

SOUTHLAND GIRLS' HIGH SCHOOL

TE KURA TAITAMAWĀHINE O MURIHIKU



2027 OPTIONS BOOKLET YEAR 9 and YEAR 10

Use the Year 9 or Year 10 planning template on pages 6-9 to help guide your selections

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SGHS CURRICULUM YEAR 9 AND YEAR 10

Our junior curriculum offers a broad, in-depth, and dynamic educational journey tailored to cater to every student's unique abilities, needs, and aspirations. We believe in empowering students to take ownership of their learning path through our Learning Packages, designed to build foundational knowledge while allowing young people to discover and develop their personal passions.

Grounded in Te Mātaiaho

Our refreshed curriculum aligns with Aotearoa New Zealand's national curriculum framework, Te Mātaiaho. Every aspect of our teaching is designed to support equity, excellence, and the principles of Te Tiriti o Waitangi. Content is organised into distinct year-by-year programmes, establishing clear national benchmarks

Across all learning contexts, students will engage in rich, meaningful experiences where Literacy, Numeracy, and Mātauranga Māori are deliberately interwoven to ensure strong educational foundations and a deep appreciation of our local and national heritage.

Curriculum Structure

1. Compulsory Learning Areas

In Years 9 and 10, compulsory learning includes choices from each of the following learning areas:

- Creative Arts
- English
- Mathematics and Statistics
- Physical Education and Health
- Science
- Social Sciences
- Technology

2. Students then select additional Learning Packages to dive deeper into their specific areas of interest:

- Creative Arts
- Languages
- Physical Education and Health
- Science
- Social Sciences
- Technology

Cambridge International Examinations are available through Global Perspectives and Year 10 Cambridge English, Mathematics and Science. The Cambridge Examination is an international syllabus that closely matches our New Zealand Curriculum, but extends our students into knowledge, concepts and skills allowing them to test themselves on the international stage.

Looking Ahead: Qualifications Pathways (From 2028)

As our junior students prepare for their senior years, they will transition into Aotearoa New Zealand's updated secondary qualifications system. Replacing NCEA, this new model introduces three distinct awards designed to recognize student achievement progressively.

Important Note: The qualifications' structure detailed below reflects official guidance as of August 2026 and remains subject to updates from the Ministry of Education.

Award	Implementation Year	Target Year Level	Key Requirements & Focus
Foundational Award	2028	Year 11	Focuses strictly on essential Literacy and Numeracy (or <i>Te Reo Matatini me te Pāngarau</i>). Passing this award is a corequisite to achieving the NZCE and NZACE. Year 11 students engage in a full program of six subjects, including English, Mathematics, and Science.
New Zealand Certificate of Education (NZCE)	2029	Year 12	Students typically study five or six subjects. To achieve the award, students must pass at least three subjects at the relevant level (or above) and hold the Foundational Award.
New Zealand Advanced Certificate of Education (NZACE)	2030	Year 13	Students typically study five subjects. To achieve the award, students must pass at least three subjects at the relevant level (or above) and hold the Foundational Award.

For more detailed information regarding the national qualification updates, please visit the official Tāhūrangi education portal: [Senior Secondary Qualifications Updates](#).

SUBJECT OPTIONS EXPO

Come along to our Subject Options Expo and discover the exciting opportunities ahead. We can support you in exploring your subject choices and answering your questions.

All Students and Caregivers Welcome
(Current students can attend either date)

Current Students

Tuesday 1 September
12 noon – 12:50 pm
SGHS West Hall

Current and New Students

Tuesday 22 September
3:30 pm until 6:00 pm
SGHS West Hall
(look for the flags)

Option selection opens: Monday, 7th September 2026

Option selection closes: Thursday, 24th September 2026

HOW TO SELECT YOUR SUBJECTS ON HELIX

If you are new to SGHS in 2027 please use the emailed link that was sent to submit your subjects

- **Subject Selection Opens:** 7th September
- **Subject Selection Closes:** 24th September - changes must be made prior to this date.



The process below is for current SGHS students only

STEP 1: Visit the following website <https://parent.helixsms.co.nz/cg/dashboard> or use the Helix App on your mobile phone.

- Log in with your school email address and Helix password - if you have any problems with this see Mrs Pirini or Mrs Garrick.
- Go to your student profile by clicking on the icon:



STEP 2: Select Options by clicking on Options next to the Summary box.

