



Manurewa High School



2025

Course Information

Year 10

General Information



FIVE of the courses studied in Year 9 are compulsory to continue into Year 10. These courses are English, Health & Physical Education, Mathematics, Science, and Social Studies.

Please select **TWO** further courses. Please also select **ONE** alternative course as your backup. You will have a total of **SEVEN** courses that make up your Vaa Ta Ako in Year 10.

When choosing your subjects, remember to think about your interests, abilities, and how useful the subject might be for your future.

It is helpful to choose an option that you have taken in Year 9 and that you would like to continue with in Year 11.

Please note you cannot take all courses together, there are some exclusions to be aware of. Please see below.

Course exclusions 2025 (i.e. you can do 1 **BUT not both**):

10HPS	Can be taken with 10RUG OR 10LEA (not both) Cannot be taken with 10LPE
10LEA	Can be taken with 10HPS OR 10LPE Cannot be taken with 10RUG
10LPE	Can be taken with 10RUG OR 10LEA Cannot be taken with 10HPS
10RUG	Can be taken with 10HPS OR 10LPE Cannot be taken with 10LEA



Within this booklet is information on the courses available for selection by Year 10 students.

They are organised according to Learning Areas.

Students are to select **TWO** courses and **ONE** alternative (back-up) course.

Business Studies

10COM	Commerce
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Dance

10DAN	Dance
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Digital Technology

10CTECH	Computer Technology
10DTE	Digital Technology

Drama

10DRA	Drama
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Health and Physical Education

10HPS	High Performance through Sport
10LEA	Rugby League
10LPE	Leadership through Physical Education
10RUG	Rugby Studies

International Languages

10JAP	Japanese
10SAM	Samoan
10SPA	Spanish
10TON	Tongan

Maaori Language

10MAO	Te Reo Maaori
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Music

10MUO	Music Academy
10MUSD	Music - Digital
10MUSG	Music - Guitar
10MUSK	Music - Keyboard
10MUSS	Music Singer/Songwriter/Choir

Technology

10TCE	Technology Construction Engineering
10TEF	Technology Food

Visual Arts

10AID	Art Illustration and Design
10ART	Art Practical
10DVC	Design & Visual Communication



Useful Information: Key questions for course selection

What courses do I enjoy?

Make sure you select subjects that you think you will enjoy.

What does this course lead to?

Study the Learning Area Posters where each course leads. Do any of the careers on the poster sound interesting to you? Try to choose subjects you could see yourself being interested in for a long time.

Pathways Support

For detailed information on possible future careers and what qualifications you need, go and make an appointment with one of our Pathways team. Miss Joy Williams or Mr Neil Craik by using the following email pathways@manurewa.school.nz.

Check out the general information links below:

Subject selection:

<https://tahatu.govt.nz/school-and-ncea/doing-ncea/choosing-ncea-subjects>

Explore NCEA subjects:

<https://tahatu.govt.nz/school-and-ncea/explore-ncea-subjects>

Explore career ideas:

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



BUSINESS STUDIES



YEAR 10 COMMERCE

MASTER
MONEY
MANAGEMENT

CHOOSE 0

YEAR 10 COMMERCE (IOCOM)

DIVE INTO THE WORLD OF
COMMERCE!

Join Year 10 Commerce!

- Master Money Management: Learn budgeting and financial skills.
- Build Business Skills: Start and run a successful business.
- Explore Marketing: Promote products like a pro.
- Understand Economics: Grasp key concepts with fun lessons.
- Hands-On Projects: Plan holidays, create budgets, and run a market day.

Get ready for a fun and practical journey into the world of commerce!



DANCE





YEAR 10

DANCE

FUTURE PATHWAYS:

- Professional Dancer
- Choreographer
- Artistic Director
- Studio Owner
- Dance Writer
- Event Organiser

LEARNER PROFILE

ARONUI | SERVANT LEADER - KAITIAKI - CULTURAL ROLE MODEL
CRITICAL THINKER - SOCIAL ACTIVIST
TUARUI | RESILIENCE - HAUORA - COMMUNICATION - CURIOSITY
ENTERPRISE - PROBLEM SOLVING - COLLABORATION
TUATEA | TE REO ME ONA TIKANGA - DIGITAL FLUENCY - LITERACY
CULTURAL INTELLIGENCE

ARE YOU INTERESTED IN?

- Learning new moves?
- Performing in front of an audience?
- Making your own dances?
- Going to live dance shows?
- Learning from the best in the country?

@manurewa_dance



Course Name	Year 10 Dance	Course Code	10DAN
Description	In this course students will explore a variety of different styles and genres such as Disco, Contemporary, Hip Hop and Cultural Dance. They will also create their own choreographies in small groups. This programme of learning includes both practical and written assessments. They will have two performance opportunities to showcase their work, the mid year and end of year show.		

DIGITAL TECHNOLOGY





10DTE



Essential
&
Necessary
DIGITAL
Skills



Year 10 Digital Technology

Fun and engaging subject taught by a Graphic Designer

 Follow



A1 Room

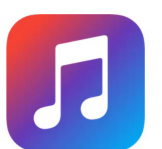


EN



en@manurewa.school.nz

Course Name	Digital Technology	Course Code	10DTE
Description	<ul style="list-style-type: none"> You will learn how to use Adobe Creative Suite to make game designs and animations. This includes using Microsoft Office and other Artificial Intelligence (AI) software. You will also learn how to create original videos, coding, and other useful digital skills. This is a fun and engaging class taught by a practicing Graphics Designer – Teacher. 		



Manurewa
High School



10DTE Digital Technologies



Ctrl Your Future!



Explore the World of Computer Technology and

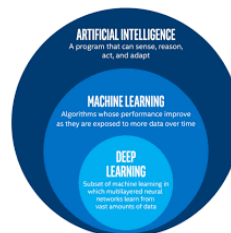
Enhance Your Skills with Microsoft Office and More!

10 C-Tech - Choose as one of your options in Year 10

- **Inquiry-Based Learning:** Foster critical thinking and curiosity.
- **Artificial Intelligence:** Dive into the future of technology. Explore the world of AI and its applications in various fields.
- **Machine Learning** - the process of training a computer to recognize patterns and make predictions based on data.
- **MS Word:** Master the art of word processing. Create professional documents.
- **MS Excel:** Unlock the power of spreadsheets. Learn to organize data, create formulas, and analyze information effectively.
- **MS PowerPoint:** Create captivating presentations. Develop your design skills and deliver engaging content to captivate your audience.
- **MS Publisher:** Unleash your creativity. Design eye-catching brochures, posters, and flyers to communicate your ideas effectively.
- **MS Access:** Dive into the world of databases. Learn to organize and manage information efficiently for personal and professional use.
- **Python Programming:** Discover the world of coding. Develop problem-solving skills and create programs.
- **Databases:** Explore the art of data organization. Learn about database management systems, data analysis, and the importance of data integrity.

Enhance your Learner Profile Skills :

- Problem Solving
- Resilience
- Creativity
- Numeracy
- Literacy
- Financial Literacy



Course Name	Computer Technology	Course Code	10 C-Tech
Description	<ul style="list-style-type: none">• Pathways to Employment: Discover exciting career opportunities. Gain valuable skills in Computer Science that are in high demand in today's job market.• Computer Technology as a Career: Explore the world of computer technology. Pursue a career in software development, data analysis, cybersecurity, or other tech-related fields. <p><u>Discover your passion and shape the future with Computer technology</u></p>		

DRAMA



BE BRAVE & JOURNEY WITH US

YEAR

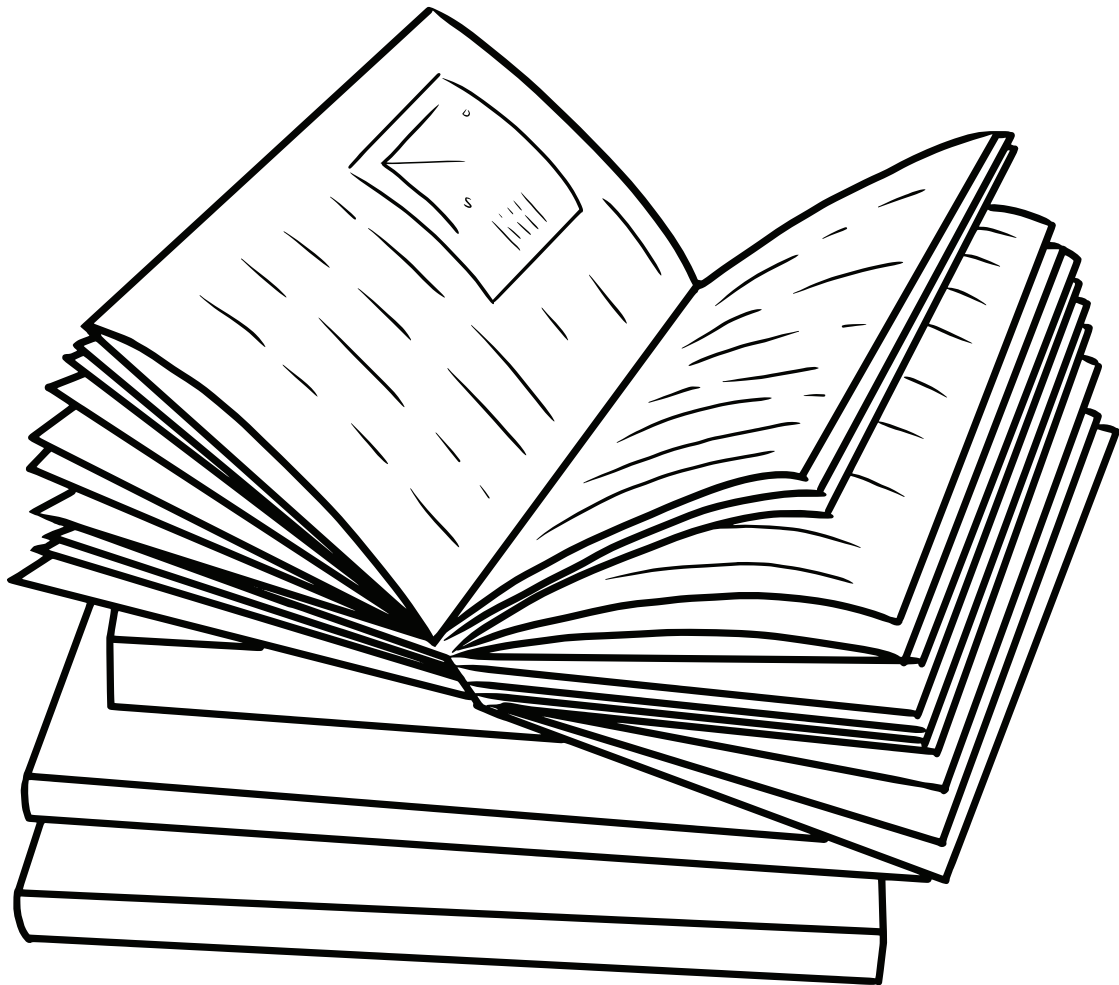
10

Future Pathways include...
Performer, Director,
Playwright, Production Technologies,

Te Ara o Tawhaki Connections
Learner Profile knowledge, developing
confidence & world learning

Course Name	Year 10 Drama	Course Code	10DRA
Description	Year 10 Drama deepens acting skills with a focus on character development, script analysis, and performance, including Māori and Pasifika narratives, enhancing creativity and teamwork.		

