UPPER HUTT COLLEGE



COURSE SELECTION HANDBOOK 2023

YEAR 10

Upper Hutt College is a community, passionate about learning, that encourages pride, participation and excellence.

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YEAR 10 2023

In 2023 all Year 10 students will study the following programme:

English 4 hours each week Health 1 hour each week Mathematics 4 hours each week Phys Ed 2 hours each week Science 4 hours each week Social Studies 4 hours each week Option 1 3 hours each week Option 2 3 hours each week

Foundation Skills

This course operates within the options structure. Students will be directed into this course. It offers extra Numeracy or Literacy support for one term.

Options can be selected from the following:

- Art (prerequisite for Year 11 Art)
- Athlete Development Programme (ADP)
- Dance
- Creative Media and Design
- Commerce
- Food Technology (prerequisite for Year 11 Food & Nutrition or Hospitality and Catering)
- Design and Visual Communication (prerequisite for Year 11 DVC)
- History
- Digital Technologies (prerequisite for Year 11 Digital Technologies)
- Japanese (prerequisite for Year 11 Japanese)
- Maori (prerequisite for Year 11 Maori)
- Hard Materials Technology (prerequisite for Year 11 Mechanical Engineering & Building & Construction)
- Music (prerequisite for Year 11 Music)
- Textiles

Please note that subjects will operate depending on sufficient student numbers and staff availability

Remember, when you choose your options take the time to think about:

- Your future career and subject prerequisites. Check out the UHC careers website https://upperhutt.careerwise.school/
- Where your option goes in the senior school
- Your passion and strengths. Which subjects will help you use these strengths to your best advantage.
- If you have no idea about future careers/courses/plans, then plan a course that keeps your options open.

UPPER HUTT COLLEGE SUBJECT STRUCTURE

	YEAR 10	YEAR 11	YEAR 12	YEAR 13		
ENGLISH	ENGLISH	ENGLISH 101 ENGLISH 102 ENGLISH 103 or ESOL	ENGLISH 201 ENGLISH 202 ENGLISH 203 or ESOL	ENGLISH 301 ENGLISH 302 ENGLISH 303		
LANGUAGES	JAPANESE MAORI	JAPANESE MAORI	JAPANESE MAORI	JAPANESE MAORI		
МАТН	MATHEMATICS	MATHEMATICS 101 or MATHEMATICS 102 or MATHEMATICS 103	MATHEMATICS 201 or MATHEMATICS 202	CALCULUS 301 STATISTICS 302 INTERNAL MATHEMATICS 303		
SCIENCE	SCIENCE	GENERAL SCIENCE 101 INTERNAL SCIENCE 102 HUMAN BIOLOGY	PHYSICS CHEMISTRY BIOLOGY	PHYSICS CHEMISTRY BIOLOGY		
SOCIAL	SOCIAL STUDIES HISTORY	GEOGRAPHY HISTORY	GEOGRAPHY HISTORY TOURISM	GEOGRAPHY HISTORY TOURISM CLASSICAL STUDIES		
	COMMERCE	COMMERCE BUSINESS STUDIES	COMMERCE BUSINESS STUDIES FINANCIAL LITERACY	COMMERCE BUSINESS STUDIES		
PHYS – ED / HFAI TH		PHYSICAL EDUCATION 101 PHYSICAL EDUCATION 102 HEALTH ADP 101	PHYSICAL EDUCATION or SPORTS LEADERSHIP ADVENTURE EDUCATION HEALTH	PHYSICAL EDUCATION or SPORTS PERFORMANCE ADVENTURE EDUCATION COMMUNITY SPORTS LEADERSHIP HEALTH		
ARTS	ART	ART PAINTING PRINTMAKING	ART PAINTING ART PRINTMAKING ART DESIGN ART DIGITAL PHOTOGRAPHY	ART PAINTING ART PRINTMAKING ART DESIGN ART DIGITAL PHOTOGRAPHY		
	DANCE CREATIVE MEDIA & DESIGN	DANCE DRAMA	DANCE DRAMA MEDIA STUDIES	DANCE DRAMA MEDIA STUDIES		
	MUSIC	MUSIC	MUSIC	MUSIC		
TECHNOLOGY	DIGITAL TECHNOLOGY	DIGITAL TECHNOLOGY 101 DIGITAL TECHNOLOGY 102	DIGITAL TECHNOLOGY 201 COMPUTING 201	DIGITAL TECHNOLOGY		
	FOOD TECHNOLOGY	FOOD & NUTRITION or HOSPITALITY & CATERING	FOOD & NUTRITION or HOSPITALITY & CATERING	FOOD & NUTRITION or HOSPITALITY & CATERING		
	TEXTILES TECHNOLOGY	TEXTILES	TEXTILES	TEXTILES		
	DESIGN & VISUAL COMMUNICATION (DVC)	DESIGN & VISUAL COMMUNICATION (DVC)	DESIGN & VISUAL COMMUNICATION (DVC)	DESIGN & VISUAL COMMUNICATION (DVC)		
	HARD MATERIALS TECHNOLOGY	MECHANICAL ENGINEERING	MECHANICAL ENGINEERING	MECHANICAL ENGINEERING		
		BUILDING & CONSTRUCTION	BUILDING & CONSTRUCTION	BUILDING & CONSTRUCTION		
PATHWAYS	FOUNDATION SKILLS	PATHWAYS	PATHWAYS RETAILING GATEWAY FUTURE PATHWAYS	PATHWAYS RETAILING GATEWAY		
	BOLD PRINT = COMPULSORY SUBJECTS NOTE: STUDENTS CANNOT TAKE MORE THAN TWO PE BASED COURSES IN ONE YEAR					
NOTE. STUDENTS CANNOT TAKE WORE THAN TWO PE DASED COURSES IN ONE YEAR						