STEP 3: Change the Year to 2027

STEP 4: Select the Year level for which you wish to do the course

STEP 5: Select your option choices

☐	9CMP		Computer Bytes Plus	Text & Information Management	Year 9	\$0.00
☐	9DCS1	info	Dance Centre Stage	Dance	Year 9	\$0.00
☐	9DCS2		Dance Centre Stage	Dance	Year 9	\$0.00
☐	9DDE		Drama Devised	Drama	Year 9	\$0.00
☐	9DDF1		Drama Defined	Drama	Year 9	\$0.00
☐	9DDF2		Drama Defined	Drama	Year 9	\$0.00

STEP 6: Select SAVE

How to make a change: go back into the Options tab, untick the option you no longer want to take, SAVE, then choose the option you do want to take, SAVE. (Changes must be made prior to 24th September).

CHOOSE YOUR SUBJECTS / LEARNING PACKAGES

YEAR 9

Year 9 Compulsory Learning Packages	
Subject Name	Subject Code
Creative Arts Choose ONE of: Dance Drama Music Visual Art Digital Art	9DAN 9DRA 9MUS 9ART 9DAR
English Choose ONE of: English English Expand	9ENG 9EX
Maths Choose ONE of: Maths Maths Excel	9MAT 9MX
Physical Education select: PE & Health	9PEH
Science select: Science	9SCI
Social Science Choose TWO of: Civics* Geography* History* Global Perspectives 1* Global Perspectives 2*	9CIV 9GEO 9HIS 9GBP1 9GBP2
} If choosing Global Perspectives, please select both 1 and 2 as your two choices.	
Technology Choose ONE of: Textiles Technology Wearable Arts Digital Technology Food Technology Design and Visual Communication	9TTC 9WTC 9DTC 9FTC 9DVC
Year 9 Free choice	
Choose TWO Learning Packages from:	
Build a Band* Musical Theatre* French Beginners 1 Japanese Beginners 1 Te Reo Māori Beginners 1 Junior Commerce & Enterprise* Agriculture* Science Investigations* Dance Drama Music Performance Physical Education Civics Geography	9BAB 9MTH 9FRE1 9JPN1 9TRM1 9JCE 9AGR 9SINV 9DAN 9DRA 9MUS 9PPE 9CIV 9GEO

History	9HIS
Textiles Technology	9TTC
Wearable Arts	9WTC
Digital Technology	9DTC
Food Technology	9FTC
Visual Art	9ART
Design and Visual Communication	9DVC
Digital Art	9DAR

***NB. These subjects can only be taken ONCE (i.e. only in Year 9 or Year 10, not both)**

Use the table below to make your choices:

Creative Arts (1)	•
English (1)	•
Maths (1)	•
Physical Education	• 9PEH
Science	• 9SCI
Social Science (2)	• •
Technology (1)	•
Free Choice (2)	• •

YEAR 10

Year 10 Compulsory Learning Packages	
Subject Name	Subject Code
Creative Arts Choose ONE of: Dance Drama Music Visual Art Digital Art	10DAN 10DRA 10MUS 10ART 10DAR
English Choose ONE of: English English Cambridge	10ENG 10EC
Maths Choose ONE of: Maths Maths Cambridge	10MAT 10MC
Physical Education select: PE & Health	10PEH
Science Choose ONE of: Science Science Cambridge	10SCI 10SCA
Social Science Choose ONE of: Civics Geography History Global Perspectives 1 Global Perspectives 2	10CIV 10GEO 10HIS 10GBP1 10GBP2
If choosing Global Perspectives, please select both 1 and 2 as your two choices.	
Technology Choose ONE of: Textiles Technology Digital Technology Food Technology Hard Materials Design and Visual Communication	10TTC 10DTC 10FTC 10HMT 10DVC
Year 10 Free choice Choose TWO Learning Packages from: (if choosing a language please select both options of the language as your 2 choices)	
Music Technology * Musical Theatre * French Beginners 2 French Beginners 3 Japanese Beginners 2 Japanese Beginners 3 Te Reo Māori Beginners 2 Te Reo Māori Beginners 3 Junior Commerce & Enterprise * Agriculture * Science Investigations * Dance Drama Music	10MTC 10MTH 10FRE2 10FRE2 10JPN2 10JPN3 10TRM2 10TRM3 10JCE 10AGR 10SINV 10DAN 10DRA 10MUS

Performance Physical Education	10PPE
Civics	10CIV
Geography	10GEO
History	10HIS
Textiles Technology	10TTC
Digital Technology	10DTC
Food Technology	10FTC
Hard Materials Technology	10HMT
Visual Art	10ART
Design and Visual Communication	10DVC
Digital Art	10DAR

***NB. These subjects can only be taken ONCE (i.e. only in Year 9 or Year 10, not both)**

Use the table below to make your choices:

Creative Arts (1)	•
English (1)	•
Maths (1)	•
Physical Education	• 10PEH
Science	•
Social Science (1)	•
Technology (1)	•
Free Choice (2)	• •

CREATIVE ARTS – YEAR 9

Dance (9DAN)

1 semester

Do you like to move?

