures to share information and express ideas. Through interactive activities and regular language practice, students will build confidence in using Spanish while developing cultural awareness and an appreciation of the diverse traditions and perspectives found across the Spanish-speaking world.	

Course Name: Te Reo Maori	KAMAR Code: 10MAO
Hutia te rito o te rito o te harakeke, whakatairangahia rere ki uta, rere ki tai, ki mai ki ahai, he aha te mea nui o te ao, maku e ki atu, he tangata, he tangata, he tangata. Tauira will learn basic te reo Māori, tauira will be equipped with language to immerse themselves in tikanga Māori, ngā whakapono Māori mō te ao Māori. It will enable tauira to converse and communicate within their own cultural communities, and across different cultures. It fosters intellectual understanding and appreciation for diverse worldviews.	

Course Name: Agriculture	KAMAR Code: 10FRM
Students will experience a range of techniques used by farmers to grow and produce food, including monitoring animal health, shearing, drenching, fencing, planting, and the use of farm equipment. They will develop practical knowledge of how these processes contribute to successful food production in New Zealand. Students will also explore the geographical distribution of farming systems and gain an understanding of the factors that help different crops and livestock flourish. Through this learning, they will build awareness of New Zealand's farming success and the skills, knowledge, and practices required to sustain productive agricultural systems.	

Course Name: Horticulture	KAMAR Code: 10HOR
Students will be introduced to the skills necessary to grow and maintain a productive vegetable garden. They will learn how to prepare soil, sow seeds, care for plants, and manage growth through to maturity in the school garden. Students will gain practical experience in planting, watering, weeding, and harvesting, while developing an understanding of seasonal planting cycles and basic horticultural practices. They will also explore the importance of sustainability, healthy food production, and caring for the environment. Through hands-on learning, students will build confidence, responsibility, and an appreciation for where food comes from and how it is grown.	

Course Name: Crime, Law and Justice	KAMAR Code: 10CLJ
Students will explore the causes and consequences of crime and gain an understanding of the criminal justice system in New Zealand. They will examine New Zealand crime statistics and case studies to develop insight into how and why crime occurs and is managed. Students will also investigate the concept of justice, including cases of wrongful conviction and issues of inequality within the justice system. Through this learning, they will develop critical thinking skills and a deeper awareness of how justice is applied in society and the factors that can influence fair and unfair outcomes.	

Course Name: Junior Psychology – Brainwaves & Behaviour	KAMAR Code: 10PSY
Psychology is the study of the human mind and behaviour. It helps us understand why people say and do the things they do. This course will involve discussions, reading and writing about different aspects and fields of psychology. Students will get a chance to learn about famous people with psychological disorders and specific behaviours such as lying, addiction and aggression to name a few. Having the ability to understand people and their behaviours are valuable life-long skills to have.	

Course Name: Polynesian Drama Studies	KAMAR Code: 10PDR
Students will engage in theatre learning delivered through a Māori and Pasifika lens, exploring scripts, themes, and issues that reflect how and why Aotearoa has developed into the society it is today. They will examine the social, historical, and economic influences that have shaped the cultural uniqueness of our whenua/fanua. Students will participate in group work, physical theatre performance, reflective and critical writing, and creative processes that draw on their imagination and personal ideas. Through this learning, they will develop confidence in performance, collaboration, and communication while deepening their understanding of identity, culture, and storytelling in Aotearoa.	

Course Name: Instrumental Art	KAMAR Code: 10INS
Students will develop their skills, confidence, and stage presence through music-making. They will strengthen their instrumental technique on their chosen instrument and build the ability to perform with accuracy, expression, and control. Students will create engaging solo and group performances across a range of musical styles, developing their understanding of rhythm, melody, harmony, and musical interpretation. They will also refine their rehearsal habits, listening skills, and ensemble awareness while working collaboratively with others. Through regular performance opportunities and feedback, students will grow as confident musicians who can communicate effectively through their instrument and connect meaningfully with audiences.	

Course Name: Origins of Theatre	KAMAR Code: 10OOT
Students will engage in theatre learning delivered through traditional, Eurocentric foundational theatre practices, including the study of script work, devising, and the use of theatre technology where appropriate. They will participate in group work, physical theatre performance, reflective and critical writing, and creative processes that draw on their imagination and personal ideas. Students will develop confidence in performance, collaboration, and communication while gaining an understanding of how theatre is created, interpreted, and presented to an audience.	

Course Name: Vocal Art	KAMAR Code: 10VAR
Students will build confidence, creativity, and musicianship through the power of voice. They will develop healthy vocal technique, explore harmony singing, and work collaboratively across a range of musical styles. Students will strengthen their listening skills, pitch accuracy, and musical expression while learning how to blend effectively within a group. Through regular performance opportunities, they will develop stage confidence and an understanding of how vocal music is used to communicate emotion and meaning. Students will also grow as reflective musicians, improving their technique and performance through feedback and practice.	

Full Day Course

Course Name: Kapa Haka	KAMAR Code: KAPA
Students will participate in Kapa Haka through a tuakana-teina model, where more experienced students support and guide others in their learning. Students are expected to commit to attending Kapa Haka for the full day each Friday and to actively contribute to the group. Throughout the course, they will develop knowledge and skills in mōteatea, waiata-ā-ringa, poi, haka, and karakia, while gaining a deeper understanding of te reo Māori, tikanga, and Māori culture. Students will build confidence, discipline, teamwork, and leadership skills, and will have opportunities to perform at school and community events. A high level of commitment, pride, and dedication is expected as students work together to achieve excellence in performance.	