ART

Head of Department: Rachel Clark

Introduction

Students are given a platform to explore the work of New Zealand and International artists in order to develop their visual literacy, critical thinking skills and to inform their art making practice.

Subject: Year 10 Art 10ART

Prerequisite

Students will require good record of achievement at Year 9 Art, or to show some of their creative work to Ms Clark.

Description:

Students are given opportunities to explore established art practice within cultural contexts. They explore a variety of art making conventions and techniques in the process and learn to communicate their creative ideas with purpose.

We aim for our students to develop strong self-management abilities and critical thinking skills in preparation for senior Art speciality subjects.

The year 10 Art course readies students for Visual Arts in year 11. We offer a Level 1 Art internal standard in year 10 worth 4 credits. Completing this internal further prepares students for specialist Art subjects in years 12 and 13; Digital Photography, Painting, Design and Printmaking which are university entrance approved subjects. The senior courses also provide a foundation for further studies in Creative Arts, Digital Photography, Design at tertiary level.

Careers that Art can lead to:

- Product Design
- Landscape
- Architecture
- Animation
- Museum or Gallery
 Management

- Interior Design
- Architecture
- App. Design
- Photography
- Artist
- Advertising

- Graphic Design
- Illustration
- Film and Television
- Art Education
- Art Historian

Students are encouraged to experiment with media and processes in:

Drawing Painting Mixed Media Design Printmaking Sculpture Photography



Year 10 Student Work





ATHLETE DEVELOPMENT PROGRAMME (ADP)

Teacher in charge: Ms Charles

Description

This programme looks to enhance students' overall well-being as an athlete through sport. Students will participate in a skills and conditioning programme, and receive high-quality coaching lessons. They will also complete theory lessons which will improve and develop not only their practical skills but also their understanding of how to look after their bodies and train properly. The theory lessons are based around sport-related studies and include such topics as skills analysis, goal setting, sports psychology, injury prevention, and diet and nutrition.

Entry Requirements

Year 9 students must currently be playing one of the following sports for UHC:

- Basketball
- Football
- Netball
- Rugby

Students will be selected based on the following: (selection will take place in Term 3 of 2022)

- Participation in trials
- Completion of generic fitness testing
- Recommendations from their current coach
- Consultation with year level Dean
- TiC and Director of Sport Discretion

Assessment

Year 10 Certificate of Achievement marks will be based on a combination of written and practical assessments.

Who can I talk to about this course?

TIC – Mrs Charles or Director of Sport – Sam Twomey

Where does this lead?