Then this course is for you. It does not matter if you have some, heaps or no experience in Dance. We will learn new movement sequences as a class and choreograph in small groups. There will be opportunities for your skills to shine, no matter your experience level.

Drama (9DRA)

1 semester

Ever wanted to bring out your inner drama queen in the classroom?

Now's your chance! This hands-on course is your opportunity to unleash your imagination, build confidence, and find your unique creative voice. Whether you love stepping into the spotlight, creating hilarious characters with friends, or designing the behind-the-scenes magic that brings stories to life, you'll get the freedom to experiment and make it happen.

Through practical games, exciting performance projects, and dynamic storytelling, you'll build real acting skills in a fun, supportive space. No experience needed! Just bring your energy, embrace the drama, and bring your biggest ideas to life!

Build a Band (9BAB)

1 semester

Ready to bring the noise and own the stage?

Build a Band is a hands-on course focused on live performance and the art of working in an ensemble. Whether you are already a master on your instrument or a complete beginner ready to learn, you will team up with your classmates to form a real, working band.

Together, you'll dive into rehearsals, learn how to listen and lock in with other musicians, and master the teamwork it takes to pull off an epic live set. If you want a high-energy class where you spend countless lessons jamming, collaborating, and performing music with your friends, this is where you belong!

Musical Theatre (9MTH)

1 semester

Step into the spotlight and unleash your full potential in Year 9 Musical Theatre!

Over the course of a single semester, you will hone your skills as a true "triple threat" in an unforgettable live musical performance. Throughout the course, you will be discovering the power of your voice, mastering dynamic choreography, and taking on compelling dramatic roles.

Whether you are a seasoned performer or stepping onto the stage for the first time, this hands-on course will push your creative boundaries and build your confidence. Don't just watch the show - be the star of it!

Music (9MUS)

1 semester

Ready to discover your sound?

This hands-on course is all about kickstarting your musical journey by exploring how music works and building practical and theoretical skills. This course will give you the chance to boost your confidence and unleash your creativity in a fun, supportive space.

Whether you want to learn the basics of an instrument, understand how your favourite songs work, or discover your unique musical voice, this class is your backstage pass to the music world. No experience needed—just bring your energy and a willingness to try something new!

Visual Art (9ART)

1 semester

In this course, you will explore drawing, painting, sculpture, and printmaking. You will use a workbook to learn how to understand, develop and generate art to create a finished work for each unit.

If you love a hands-on subject and getting creative, this is the course for you.

Both 9ART and 10ART are pathways to learning all Visual Arts (Painting, Printmaking, Sculpture, Photography and Design) as a senior.

Design and Visual Communication (9DVC)

1 semester

Previously known as Architecture (AVC), this course introduces students to the design process in Architecture and Product design and focuses on how to use it to make life better. Students will design buildings and products using technical drawing skills and 3D Prototype making.

Students will learn how to communicate ideas through a variety of drawing methods. Students learn how to design for a brief, how to problem solve and how to meet specifications.

Digital Art (9DAR)

1 semester

This beginner course introduces students to making art using digital media such as digital cameras and computer software. Topics vary but could include photography, illustration / character design and stop-motion animation.

Students will learn using the art-making process to plan, develop and refine digital artworks. They will also learn about composition, photo manipulation, anime/manga, vector art and more.

CREATIVE ARTS – YEAR 10

Dance (10DAN)

1 semester

Ready to explore the power of movement?

This course is designed to highlight your personal strengths. If you are a beginner, you will focus on execution and performance energy. If you are more advanced, you will get opportunities to take on leadership roles or choreograph solo moments.

You will further develop your skills as a choreographer and performer by analysing your own and others' movements.

Drama (10DRA)

1 semester

Think you've got what it takes to create something iconic?

If you're ready to boost your confidence, hang out with like-minded creators, and build real performance power, this is your course. We're taking control of the craft to refine your acting, voice, and movement techniques through high-energy workshops.

You and your group will design original performances, experiment with character creation, and learn how to turn simple ideas into real onstage magic. Step up, embrace the hype, and let's make some unforgettable moments!

Music Technology (10MTC)

1 semester

Ever wanted to drop your own tracks or create a massive beat?

Welcome to Music Technology! This exciting option is your hands-on guide to modern audio production. Using cool apps like GarageBand, BandLab, and Soundtrap, you will learn to build original songs from scratch, record live sounds, and mix songs like a pro.

Whether you want to engineer electronic tracks or design unique audio effects, this class gives you the power to invent your own sound. All you need to bring is your creativity and get ready to produce!

Musical Theatre (10MTH)

1 semester

Ready to command the stage and show the world what a real triple threat can do?