ENGLISH





STARRING

PAE PAPAHO
PAPORI
(social media)

STOP MOTION

ADVERTISING

SCRIPT WRITING

MANUREWA HIGH SCHOOL
MEDIA STUDIES DEPARTMENT PRESENTS YEAR
10 MEDIA STUDIES



"My favourite class ever"



*"We got to play with
toys and eat lollies"*



*"We didn't get to watch
many movies"*

10MES

Course Name

Year 10 Media Studies

Course Code

10MES

Description

Welcome to Year 10 Media Studies! This dynamic and interactive course offers students the opportunity to explore the fascinating world of media and its impact on society. Students will dive into the realms of social media, animation, advertising, and scriptwriting, developing both technical skills and critical thinking.

HEALTH

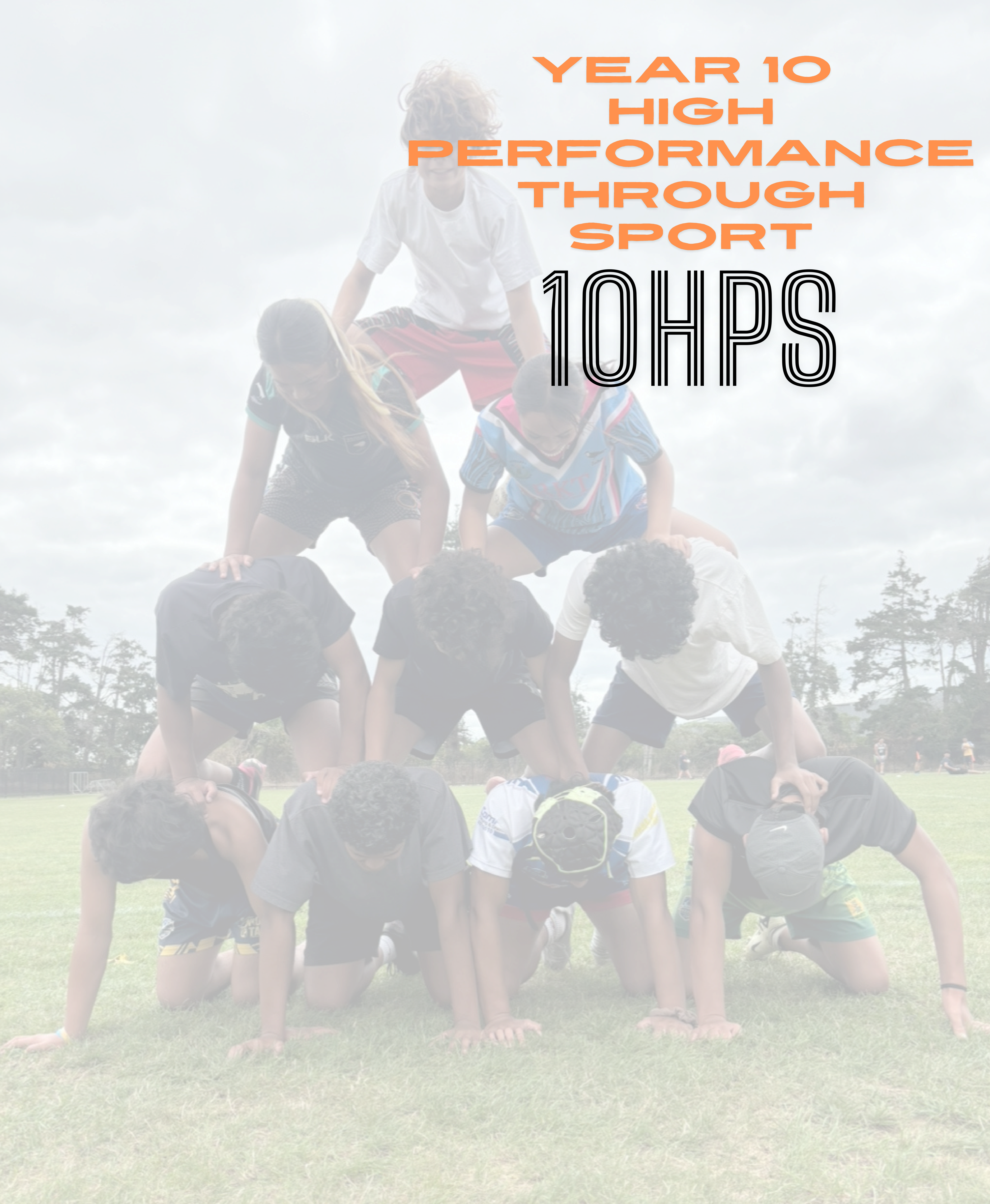
PHYSICAL EDUCATION



The logo features the text '10 LEADERSHIP 10LPE' in a bold, distressed, stencil-like font. The '10' and '10LPE' are white, while 'LEADERSHIP' is orange. The letters have a rough, splattered texture, giving it a gritty, urban feel.

10 LEADERSHIP 10LPE

Course Name	10 LEADERSHIP	Course Code	10LPE
Description	10LPE is an option for studnets who want to understand and develop their leadership capabilities through practical application. This course focusing on understanding the different qualities of a leader and how these contirbute to the succes of a team. Students will be given oppertunities to support and facilitate lessons for Yr9s as they develop and grow as young leaders. Leadership is a pathway in Health and Physical education with the course spanning from years 10 to 13.		



YEAR 10 HIGH PERFORMANCE THROUGH SPORT

10HPS

Course Name	Year 10 High Performance through Sport	Course Code	10HPS
Description	10HPS is an option available for all year 10 students who want to experience our high performance through sport programme. Some students who choose 10HPS will also be placed in the HPS kaitiaki classes.		



10 RUGBY

RUGBY



Course Name	10 Rugby	Course Code	10RUG
Description	Students will complete a program focusing on strength/conditoning and technical specific to rugby. One of the main areas is core skill development, as well as further knowledge contributing to improve performance, preparation, and testing. This course is for any student who is passionate about rugby, and would like extra support to learn and develop their skills.		

10 RUGBY LEAGUE

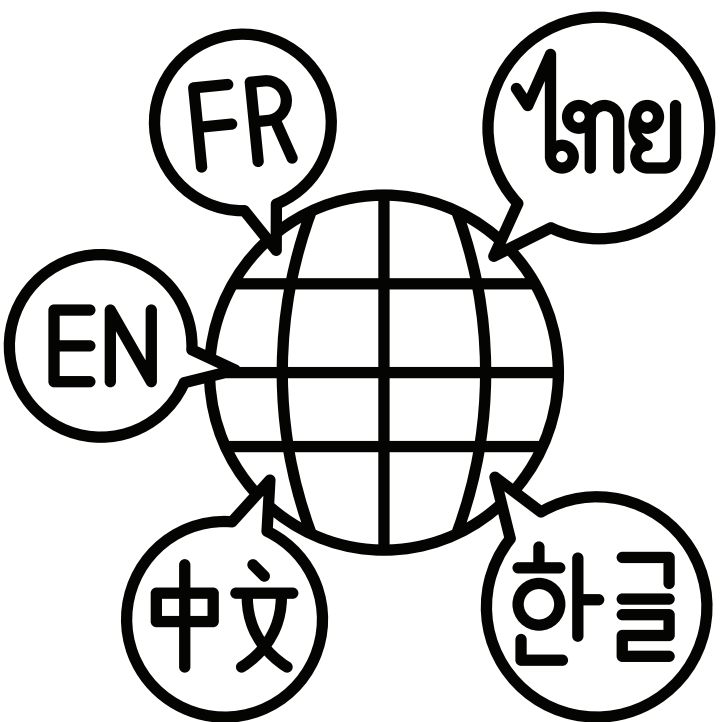


TOLEA

This option will allow members to develop their skills, knowledge and culture within the rugby league space.

- For any year 10 that plays or is interested in playing rugby league
- Developing skills
- Connecting with guests and external providers
- Runs from term 1-4

INTERNATIONAL LANGUAGES



Gracias
Arigato



10SPA Year 10 Leads to Spanish Year 11



Why Spanish?



- Spanish is an official language in 20 countries, so you can talk with millions of people around the globe.
- It is easy to pronounce correctly from the written word (por ejemplo: Familia, madre y padre)
- Enjoy Spanish language films, songs and books.
- Spanish is a language of the future

Fun adds on:

Go to a fancy Spanish restaurant and eat Spanish traditional food such as Paella.



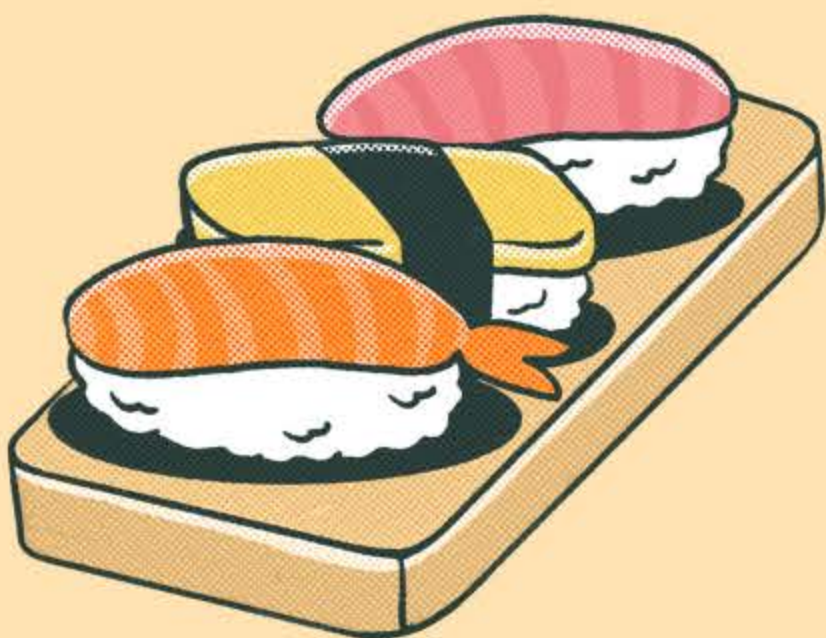
Pathway: Translator, interpreter, flight attendant

You Want to know more: MY@manurewa.school.nz

Course Name	Spanish	Course Code	10SPA
Description	You will learn: to describe yourself and others, respond to simple instructions, describe places, animals, and things, talk about: likes and dislikes, how you feel, what you should or have to do, colours, numbers until 1000 and more		

YEAR 10 JAPANESE

- The Year 10 Japanese class is a full year course that will cover a range of topics including talking about your family, Japanese food, likes and dislikes, where you are from, school life and much more

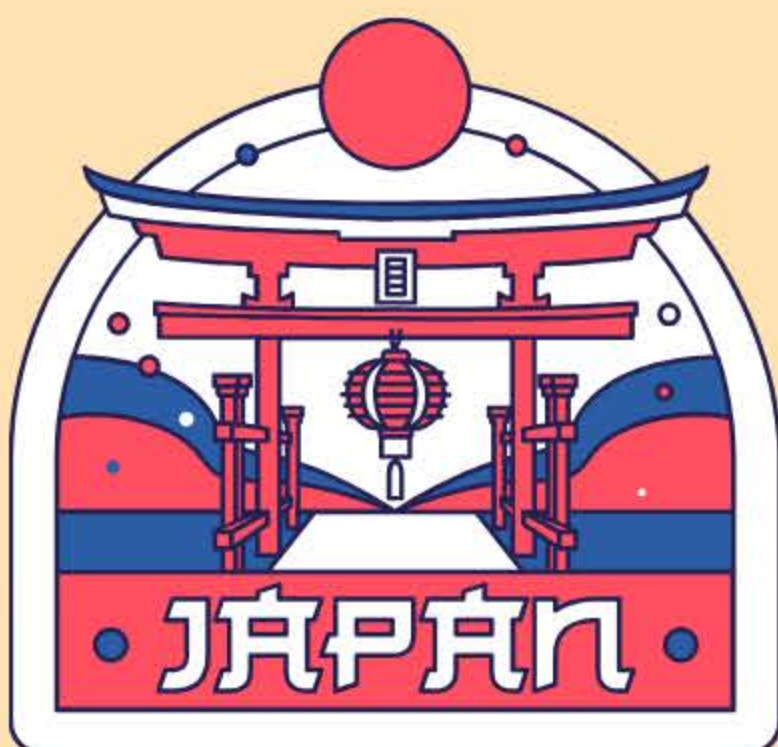


What will I learn?