Year 11 Athlete Development Programme Year 11 PED and Year 11 Health



COMMERCE

Teacher in charge: Mr Carew

If you study Commerce at Upper Hutt College you will be studying parts of Economics, Accounting and Business Studies.

Commerce in the school curriculum aims to teach students essential thinking, decision making investigative and statistical skills as they relate to Business, Economics and Accounting. These skills are of primary importance to our young people as NZ is a country built on small businesses.

Subject: Year 10 Commerce 10CMM

Prerequisite: None

NZ is a nation of enterprising people; we have climbed the biggest mountains before anyone else, entertained the masses with our epic trilogies and can count ourselves amongst the most enterprising business people in the world.

Do you want to learn about why this is?

Do you want to learn essential skills in Business, Economics and Accounting?

Do you want to set up your own business one day?

If you do, then Commerce is for you.

Richard Branson started his first business at secondary school and look where he is today!

Topics that we will cover in Year 10 could include, but are not limited to:

- Simulated Business Activity that includes Market Day/Business Plans/Marketing/Financial planning
- Accounting how a business manages its money to make a profit including the mistakes new business owners make
- Saving and Budgeting why consumers need to budget, the problems associated with spending more than we earn, why we should save now rather than later.
- Enterprising people am I one?
- Consumer Law what are my rights as a consumer?
- Careers What do jobs in Business look like?
- Economics how do people make purchasing decisions? What influences these decisions?

The skills you require as a student of Commerce are a can-do attitude and a desire to make things happen through full and energetic participation in the economic world around you.

In return we as teachers will help you to develop the qualities needed to be an enterprising person who has the ability to tackle problems, persevere, take initiative and be flexible.

Commerce encourages students to develop a positive vision of their future as a student and practitioner of Commerce and Business. It is intended to take you on to study Commerce and Financial Literacy in the senior school and towards a career in business or as an accountant or economist. The skills you will learn will be valuable to you later in life no matter what career path you follow!



DANCE

Teacher in Charge: Donna Devaroe

Introduction

Year 10 Dance continues on from Year 9 Dance where students learnt the Elements of Space, Time, Energy, Relationships and Body Awareness. At the end of Year 9 students are working at level three of the New Zealand Arts Dance Curriculum and in Year 10 they are working towards achieving at level five to six by the end of the year.

The course is divided into three sections: technical, curriculum level work and practical dance. Students will be encouraged to undertake solo, duet and group choreographed pieces and will be building up their knowledge of different dance styles.

Prerequisite

While it is not compulsory that the student has completed Dance in Year 9, it is preferable. A student who wishes to enter Dance at Year 10 must be willing to study hard in order to learn all the terminology and choreographic structures that those students who did Year 9 Dance already know. Students entering Year 10 Dance would be most likely looking at continuing with it as an NCEA subject. Students need not have learnt any dance outside of school in order to do well in this subject.

Description

The course is divided into three sections: technical, curriculum level work and practical dance. In the

technical sessions the students are challenged to increase their cardio, strength and flexibility to order to improve their overall dance technique. Also included in these sessions are lessons on Hip Hop, Contemporary, Pasifika dance styles and American Jazz technique.

In the level work sessions, we focus on developing both a written and practical working knowledge of the New Zealand Dance Curriculum. Students are taught terminology and choreographic technique in order to prepare them to enter NCEA Level 1 Dance the following year.

The practical lessons are dedicated to learning a dance to a specific style of dance whether it be jazz, contemporary, hip hop or a fusion of a few different styles.

There may be opportunities for junior students to attend a live dance performance such as The Royal New Ballet when they tour and this will be at a reduced cost for matinee performances.





CREATIVE MEDIA AND DESIGN

Head of Department: Zondree Pierre

Introduction

Creative Media and Design is a subject that combines elements of art, computing, design, filmmaking and media studies. It involves using digital technology to explore new forms of creative expression.

Subject: Year 10 Creative Media and Design

10CMD

Prerequisite

There are no entry requirements for this course.

Description

Students who choose Creative Media and Design will have the opportunity to explore some of the following areas:

- Digital Imaging
- Graphic Design
- Design and design principles
- Filmmaking
- Animation and motion graphics

Students who take this course will develop strong self-management abilities, problem solving, collaboration, creative design and critical thinking.