Over one action-packed semester, you'll collaborate with a passionate cast to build, polish, and perform a musical production from start to finish. Year 10 Musical Theatre is built to elevate your talent, pushing you to refine your edge through advanced vocal techniques, high-energy choreography, and deep character work.

If you're ready to sharpen your stagecraft, take centre stage, and deliver a show-stopping performance, this is where your moment begins!

Music (10MUS)

1 semester

Ready to step up your musical game?

This course is your ultimate hands-on opportunity to build your skills, boost your confidence, and find your unique musical voice! Whether you love performing on stage, creating digital tracks, or discovering how your favourite songs are made, you will get the technical skills and creative freedom to do so.

Through practical projects and music theory, you'll build a solid foundation that prepares you for the future—while making amazing music along the way. Come along, collaborate with friends, and unleash your creativity.

Visual Art (10ART)

1 semester

A deeper dive into drawing, painting, sculpture and printmaking. This course builds on Year 9 learning (but you don't have to have taken it as a Year 9 to take 10Art).

You will develop workbook skills, learn how to generate ideas based on themes and artist models, and get to take home a variety of finished artworks.

The learning in this course will help prepare you for Year 11 Visual Art.

Both 9ART and 10ART are pathways to learning all Visual Arts (Painting, Printmaking, Sculpture, Photography and Design) as a senior.

Design and Visual Communication (10DVC)

1 semester

This course aims to give students a deeper understanding of the design process. Students learn how to design buildings, spaces, and products for people, with a focus on innovation and user-centred outcomes, responding to real-world challenges.

Students will learn how to communicate ideas using technical drawing skills, 3D prototyping and CAD (Computer-Aided Design) software. This course links with the requirements for NCEA Level 1 Design and Visual Communication.

Digital Art (10DAR)

1 semester

This course offers students the chance to further develop their digital art-making skills, advancing their understanding of photography: technical and composition. Topics vary but could include Still Life Photography and Graphic Design layouts, such as a magazine spread.

Students will learn more about how to communicate ideas through symbolism and the selection of art-making conventions.

This course links with the requirements for NCEA Level 1 Visual Arts and builds prior knowledge for Photography and Design at Level 2 & 3.

English (9ENG)

Full Year

Do you want to discover more about the world and your role in it? Would you like to have more confidence in expressing yourself? Then you should choose English Discovery!

This course allows you to build on your English skills to understand, use, and create oral, written, and visual texts. We will explore prior knowledge, take a quick check of the basics, and continue building knowledge and improving digital skills, checking confidence with new learning as we go.

English Expand (9EX)

Full Year

Interested in why people do what they do? How to get your voice heard? What influences our ideas and beliefs? Then English Expand is the class for you.

In this course you will develop your ability to think and respond critically to a wide variety of texts, visual, oral, and written. Bring your problem-solving and digital skills as well as big picture thinking to create written, visual, and oral texts that will prove the real-world impact your words can have.

English (10ENG)

Full Year

This course is for students who have completed Year 9 English and further develops their reading, writing, and critical thinking skills.

During this course you will explore a range of modern text types, as well as traditional literature. You will also delve deeply into what you read, view, and listen to. The aim of the course is that you increase your confidence in reading and writing.

Finally, you will be encouraged to take risks and to think independently whilst experimenting with a wide variety of English skills.

Cambridge English (10EC)

Full Year

No text ever exists in isolation. And neither do you. Test yourself on the international stage and accept the challenge of sitting the mind-broadening Cambridge Exams, cementing your study, digital and time-management skills before hitting the NCEA years.

You will critically engage with written, visual, and oral texts, developing your ability to understand how texts can influence people and who is trying to influence you. You will also create your own texts, developing your ability to effectively influence your audience to get your voice heard on the global stage.

Costs: By studying this course, students can opt into the Cambridge International Examinations, which incurs a cost of approximately \$200.00. You can still complete this course without choosing to enter the formal exam.

French Beginners 1 (9FRE)

1 semester

Ready to discover the French-speaking world?

In French Beginners 1, you will learn how to communicate in French through fun, practical topics and real-life conversations. You will develop your confidence in speaking, listening, reading, writing, and interacting in French while exploring the cultures of France and other French-speaking countries.

During the semester, you will learn how to greet people, introduce yourself, talk about your age, where you live, the languages you speak, your family, birthdays, dates, the weather, and the seasons. You will build a foundation of French vocabulary and pronunciation, learn basic sentence structures, and use everyday expressions to communicate about yourself and your world.

You will also discover interesting aspects of French culture, including customs, celebrations, and the many countries and communities around the world where French is spoken. By the end of the course, you will be able to understand and use simple French in familiar situations and have the skills and confidence to continue your language-learning journey.