How to read and write in Japanese using the Hiragana Script, Japanese food etiquette, how to order food in Japanese, how to talk about the weather, likes and dislikes, hobbies and conversing in Japanese

Why Japanese?

Japan has a unique culture with a unique language- Anime, Manga, Japanese food, Japanese music. You will learn to communicate in Japanese and Year 10 Japanese will prepare you for Year 11 Japanese.



Future Pathways

Learning Japanese makes you stand out of the crowd and equips you with language and cultural skills for travel and tourism, education, business, technology and much more.

Course Name	Year 10 Japanese	Course Code	10JAP
Description	Year 10 Japanese is open to all Year 10 students who want to expand on their basic knowledge of Japanese language, there is a food component where students will be able to use the language in a restaurant setting to order food.		



Why learn Gagana Samoa?

You are able to have another perspective and worldview.

To enhance your creativity and problem-solving skills.

To enhance your knowledge on traditions, protocols, and culture.

To have fun learning about Gagana Samoa and Culture.



Things to look forward to?

Restaurant Trip

Polyfest Speech Competition

Samoaan Language Week

Pathways

Translator, Interpreter, Curator, Language Teacher, Politician, Flight Attendant, Consultant, and more....



Course Name	Year 10 Samoan	Course Code	10SAM
Description	Year 10 Gagana Samoa is open to all Year 10 students who want to expand on their basic knowledge of Gagana Samoa and/or want to develop their language skills. There is a food component in 10SAM where students will use the language to order their food.		

Yr 10 Lea Fakatonga

COURSE OUTLINE

This course caters to beginner-level students who have a keen interest in learning about the Tongan culture and language. Emphasis is placed on the ability to speak clearly, read, write and understand the Tongan language both formal and informal.

Communication is the main goal, written assessments and work will show skills covered orally with regular assessments on conversations, presentations and writing. A number of new resources will be used to familiarise you with Tongan culture through readings, discussions, research and visitations.

Why learn Tongan?

Tongan is a unique language and culture. The Tongan community is one of the largest Pacific nations in New Zealand and one of the most spoken Pacific languages in New Zealand. There is no doubt that the Tongan people stand out in Auckland especially during times of celebration particularly Rugby and Rugby league games. Learning a second language will be beneficial in your learning and the Tongan language course is an approved University subject.



Opportunities:

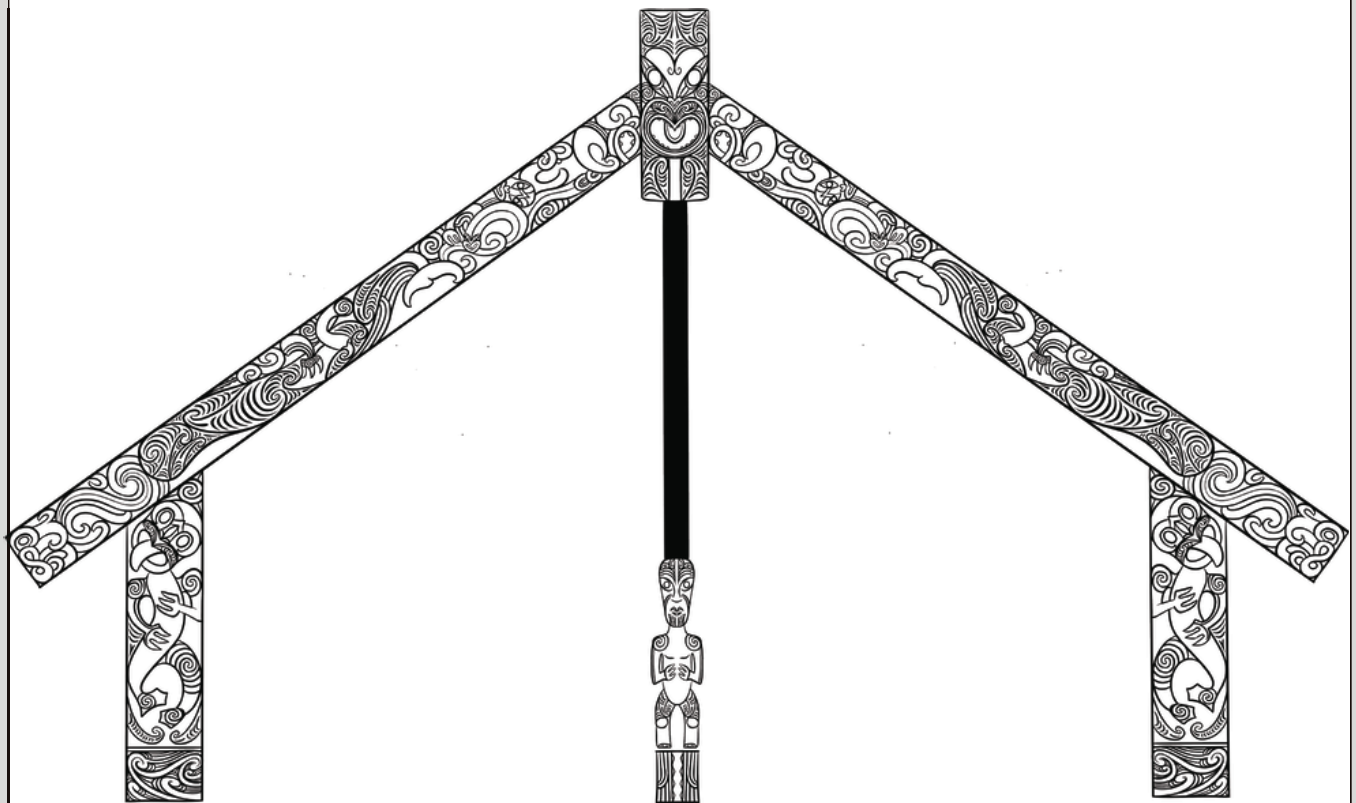
- Participation in the Tongan Language Week & all Tongan community related activities for the year.
- Opportunity to compete in the Tongan Speech competition at the Polyfest
- Tonga Trips
- Opportunity to study Tongan language at university level
- Use of a second language for flight attendant roles
- Opportunity to undertake Tongan language scholarships.

Assesments:

- Listen and Respond Sivi #1
Demonstrate understanding of a variety of spoken Tongan texts on familiar matters.
- Presentation Sivi #2
Give a clear spoken presentation in Samoan that communicates a critical response to Koloa fakatonga.
- Oral Task Sivi #3
Explore the world of Tongan oratory by learning and performing Hiva kakala, Hiva usu & Lakalaka

TE REO

MAAORI



Te Reo Māori me ōna Tikanga

Tau 10

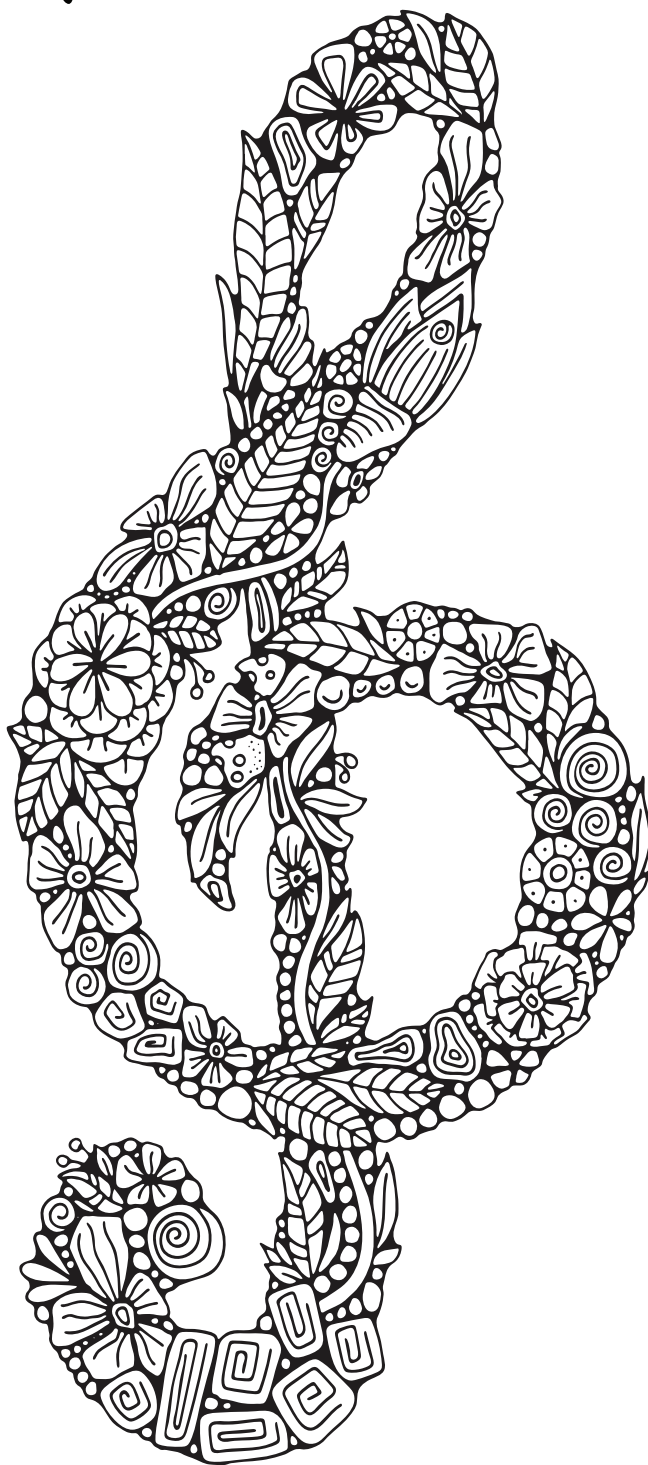
“Ko te reo te mauri o te mana Māori” - The Māori language is the essence of Māori prestige.

Why learn the Māori Language here at Te Kura Tuarua o Manurewa?

Learning Te Reo Māori at Te Kura Tuarua o Manurewa fosters cultural appreciation and inclusivity deepens understanding of the heritage of Aotearoa, and strengthens community connections. It enriches students' education, enhances personal growth, and supports career opportunities while preserving an essential part of the nation's cultural landscape.