Pathway

Creative Media and Design will develop skills that will prepare students for Year 12 and 13 Photography, Media Studies and Design.

Digital Media and Design is a massive growth area that has many pathways in tertiary study and careers. **Careers related to this course include:**

Graphic design
Online content manager
Social media specialist
User experience (UX) designer
Video editor
Filmmaking

Web development
Brand strategist
Motion graphics designer
Audio specialist
Illustrator
Digital Art



FOUNDATION SKILLS

Head of Department: Mrs Karla Lister



Purpose: Students will be **directed** into this course based on the recommendation of their English and/or Mathematics teacher AND their academic results. This course will run for **one term** and focus specifically on the foundation skills learners need to be successful in their mainstream subjects. Students should not select this option during course selection.

Description: Students will participate in **either** a Literacy **or** Numeracy based course, depending on their learning needs.

Literacy:	Numeracy:		
Reading Comprehension	Addition/ Subtraction		
Reading Strategies	Multiplication/Division		
Punctuation Rules	BEDMAS		
Essay Structure	Converting measurements		
Brainstorming techniques	Fractions/percentages/decimals.		
·	Word Equations		
The content of these courses may your to most the monde of the students taking the			

The content of these courses may vary to meet the needs of the students taking the course

This course is designed to give students more confidence across their core curriculum areas and will reflect their mainstream English or Mathematics course. Students will return to their selected option choice after completing the term's work.



HISTORY

Head of Department: Ashley Delaney

Introduction

History can be picked up at any level without having studied the previous year's course as long as you meet the prerequisites.

There are many excellent reasons why taking History is a good idea:

- You will understand more about why our world is the way it is today. After all, you can't know who
 you are or where you may be heading, if you do not know your past.
- History is made up of many fascinating characters and stories.
- History extends your critical and creative thinking skills.
- You will learn to interpret historical information from a range of sources.
- You will develop your inquiry skills by learning how to gather information; how to select what
 information is relevant and how to organise the information with a variety of note-making
 techniques.
- You will learn how to process information, how to tell the difference between fact and opinion and how to recognise different points of view, bias and propaganda.
- You will learn how to present and communicate your information in a variety of formats. You will learn how to write accurately, logically and effectively.

Careers that History can lead to:

- Journalist
- Architect
- Museum / Art Gallery Curator
- Author
- Anthropologist
- Researcher
- United Nations Advisor
- Games/Animation Designer
- Television & Radio Researcher

- Diplomat
- Publisher
- Town Planner
- Librarian
- Archaeologist
- Policy Analyst
- Officer in the Armed Forces
- Film Director / Producer
- Television & Radio Director

- Lawyer
- Teacher
- University Lecturer
- Archivist
- Art Conservator
- Manager
- Web Designer
- Television & Radio Writer
- Television & Radio Presenter

Subject: Year 10 History

10HIS

Prerequisite: None.

Description: Topics to be studied are:

Conspiracy Theories

Undertake an investigation of conspiracy theories, how they work and why people believe in them. Choose a theory to investigate – did the moon walk really happen? was Princess Diana's death really an accident?

Aotearoa – Trials and Tribulations

Learn about some events that have shaped NZ's history including protests, disasters and infamous crimes. Consider what made them significant and look at how they impacted NZ society. Conduct an inquiry into an event of your choice.

Tudor England

The dramatic history of England between 1400-1603 including The War of the Roses; Henry VII; Henry VIII and his six wives; The Reformation; The "Boy King"- Edward VI; The "Nine Day Queen"- Lady Jane Grey; Bloody Mary; Elizabeth I; The Execution of Mary, Queen of Scots; and The Spanish Armada;

History Heroes and Heroines

An inquiry project on inspirational people through out History

Assessment: For each topic there will be range of activities to be completed. These will include projects and research inquiries.

Leads to: Senior History at Year 11, 12 and 13

LANGUAGES

Head of Department: Kath Cowley

Languages are optional at all levels. It is not possible to take a language in the senior school if you have never studied it before. The longer you continue to learn a language the more fluent you will become and the more useful it will be for your future.

Why learn another language?