Japanese Beginners 1 (9JPN)

1 semester

Have you ever wanted to learn a new language, travel to Japan, understand anime and manga, or communicate with people from another culture?

Japanese Beginner 1 is an exciting introduction to the Japanese language and culture.

Students learn how to introduce themselves, talk about their family, friends, interests, birthdays, and favourite foods, while developing skills in speaking, listening, reading, and writing Japanese.

Students will learn to read and write the Hiragana script, discover fascinating cultural traditions and festivals, and explore how respect and politeness are expressed in everyday life in Japan. Lessons include games, conversations, cultural activities, and interactive language learning experiences that build confidence and communication skills.

No prior knowledge of Japanese is required. This course provides a strong foundation for further language study and opens the door to one of the world's most unique and influential cultures.

Are you looking to improve or ignite your te reo Māori journey? This is the best place to start. You will learn how to communicate in te reo Māori through fun, engaging topics and activities. You will develop your confidence in speaking, listening, reading, writing, and interacting in te reo Māori while gaining a deeper understanding of Māori culture, values, and traditions.

Throughout the course, you will learn how to greet people, introduce yourself, learn about pepehā, describe your family and relationships, times and seasons, birthdays, and weather, as well as common phrases for different situations. You will acquire a foundation of Māori vocabulary and pronunciation, learn basic sentence structures and expressions to communicate about yourself and your world.

You will gain an understanding of important māori cultural concepts, including tikanga (customs and protocols), whakataukī (proverbs), waiata, and the significance of te reo Māori within Aotearoa New Zealand. Upon completing the course, you will be able to understand and use simple te reo Māori in familiar situations and have the confidence and skills to continue your language-learning journey.

LANGUAGES – YEAR 10

French Beginners 2 & 3 (10FRE2/3)

Full Year

In French Beginners 2 and 3, you will become more confident communicating in French through a wider range of everyday topics and real-world situations. You will develop your speaking, listening, reading, writing, and interaction skills while exploring the cultures and lifestyles of French-speaking communities around the world.

During the course, you will learn how to talk about your preferences, hobbies, sports, school subjects, daily routines, and leisure activities. You will describe yourself and others, express opinions and give simple reasons, tell the time, discuss belongings, and communicate about places such as your home, school, and town. You will also learn how to ask for and give directions, make simple comparisons, talk about future plans, and express wants, needs, and permission.

As your language skills grow, you will learn to create longer and more connected sentences, take part in short conversations, and understand a greater range of spoken and written French. You will also deepen your understanding of French-speaking cultures by exploring daily life, school systems, traditions, and communities in countries where French is spoken.

Japanese Beginners 2 & 3 (10JPN2/3)

Full Year

Ready to take your Japanese to the next level?

Japanese Beginner 2 and 3 builds on the skills developed in Beginner 1 and helps students become more confident communicators in Japanese. Students will learn to talk about themselves, their family, hobbies, daily routines, school life, favourite activities, and future plans while developing their speaking, listening, reading, and writing skills.

Students will expand their knowledge of Japanese writing by strengthening their use of hiragana and learning katakana, and kanji. Students will learn how to communicate in a wider variety of real-life situations. They will practise having conversations, giving opinions, making invitations, talking about time and daily activities, and discussing topics that matter to them.

Alongside language learning, students will explore Japanese culture, including school life, social customs, family traditions, and the importance of respect and politeness in Japanese society. Through interactive activities, games, conversations, and cultural experiences, students will develop a deeper understanding of one of the world's most fascinating cultures.

This course is ideal for students who have completed Japanese Beginner 1 and want to continue building their language skills while preparing for more advanced study, travel, and intercultural experiences in the future.

Te Reo Māori Beginners 2 & 3 (10TRM2/3)

Full Year

In Beginners Te Reo Māori 2 and 3, you will build on the language skills and cultural knowledge gained in Beginners Te Reo Māori 1. Through engaging activities, practical language use, and everyday conversations, you will continue to strengthen your confidence in speaking, listening, reading, writing, and interacting in te reo Māori.

Throughout the course, you will expand your vocabulary and learn to communicate in a wider range of familiar situations. You will talk about your daily routines, hobbies and interests, describe people and places, discuss past and future events, and express your opinions and preferences using increasingly complex language structures.

You will continue to explore important aspects of te ao Māori, including tikanga, waiata, whakataukī, and Māori perspectives that help shape life in Aotearoa New Zealand. By the end of the course, you will be able to engage in longer conversations, understand and respond to a broader range of spoken and written te reo Māori, and have the confidence and skills to continue progressing on your te reo Māori journey.

MATHEMATICS YEAR 9

Mathematics (9MAT)

Full Year

This course is designed to strengthen students' mathematical understanding and problem-solving skills across a range of topics. It provides a balanced approach, ensuring students develop confidence in applying mathematical concepts to real-world situations.