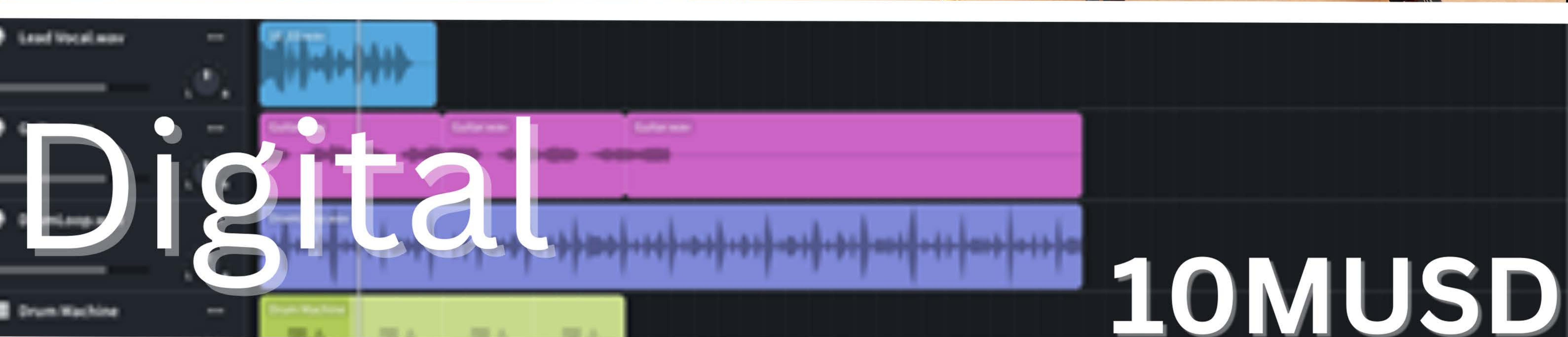
The Year 10 Te Reo Māori language and cultural course at Manurewa High School builds on the foundations laid in Year 9. Students will advance their proficiency in speaking, reading, and writing Te Reo Māori, focusing on more complex sentence structures and vocabulary. The course also delves deeper into Māori customs, traditions, and values, exploring significant historical events and contemporary issues. Interactive activities, such as kapa haka (performing arts) and marae visits, enhance cultural understanding and engagement. The course aims to foster a greater appreciation of Māori culture and language, preparing students for further study and community involvement.

MUSIC



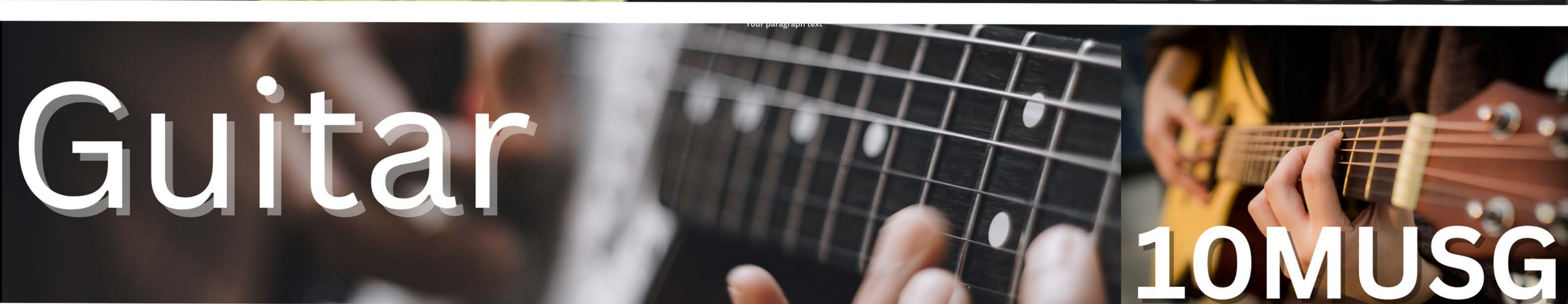


Y10 MUSIC



Digital

10MUSD



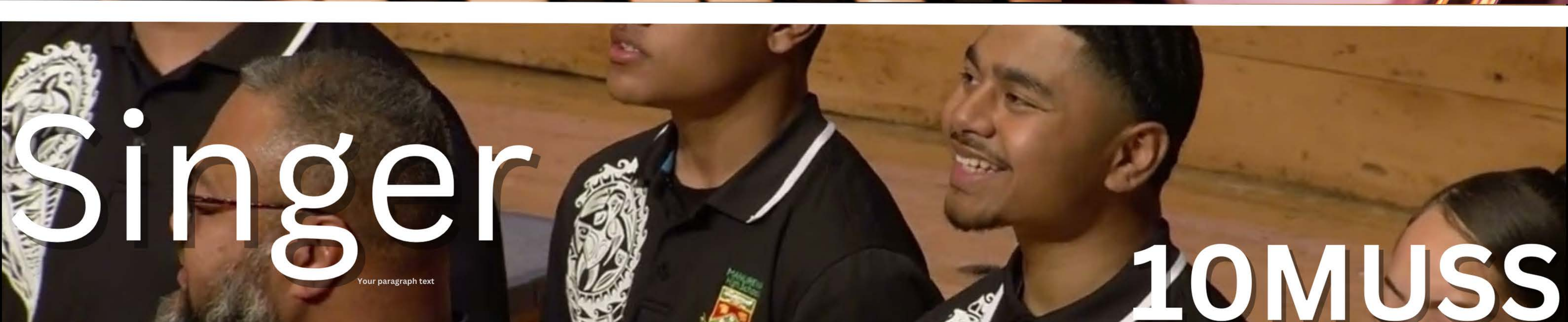
Guitar

10MUSG



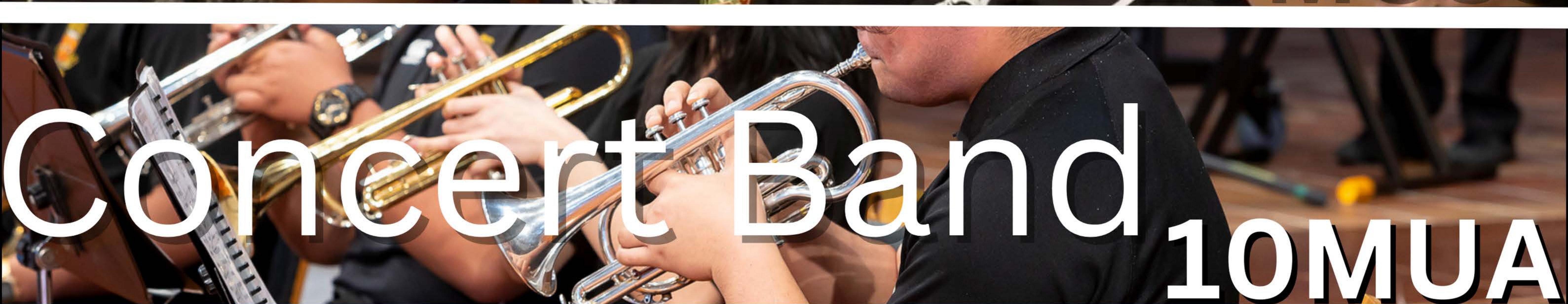
Keyboard

10MUSK



Singer

10MUSS

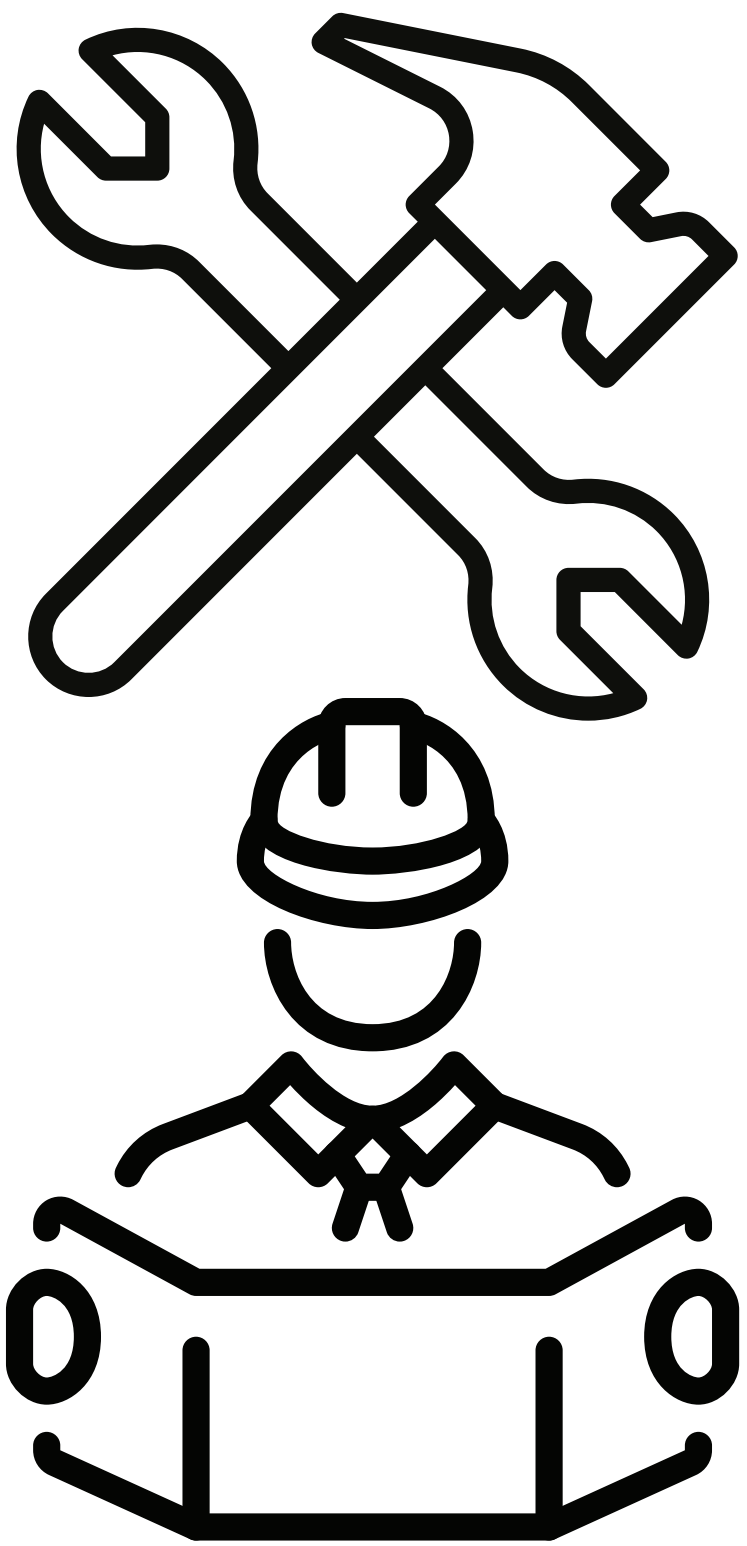


Concert Band

10MUA

Course Name	Year 10 Music: Digital , Guitar, Keyboard, Singer/Songwriter or Band Academy	Course Code	10MUSD, 10MUSG, 10MUSK, 10MUSS, 10MUA
Description	We have 5 different Music classes. You can: 10MUSD: Learn Digital Music such as Beat making etc. 10MUSG: Learn Music through playing Guitar. 10MUSK: Learn Music through Keyboard. 10MUSS: Learn Music through Singing, Songwriting and Choir 10MUA: Music Academy, learn Music through a band instrument ie. Clarinet, Flute, Saxophone, Trombone, Trumpet etc.		