Economic benefits

- The cross-cultural and communicative competence coming from language learning will be an advantage for those of you who go on to study or work overseas, where competition for jobs is more fierce
- Students who develop some proficiency in a different language will be able to play a role in local tourism and growing New Zealand's export business

Learning benefits

- Learning a language gives you a better understanding and practical grasp of your first language
- There are cognitive benefits that come from learning languages learning a language will help with your study in other Learning Areas
- You will experience the huge personal satisfaction and fun of being able to communicate in another language

Culture and identity benefits

- Learning a language gives you an understanding of another culture and of a different worldview. It
 allows you to learn how to be outside your cultural 'comfort zone' and to develop positive attitudes to
 difference
- You will also become more aware of your own worldviews and cultural identity

Social and societal benefits

- Learning a language helps you to learn the Key Competencies of Relating to Others and Managing Self, as well as giving you the confidence to make mistakes and take risks
- Cross-cultural skills will be necessary for all New Zealanders as our country continues to diversify culturally and we welcome increasing numbers of tourists, students and migrants from other countries.



Entry requirements:

• Successful completion of Year 9 Japanese or Head of Department discretion

Description: What will I learn? Topics to be studied include:

- Me and my family
- · Describing people and pets
- My day
- School life
- Going places
- Food
- Shopping
- Sports
- · Weather and travel



Students will also be building on language skills and vocabulary from Year 9, and experiencing cultural festivals and traditions through the above language topics

Who can I talk to about this course? Watanabe Sensei

Field Trips: Embassy of Japan visit

Where does this lead? Year 11 Japanese

Can aid travel and lead to an interesting career. Japanese speakers can be found in government departments, media, tourism, teaching, scientific research and law.

Assessment:

Year 10 Certificate of Achievement marks are derived from cultural performance, memorised speeches – which can be videoed, a writing portfolio of your best work and reading and listening tasks



MAORI LANGUAGE

Head of Department: Mr Jackie Awa

Subject: Year 10 Maori 10MAO

Prerequisite: Year 9 Maori or permission from Head of Department.

Description: What will I learn?

- to understand spoken Maori with more confidence
- to develop reading and writing skills
- to speak about yourself, your home and family and your school
- to understand more about formal Maori proceedings
- to gain a deeper appreciation of yourself

How will I learn?

- through active practice of words in the classroom
- through activities in and outside the classroom
- through Te Reo Maori me ona Tikanga
- through reading short stories and legends

What careers are available for Te Reo?

- Government Departments
- Business and Management
- Financial Services
- Computing
- Arts and Crafts
- Education and Law
- Agriculture, Forest and Fisheries





MUSIC

Head of Department: Louise Clarke

Introduction

Music is an activity which all people can be involved in, no matter how young or how old. Involvement in music can be divided into three areas:

- Create
- Re-create and
- Appreciate

Create involves exploring, experimenting, improvising, arranging and composing music.

Re-create involves performing music of all kinds, in a group situation or solo, including the re-creation of students' creative efforts.

Appreciate involves developing the ability to identify, describe, classify, compare and analyse, in order to understand and value music, as well as respecting quality in music creation and re-creation. No matter what kind of music you like personally, learning more about different styles of music is a really important part of becoming a musician. Many famous pop and rock stars had a formal music education.

Music is something you can create, re-create and appreciate for the rest of your life.

Subject: Year 10 Music

10MUS

Prerequisite: Year 9 Music or an equivalent music experience

Description: Areas of music covered include:

Theory

How music is notated on paper and constructed in a variety of ways

Composition

Learning to create and write down your own compositions or melodies using different technology

Listening and Appreciation

Many different styles from different cultures and times, including early music, classical music, blues, jazz, and rock. Learning how the different music styles developed and about the instruments used.

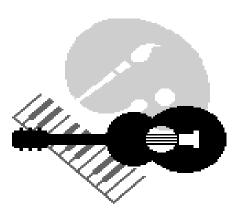
Performance

Performing music individually on the student's own instrument, and in groups. Each student should be taking lessons in their vocal or chosen instrument either privately or through the school's instrumental and vocal tuition scheme. If students wish to continue with Music to NCEA Level One they must show technical skill equivalent to 3 years tuition.

Students are expected to participate in school musical activities in particular music groups.