Students will engage in investigative activities, collaborative learning, and practical applications.

Costs: Students will be required to purchase a Maths write-on workbook approx. \$24.95

Mathematics Excel (9MX)

Full Year

This extension and enrichment course is designed for students who demonstrate strong mathematical ability and a passion for problem-solving.

It covers advanced concepts beyond the standard and fosters critical thinking, creativity, and mathematical reasoning whilst focusing on retention and growth of understanding.

Costs: Students will be required to purchase a Maths write-on workbook approx. \$24.95

MATHEMATICS YEAR 10

Mathematics (10MAT)

Full Year

This course is designed to strengthen students' mathematical understanding and problem-solving skills across a range of topics. The course builds on the learning from the previous year, providing a balanced approach, ensuring students develop confidence in applying mathematical concepts to real-world situations.

Students will engage in investigative activities, collaborative learning, and practical applications.

Costs: Students will be required to purchase a Maths write-on workbook approx. \$23.95

This course is designed for students who excel in mathematics and crave a rigorous intellectual challenge. You will master complex concepts while sharpening your logical understanding and problem-solving skills to an exceptional standard.

This course provides a powerful advantage for students aiming for high-demand university degrees in engineering, physics, computer science, economics, chemistry, accounting and mathematics. If you are passionate about unpacking how the world works through mathematical precision and want to push your abilities to the highest level, this is the course for you.

Costs: By studying this course, students can opt into the Cambridge International Examinations, which incurs a cost of approximately \$200.00. You can still complete this course without choosing to enter the formal exam.

PE & HEALTH YEAR 9

Year 9 PE & Health (9PEH) - Compulsory

1 semester

Through Physical Education, students learn movement patterns, activities, games and sports. They will also develop knowledge and practices to make their own decisions about healthy involvement in sport and physical activity.

Through Health, students are taught concepts that support their understanding of relationships, resilience, identity, and decision-making in a variety of situations.

Year 9 Performance Physical Education (9PPE)

1 semester

Students will have a focus on setting and achieving personal fitness goals. This course is open to all students who wish to improve their well-being and acquire knowledge of Physical Education theory.

This course requires a high level of motivation and a commitment to improving Cardiovascular and Muscular Endurance. Anatomy, Methods of Training, Principles of Training and Components of Fitness are explored, providing a solid foundation for Level 1 PE.

PE & HEALTH YEAR 10

Year 10 PE & Health (10PEH) - Compulsory

1 semester

Through Physical Education, students learn movement patterns, activities, games and sports. They will continue to develop knowledge and practices to make their own decisions about healthy involvement in sport and physical activity.

Through Health, students are taught concepts to support their understanding of relationships, resilience, identity, and decision-making in a variety of situations.

Year 10 Performance Physical Education (10PPE)

1 semester

Students will have a further focus on setting and achieving personal fitness goals. This course is open to all students who have completed Year 9PE/PPE with good grades for Effort and Participation.

This course requires a high level of motivation and a commitment to improving muscular strength, endurance and flexibility. Energy Systems, Force Summation and Reciprocal Inhibition are explored. Wider aspects of Hauora are touched upon, including nutrition, mindfulness and financial health, providing a solid foundation for Senior P.E.

If you enjoy regular vigorous Physical Exercise, then this could be for you.

SCIENCE YEAR 9

Science (9SCI) - Compulsory

1 semester

This provides a broad and challenging Science course that builds on the skills already developed in previous years.

Through contexts related to Biology, Chemistry, Physics and Earth Science, students will learn to apply scientific knowledge and use critical thinking to real-world situations and issues.

SCIENCE YEAR 10 - Compulsory

Choose either:

Science (10SCI)

Full Year

This provides a broad and challenging Science course that builds on the skills already developed in Year 9.

Through new contexts related to Biology, Chemistry, Physics and Earth Science, students will learn to apply scientific knowledge and use critical thinking to real-world situations and issues.

Or

Cambridge Science (10SCA)

Full Year

This course covers Biology, Chemistry and Physics and develops an in-depth understanding of the world of science. It provides students with the opportunity to challenge themselves in an international examination at the end of the year.

Costs: By studying this course, students can opt into the Cambridge International Examinations, which incurs a cost of approximately \$200.00. You can still complete this course without choosing to enter the formal exam.

Agriculture (9AGR and 10AGR)**1 semester**

Agriculture is a hands-on, practical subject where students get an introduction to explore New Zealand's primary industries, including pastoral farming, dairy production, sheep and beef farming, pasture management, animal breeds, and the technology used on modern farms.

Throughout the semester, students will take part in field trips and practical activities with industry professionals, developing real-world skills such as fencing and water system connections, while guest speakers introduce the exciting careers and pathways available within the agriculture sector.