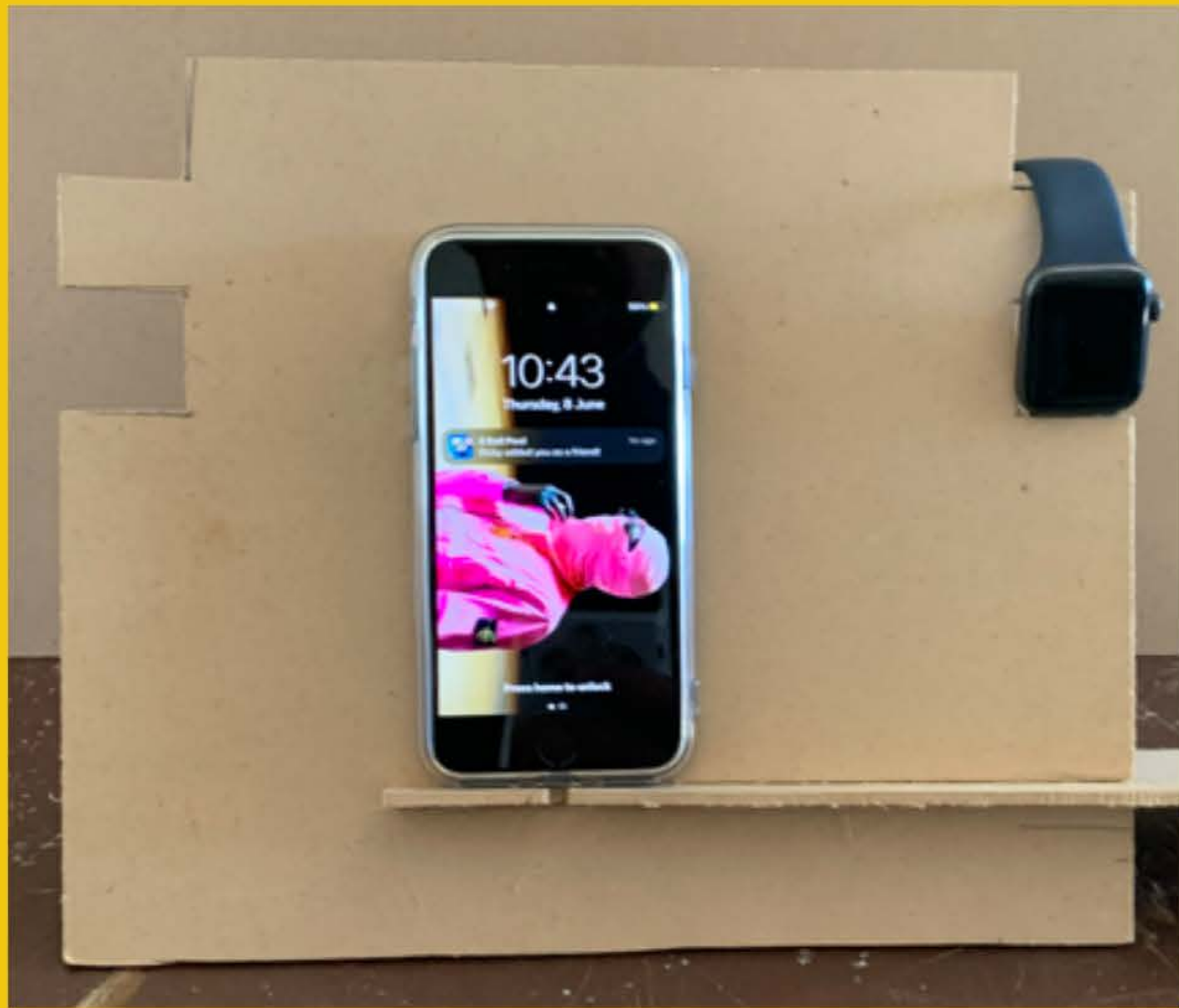
TECHNOLOGY



2025
10TCE

TECHNOLOGY CONSTRUCTION ENGINEERING

Projects



What is 10TCE?

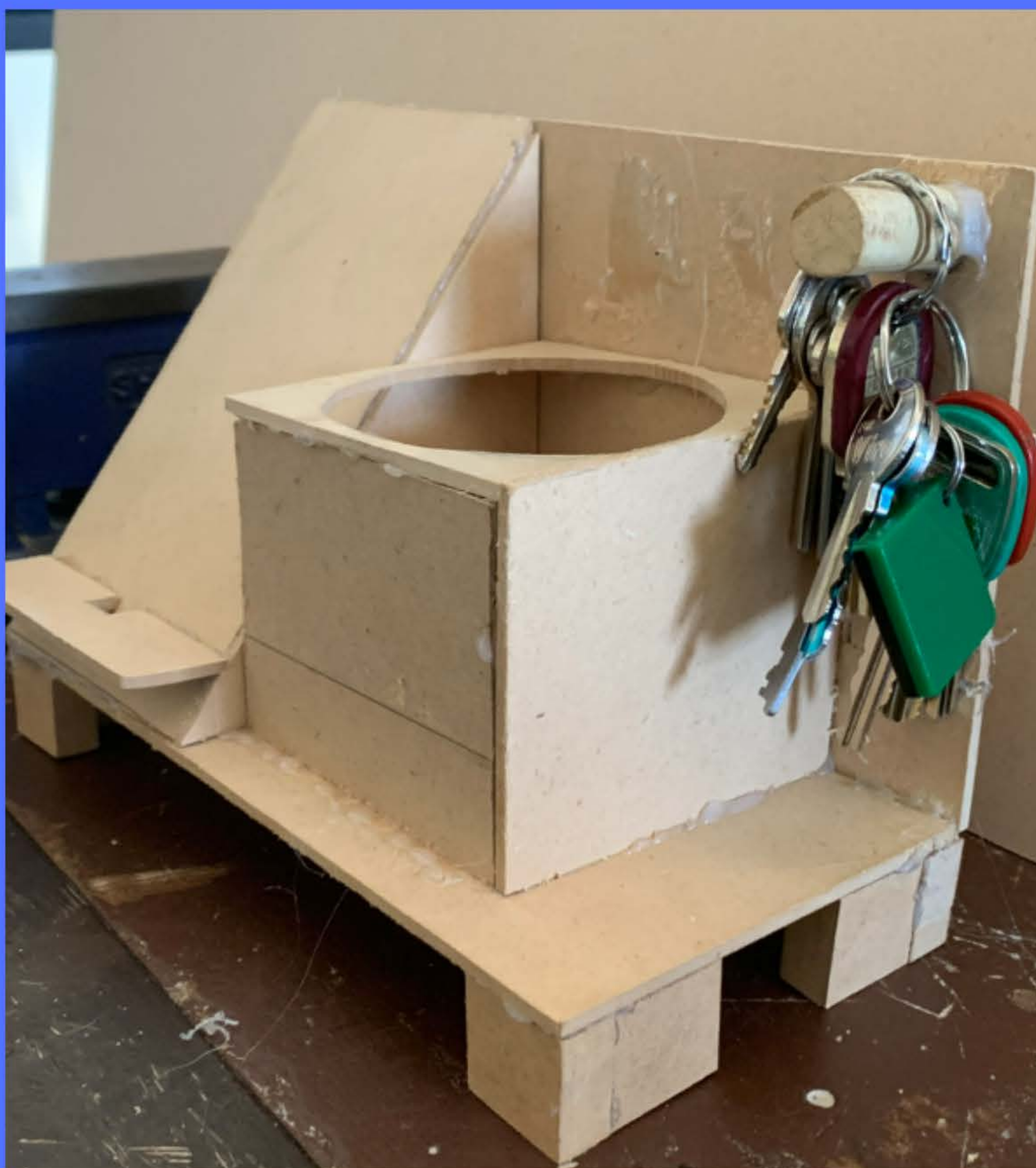
In 10TCE we learn how to be a Technologist. A Technologists' job is to design technology that makes it easier for people to do things that need to be done.

What do we learn?

Through project-based learning, we learn how to develop new products.

Where does it take you?

10TCE can lead to design based professions as well as practical jobs.



Course Name

Technology Construction Engineering

Course Code

10TCE

Description

What is 10TCE?
In 10TCE we learn how to be a Technologist. A Technologists' job is to design technology that makes it easier for people to do things that need to be done.

What do we learn?
Through project-based learning, we learn how to develop new products.

Where does it take you?
10TCE can lead to design based professions as well as practical jobs.

2025

FOOD TECHNOLOGY

10TEF

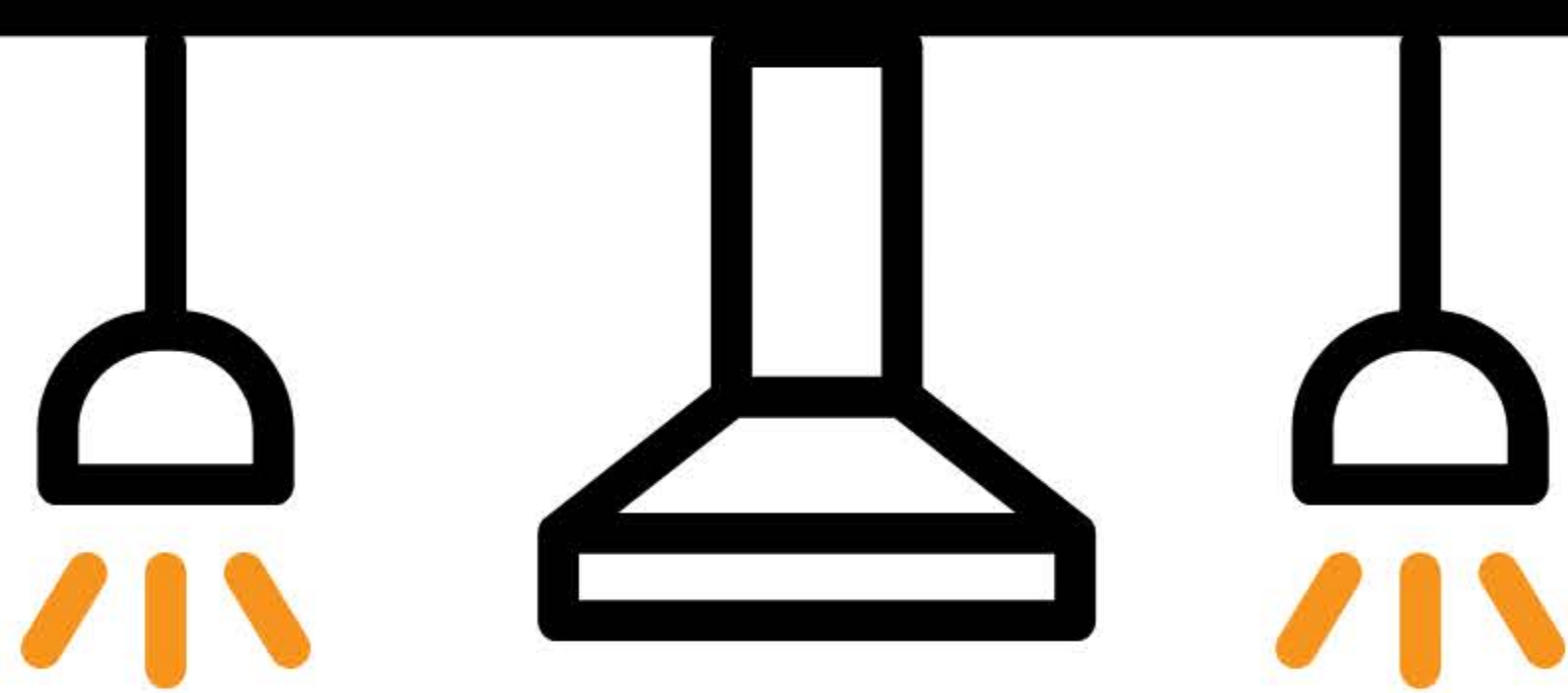


WHAT IS COOKING IN 10TEF?