TECHNOLOGY

Head of Department: Grant Miles

Subject: Year 10 Design and Visual Communication – (DVC) 10DVC

Prerequisite: Students should have completed Year 9 DVC. Consideration may be given to students who have not done a Year 9 DVC course providing they have the enthusiasm and desire to succeed in this subject.

Description: Knowledge and skills established at Year 9 will be built upon in Year 10. The use of free-hand drawing to develop design ideas will be increased. Students will learn to interpret drawings and communicate information in appropriate graphic form using current conventions and standard practice. The students will also develop a sound working knowledge of drawing equipment, materials and general practice.

Students will learn to solve simple design problems and evaluate solutions in terms of how well they have met the requirements of the brief or instructions. The students will also further increase their knowledge in how they can present information through the use of graphics

techniques.

Subject: Year 10 Digital Technology

10DGT

Prerequisite: This course is open to all students.

Description: By the day our world is becoming more digital. People use digital devices to communicate with friends, play games, work and learn. Students need to have the skills for careers, living and enjoying the digital future. The year 10 course will build digital literacy skills from the Year 9 foundation, opening new and exciting learning opportunities. The course is designed around modules that cover topics such as:

- Programming with Scratch
- Word and Publishing
- Communicating with the Internet and Google Apps/ Cloud Usage
- Creating websites in HTML
- Robotics
- Concepts of how digital devices work
- Using computers and managing storage devices and files

You will complete the above modules and be assessed on the completion of each module.

The benefits gained from this course are:

- Lifelong digital, computer and information skills
- Skills for life in the 21st century
- Skills useful for other subjects and assignments
- Digital skills will lead to future career opportunities.



Subject: Year 10 Hard Materials Technology

10HMT

Prerequisite: Students should have completed Year 9 Hard Materials Technology. Consideration may be given to students who have not completed this course provided that they have the enthusiasm and desire to succeed in this demanding subject.

Description: Year 10 Hard Materials Technology is a course that prepares students for success in Building and Construction and Mechanical Engineering in Year 11. Consequently, the students will be working with woody, meta and combinations of resistant materials.

Students taking this subject will be required to solve real problems through the application of a technological design process. Starting from a design brief or problem each student will develop an individual response. This is achieved through research, developing a conceptual idea with drawings and models, producing a design proposal, then making it using the most appropriate material or combination of materials. The student is then required to evaluate the project and how successful they have been.

Assessment: Based on student's performance in the workshop and completed projects.



Subject: Year 10 Food Technology

10FON

Introduction: Year 10 Food Technology is a foundation course designed to equip students for NCEA Level 1 Food & Nutrition or Hospitality and Catering. In this course, students learn about the technological process, a range of healthy eating strategies and topical food related issues affecting New Zealanders.

Students will develop confidence to prepare a range of recipes. Our focus is generally on healthy food.

Prerequisite: Students must be able to demonstrate safe and hygienic work practices throughout the year.

Description: Lessons are a combination of theory and practical work. Regular homework is set.

Topics covered may include: -

- Hygiene and food safety
- Nutrition, wellbeing and food choices
- Food and sustainability
- Developing a food product with a festival foods focus
- Food Science when chemistry and cooking collide
- Serve Non- Alcoholic Beverages in the Hospitality Industry
 NCEA Level 1 Unit standard (3 credits)



Introduction: Year 10 Textiles Technology follows on from Year 9 Textiles Technology. Students further develop their competency with using the sewing machine and over-lockers. They develop research and design skills and, in consultation with the teacher, design and create textiles items for themselves or others.

The course is made up of practical and theory sessions. When making their own garments the students are required to supply their own materials.

This is a strong starting point for anyone interested in anything in these fields: -

- Fashion Designer
- Graphic artist
- Textile Designer
- Marketing
- Teaching

- Machinists
- Pattern Cutters
- Computer Aided Design
- Interior Design

Prerequisite: Desirable to have completed Year 9 Textiles but not compulsory.

Description: Course outline:

- Design development, personal logos for screen printing on projects
- Pyjamas inspired by Peter Alexander
- Active Leisure Wear
- Patchwork and guilting a laptop / tablet case
- An opportunity to gain 6 credits for NCEA Level 1

This course is for students who are creative and are interested in design.

Students are encouraged to work with a variety of textiles and will experience a wide range of assembly techniques to create textile items.