This course is ideal for students who enjoy working outdoors, learning by doing, and discovering how agriculture plays a vital role in New Zealand's future.

Costs: \$150.00 for field trips (approximate)
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Science Investigations (9SINV and 10SINV)**1 semester**

This course is for students who are curious and who engage well with hands-on learning within science.

It aims to promote the development of scientific inquiry skills focusing on designing, carrying out, analysing, evaluating, and communicating the overall findings of different investigations.

Students will be exposed to multiple investigative approaches, such as pattern-seeking, fair testing, exploration, and modelling.

Students will be expected to participate in the NZAS Science and Technology Fair, presenting one of their projects.

Global Perspectives: Step Up, Stand Out (9GBP or 10GBP)**Full Year**

This Cambridge-level course is a full-year (2 x semesters) learning package. This is an extension programme where students work towards completing the Cambridge University International Examination syllabus for IGCSE – Global Perspectives.

Step into the future in your SGHS Red Shoes and be ready to make a difference in a rapidly changing world.

Through real-world case studies and inquiry-based learning, you'll explore the big issues shaping our world.

You will investigate diverse perspectives, analyse complex issues, and learn that there is rarely a single solution to today's challenges. The course will encourage your curiosity, innovation, and the confidence to question, evaluate, and act.

The full-year programme consists of:

- Group Project (Internal Assessment)
- Individual Research Portfolio (Internal Assessment)
- Written Examination (External Assessment – November)

Costs: By studying this course, students can opt into the Cambridge International Examinations, which incurs a cost of approximately \$200.00. You can still complete this course without choosing to enter the formal exam.

Civics: Rulers, Rebels, and Republics (9CIV or 10CIV)**1 semester**

How do societies decide who makes the rules—and what happens when total power falls into the hands of a single ruler?

This Social Studies unit explores the struggle between rule by the people and tyranny. We trace the story of power from the birth of democracy in ancient Greece and Rome, through Aotearoa New Zealand's unique journey to self-rule, right up to the brutal dictatorships of the modern world.

Geography: Cocoa, Coasts, and Catastrophes (9GEO or 10GEO) 1 semester

Ever wondered how your favourite chocolate bar actually gets to the store?

We are putting chocolate under the geographic microscope to uncover the fascinating global networks, farming secrets, and real-world impact behind this delicious treat. Next, we head to the coastline. We will track how people move across borders, dive into the massive challenges facing major beachside cities, and map out the future of our crowded shores.

To wrap up the semester, we are chasing storms. Get ready to investigate natural hazards like tropical hurricanes and break down their massive economic, social, and environmental impact on the world.

The semester will be covering the following;

- The Global Journey of Chocolate
- Coastal Cities on the Edge
- The Fury of Natural Hazards

NZ History: Conflict, Protest, and Identity (9HIS or 10HIS) 1 semester

Delve into the defining moments of New Zealand's history from the 19th century to the modern day – with the emphasis being “New Zealand at War”.

This learning package will examine New Zealand soldiers' involvement in WWI and WWII, as well as brief looks at their military involvement in Korea and Vietnam.

Highlights of this package will include the battles of (Gallipoli, Monte Cassino) and the home front (anti-war protests, political shifts, and women's rights).

The aim of this learning package is to challenge students to understand how conflict and peace have shaped modern New Zealand.

Junior Commerce and Enterprise: Taking Care of Business (9JCE or 10JCE) 1 semester

The theory and practise of running a business. You will be introduced to the ideas around demand, supply, making profit, trading, etc. In the second half of the course, you will form teams and run your own business with the aim of making a profit on market day.

Costs: Each member of the team will contribute some start-up capital (approx. \$25.00) towards running the business.
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Textiles Technology (9TTC)

1 semester

This creative, hands-on course introduces students to the design process through a range of soft materials and mixed-media projects. Students will develop practical skills in designing and making bags, accessories, textile items, and other functional products while exploring creativity, sustainability, and personal expression.

Using technology practices, students will learn skills such as sewing, pattern making, construction techniques, embellishment, and working with a variety of materials.

Students will be encouraged to develop original ideas, experiment with materials, and create products that are both functional and visually appealing.

A course contribution is required to cover materials and consumable items used throughout the course.

This course provides a foundation for further study in Design, Fashion and Textiles, and Technology, and links to aspects of NCEA Level 1 courses.

Food Technology (9FTC)

1 semester

This practical course develops cooking, food preparation, and product design skills while building an understanding of healthy eating and nutrition. Students will investigate how food products are developed, experiment with ingredients, and create their own food products and packaging to meet a specific need.

Students will build confidence in the kitchen, develop creative problem-solving skills, and learn how to plan, test, and improve their ideas.