Develop your 'creative' ability and your cooking skills.

Design new, innovative products.
The course requires a basic level of creativity, innovation, independence and problem solving.

You will develop your skills through researching, manipulating and modifying basic recipes/dishes.



PIE CRUST

(For a 9-inch lower crust. Double recipe for two crusts)
1 1/4 cupsfuls Igleheart's Swaz 1/4 teaspoonful salt
Down Cake Flour 5 (level) tablespoonfuls short
1/4 teaspoonful baking powder ening
1/4 cupful cold water (about)

Sift together the flour, baking powder, and salt; cut in the short ening, then add water, a little at a time and mix with a knife to a paste of a consistency to clean the mixing bowl of all flour or paste.

PIE FILLINGS

PRUNE PIE

Take half the plain paste, turn on a board lightly dredged with flour, to coat the surface with flour; then pat and roll to fit the plate or tin. Roll the rest of the paste into a thin sheet; make slits through the center. Put the prunes in place; add sugar, flour, salt, and butter, in bits, also lemon and prune juice. Brush the edge of the pastry with cold water. Set the second piece of pastry above, cut it even with the paste below, press the edges together and brush with cold water. Bake about 30 minutes.

FILLING

Course Name

Food Technology

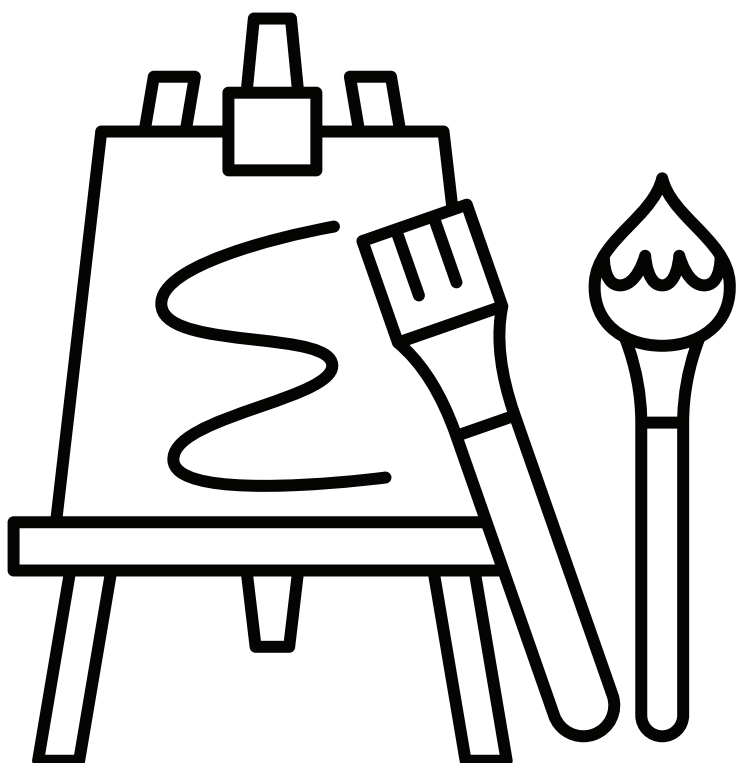
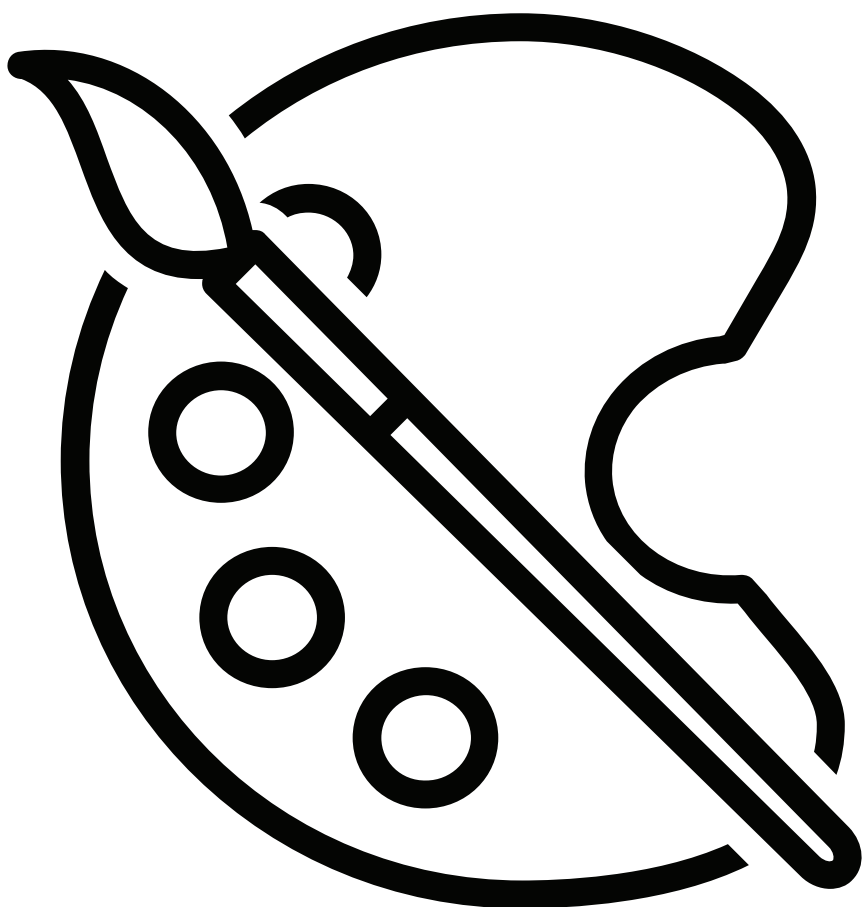
Course Code

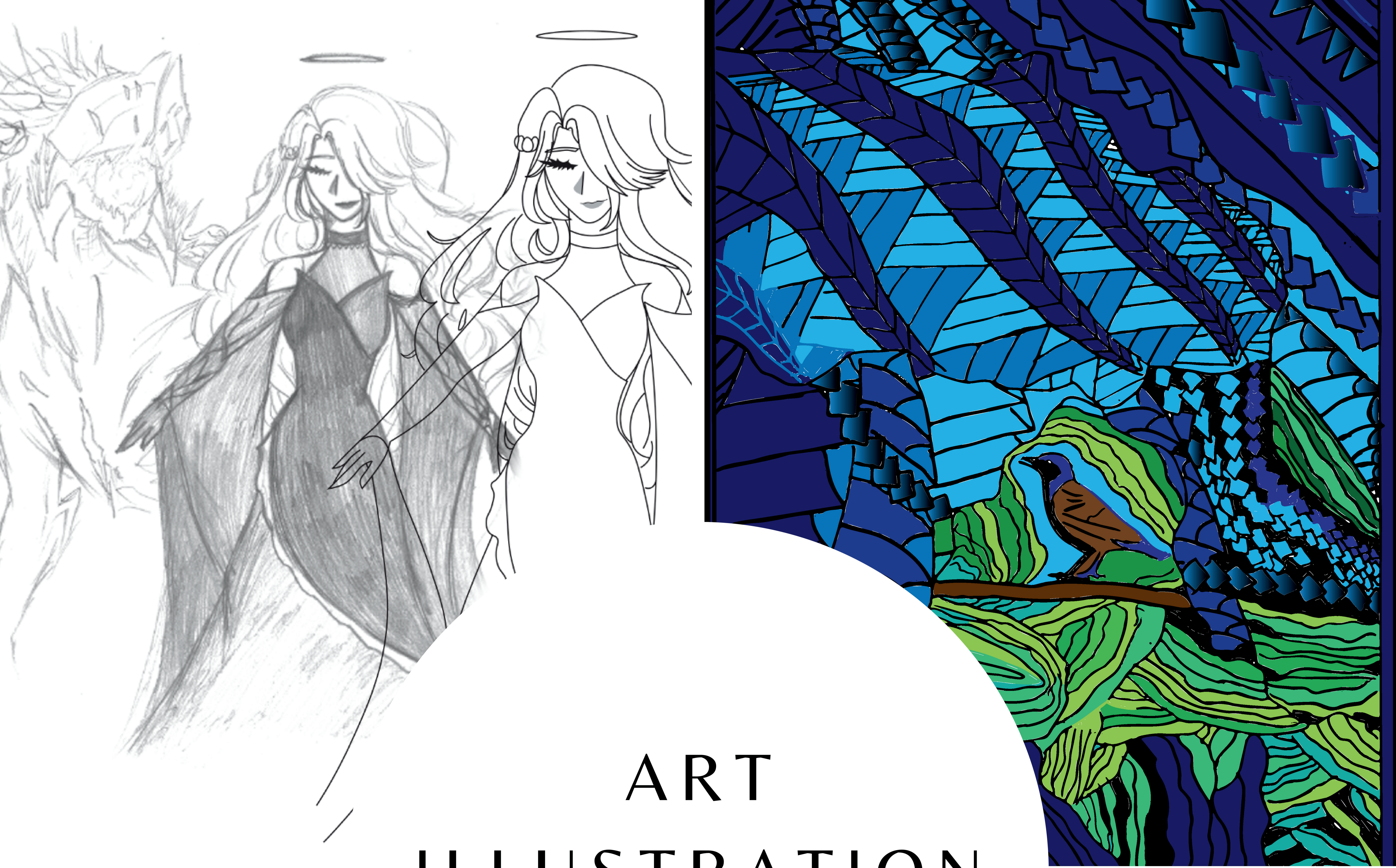
10TEF

Description

Develop your 'creative' ability and your cooking skills.
Design new, innovative products.
The course requires a basic level of creativity, innovation, independence and problem solving.
You will develop your skills through researching, manipulating and modifying basic recipes/dishes.