A course contribution is required to cover the cost of ingredients and materials.

This course provides a foundation for future study in Food Technology and NCEA Technology courses.

Digital Technology (9DTC)

1 semester

In this course students will build experience across a range of digital applications and computing skills. They will learn about how the Internet works and build their own webpages using HTML and CSS, game making and programming skills using Twine, and learn practical skills in hardware and electronics.

Across all these topics students will be encouraged to be savvy users of technology who understand how it works, the pros and cons, and how they can use it to better their own lives.

TECHNOLOGY YEAR 10

Textiles Technology (10TTC)

1 semester

This course builds on the skills developed in Year 9 Textiles Technology. Students will further develop their design, creativity, and construction skills through a range of textile and product design projects. The course encourages innovation, sustainability, and independent problem-solving.

A key project is the design and construction of a bespoke, personalised pair of pyjamas, where students will learn garment construction, fabric selection, pattern use, and finishing techniques. Students may also design and make items such as accessories, and other functional products using a variety of materials and technologies.

A course contribution is required to cover materials and consumable items used throughout the course.

This course provides excellent preparation for NCEA Level 1 Technology and Fashion and Textile pathways.

Food Technology (10FTC)

1 semester

This course builds on the skills and knowledge developed in Year 9 Food Technology. Students will further explore nutrition, ingredient functionality, food science, and food product development while refining their practical cookery skills.

Students will investigate more complex food issues and consumer needs, develop and adapt food products, and evaluate their outcomes using testing and feedback. They will also learn to plan and budget for meals, consider sustainability and packaging, and apply the food technology process to create innovative, fit-for-purpose products.

A course contribution is required to cover the cost of ingredients and materials.

This course provides excellent preparation for NCEA Level 1 Food and Nutrition and Culinary Arts pathways.

Digital Technology (10DTC)

1 semester

In this course students will deepen their expertise using different software and being a digital creator.

They will learn 3D Modelling and animation skills using Blender, become confident in text-based programming languages, and create basic mobile phone apps.

Across all these topics students will be encouraged to be savvy users of technology who understand how it works, the pros and cons, and how they can use it to better their own lives.

Hard Materials (10HMT)

1 semester

This is a one-semester course where students will have the opportunity to learn skills in carpentry, joinery, and engineering trades.

This course is split between the Hard Materials Room at school AND the Technology Department at Southern Institute of Technology, so students can access the equipment needed to complete their projects. Students will be transported to SIT via bus.

This course has a maximum of 16 places available for 1 semester for Year 10 students

Costs: \$150.00 per student

Wearable Arts (9WTC and 10WTC)**1 semester**

This creative, hands-on course focuses on designing and making unique wearable art using recycled and upcycled materials. Students will explore design ideas, develop practical construction skills, and transform everyday materials into imaginative fashion and art pieces. This class includes a trip to collect Op shopped garments for the base of students' designs.

Working from their own theme, students will design and create an individual wearable art garment that may be showcased in local fashion shows, exhibitions, and competitions such as Hokonui Fashion Design and TOI.

A course contribution is required to cover materials and consumable items used throughout the course.

This course provides a strong foundation for future study in Technology, Fashion, Art, and Design.

ACTION PLAN

Choosing School Subjects

Use this plan to help you decide which subjects to take in your next school year.

Step 1: Work out what subjects you enjoy

Subjects I like doing now

Subjects I'm interested in doing next year

Subjects that include activities I like doing outside of school <i>e.g., playing music, helping people, thinking creatively</i>

Step 2: Work out what subjects you are good at

Subjects I am strongest in

Subjects' others say I'm good at

Step 3: Find out what subjects you need for your career ideas

Explore the Jobs Database on the Careers New Zealand website to find out what subjects you need for your career ideas. A useful website to support your decision making:

<https://tahatu.govt.nz/work/explore-career-ideas>

Career Ideas	Subjects I need

Looking for Career Ideas?

Use the interactive tools on the Careers New Zealand website to help you get

<https://tahatu.govt.nz/> some career ideas:

- Get inspired – complete an interest quiz, work out your values and identify your skills
- School & NCEA – a career based on the subjects you enjoy at school
- Study and training – once you have established a future pathway, what qualifications will you need and where you can get these
- Work – how much can I get paid, CV skills, tips on applying for a job and how interviews work
- Plan your future – Get advice, making and acting on career decision

Still unsure about what Career would suit you.

It's okay if you don't know what you want to do in the future. Studying a broad range of subjects will keep your career options open. Keeping up with English, Maths and at least one Science subject is a good place to start.

Talk it over

Talk about your subject choices with your parents and whānau, teachers, and careers advisers.

Talk to Careers New Zealand advisers if you need more help.



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