VISUAL ARTS





ART ILLUSTRATION DESIGN



Course Name	Year 10 Art Illustration & Design	Course Code	10AID
Description	<p>Explore different illustration techniques, develop your drawing skills, and experiment with digital art. You'll learn the fundamentals of storytelling through character design, making your creations more dynamic and engaging. Discover the world of 3D modeling on the computer and 3D print your creations.</p> <p>10AID is perfect for building a strong foundation in both traditional and digital art and design, setting you up with the skills you need for Year 11 Art. What characters will you create?</p>		

YEAR 10 ART

PRACTICAL

Are you drawn to:

- Artistic activities involving forms, designs, and patterns
- Acquiring techniques in drawing, painting, printing, and sculpture
 - Work that fosters self-expression
- Mastering a variety of mediums to enhance artistic skills
 - Hands-on work that contributes to your well-being



Course Name

Year 10 Art

Course Code

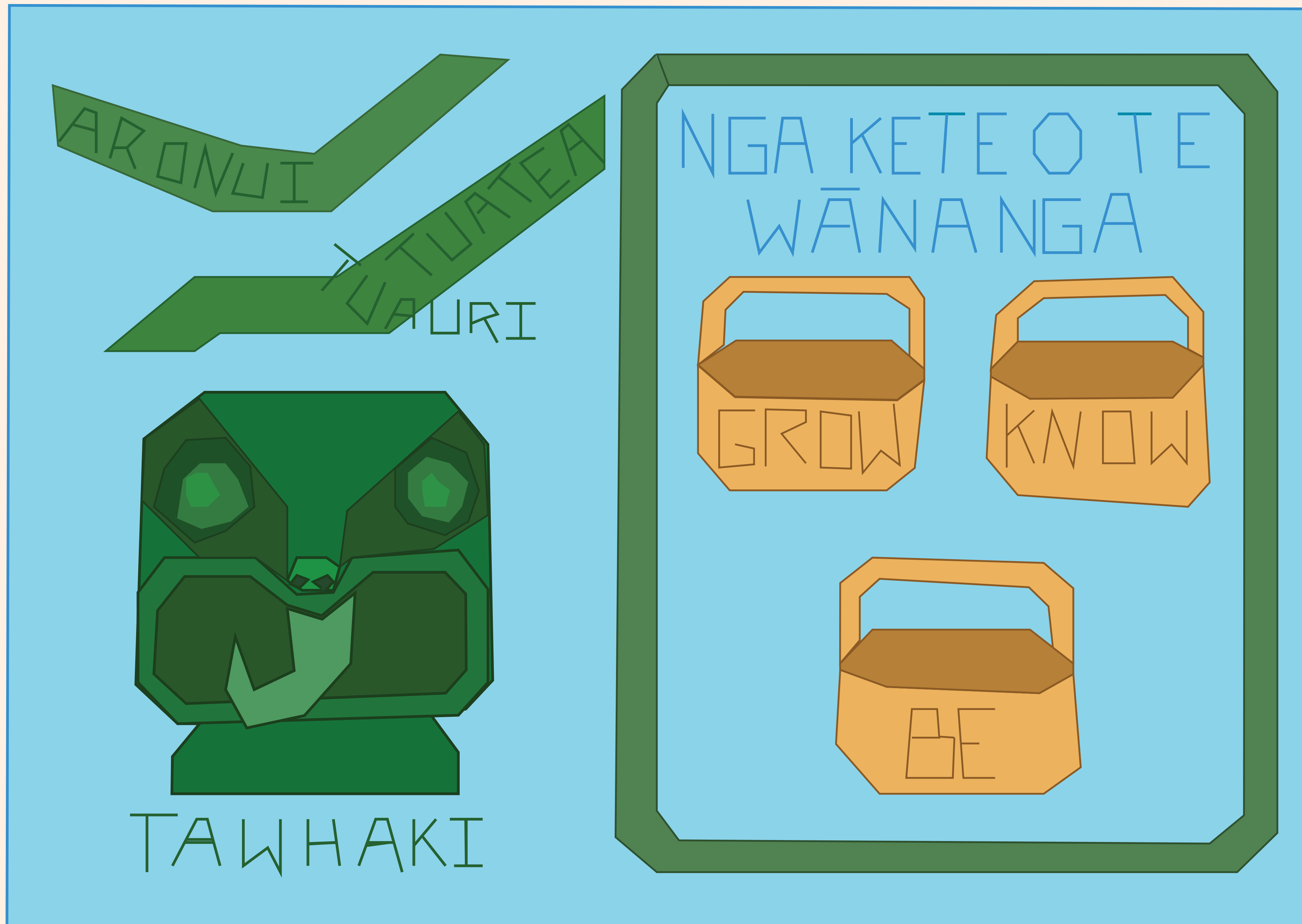
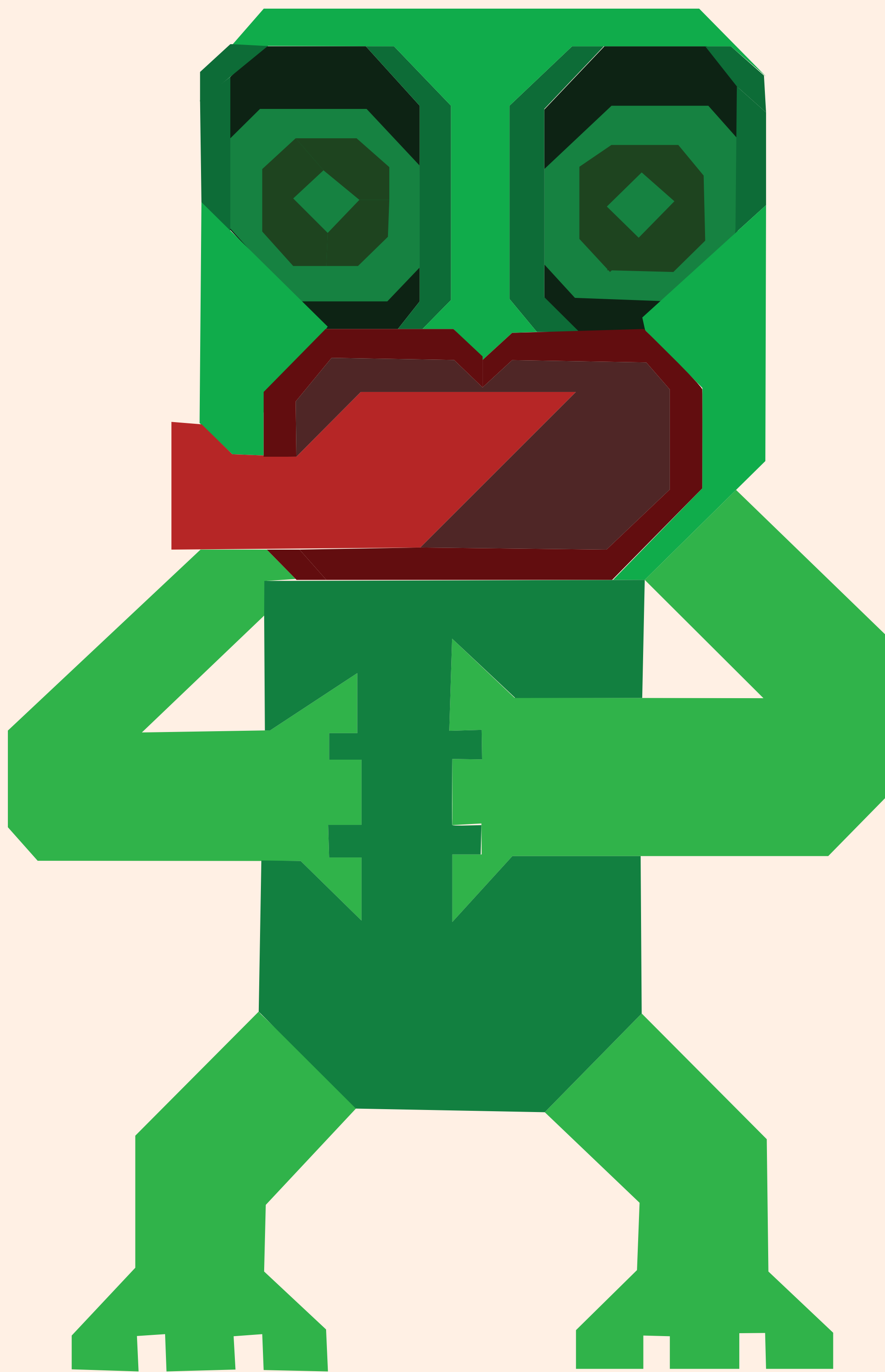
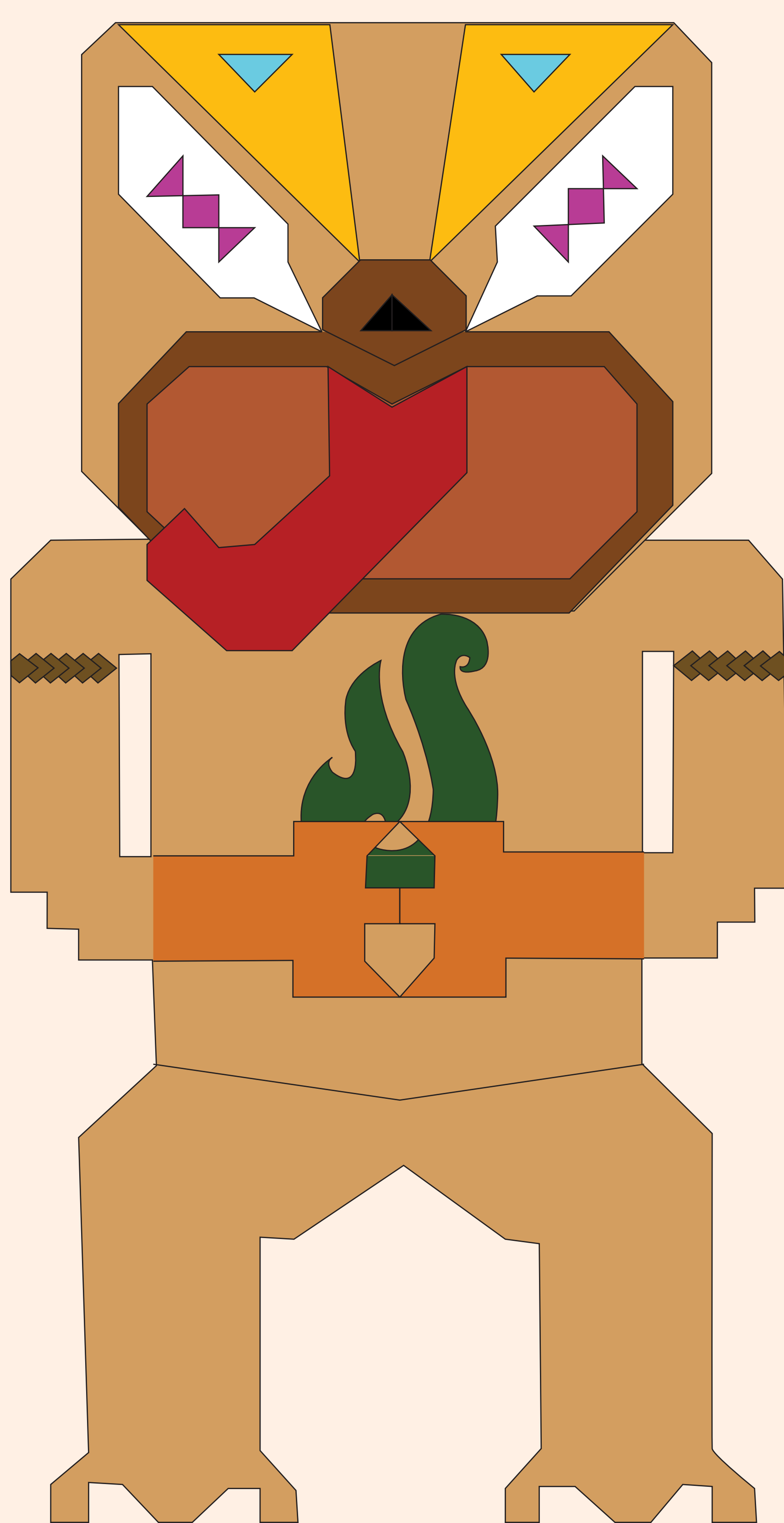
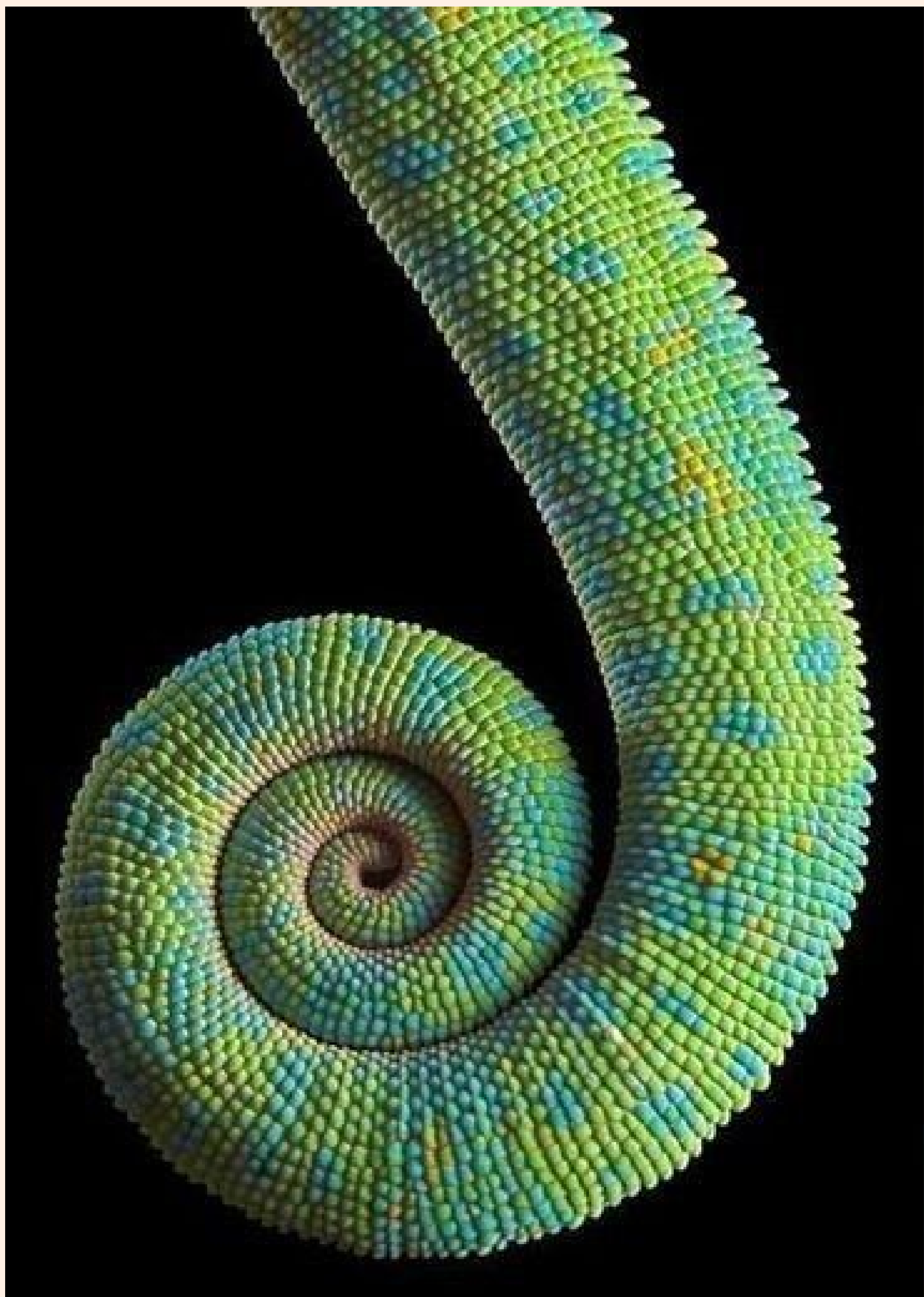
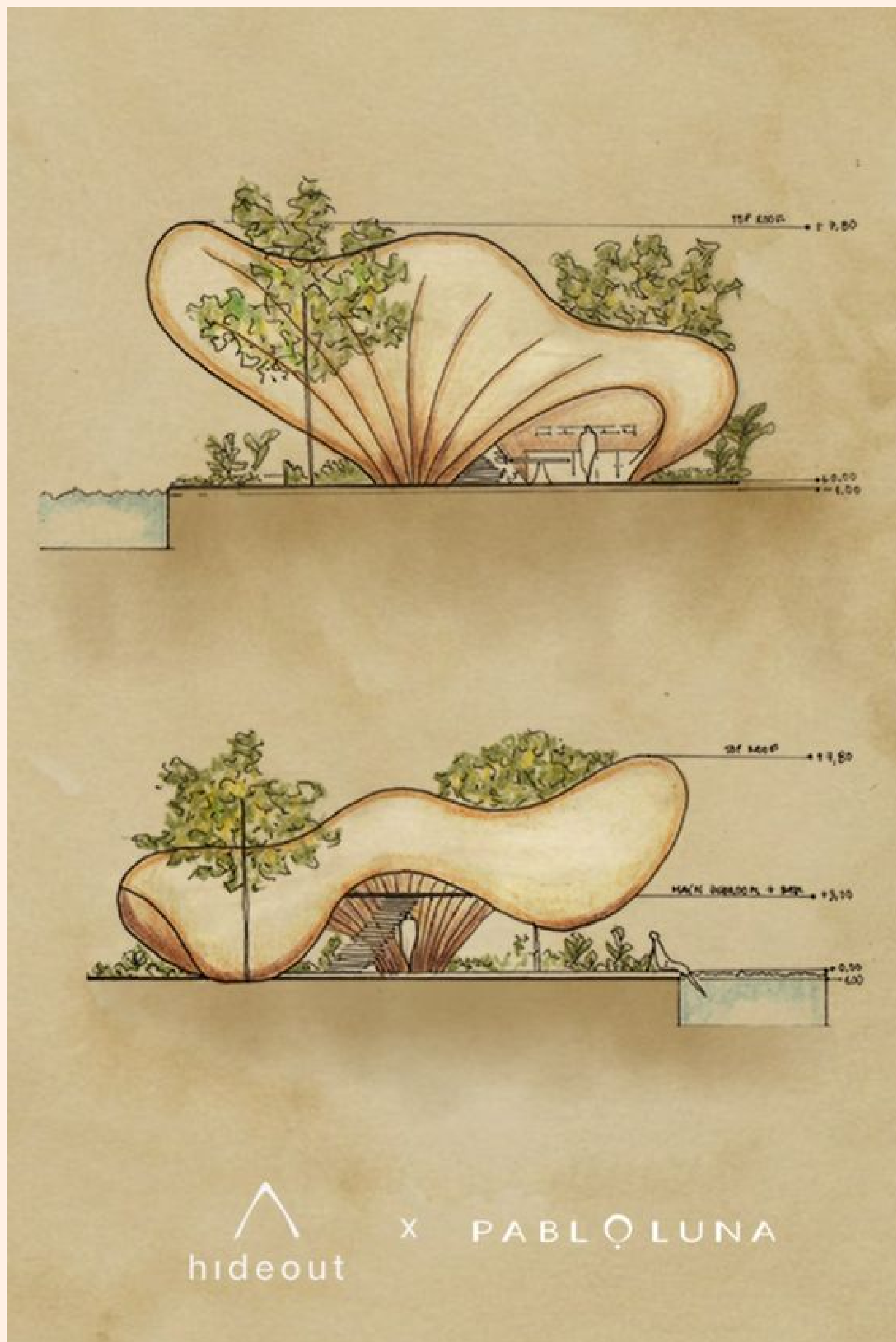
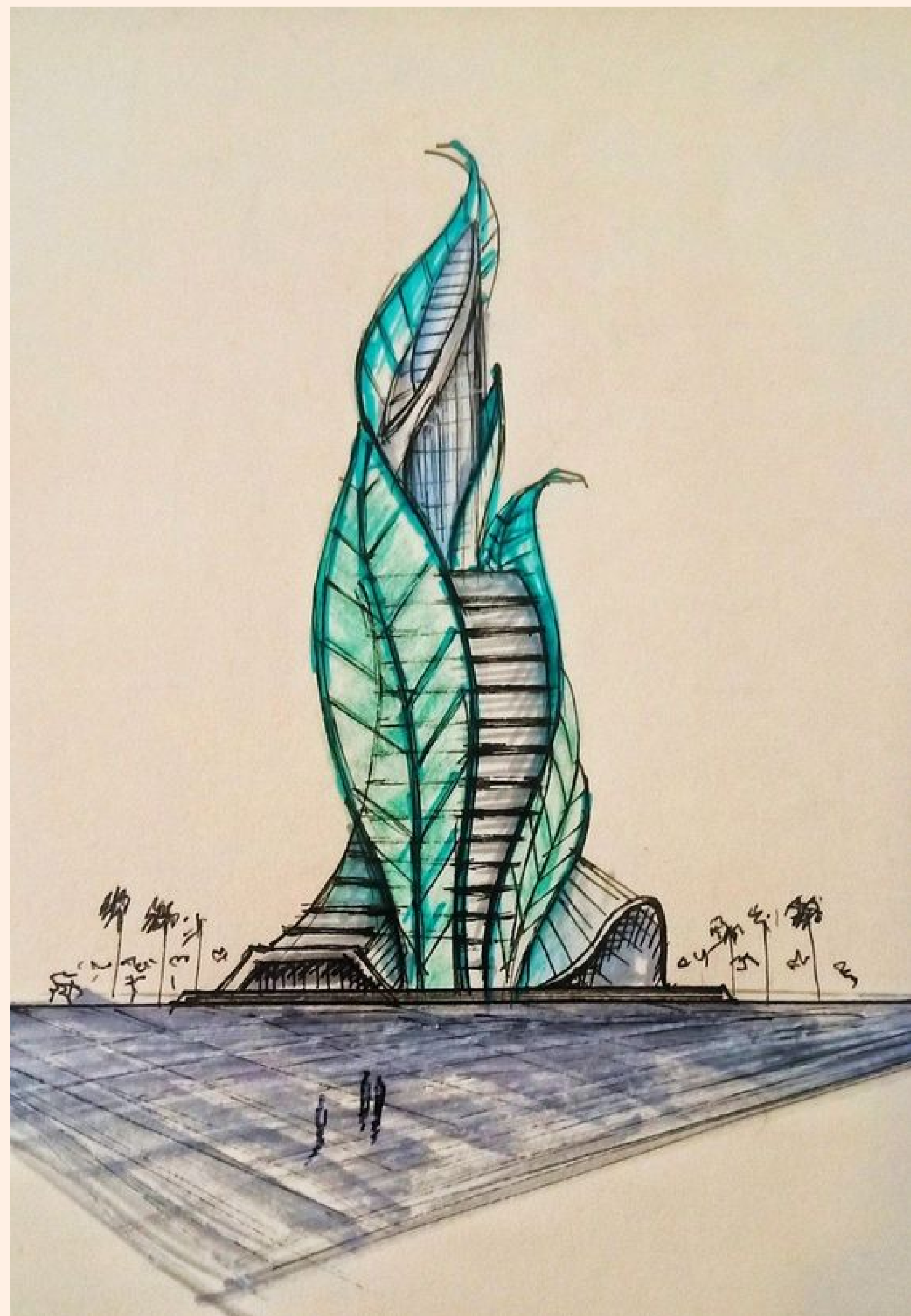
10ART

Description

This is a full year course that explores the fundamental elements of Art.

- Aakonga will explore different artistic movements and styles.
- Aakonga will experiment with a range of wet and dry media.
- Aakonga will learn to use artist models to influence their Art making.

Design Visual Communication



Course Name

Design Visual Communication

Course Code

10DVC

Description

10DVC engage in creative projects involving 2D design, 3D modeling learning about space and persepective concepts. In this class, we learn to use software for designing and shaping ideas, and then bring these designs to life.

This course focuses on developing technical skills, understanding design concepts, and nurturing creativity. It's a hands-on experience that prepares students for future studies and careers in design, technology and architecture.