



TRINITY CATHOLIC COLLEGE

Year 7 – 8 Option Information Booklet for 2026

Dear Parents/Caregivers of current students and new students to the College,

Please read the following and then complete [this google form](#) by **Friday 24th October**.

COMPULSORY SUBJECTS IN YEAR 7 – 8 Integrated Studies

The core subjects of English, Mathematics, Science, Religious Studies, Physical Education, Health, Social Inquiry and some Te Reo Māori will be taught in an integrated manner in 2026.

Students will also choose 4 options to study each year.

Option Courses in Years 7 -8

Each of the four options is for four hours a fortnight for one semester (two terms).

Students complete four options each year, two options in Semester 1 (Terms 1 and 2), and the other two in Semester 2 (Terms 3 and 4).

When choosing these options, students and parents are reminded that Years 7 – 8 is a time for choice, challenge, and opportunity. Much of the overall learning programme is covered in the seven compulsory core subjects listed above.

We are keen to encourage our students to continue to have as much breadth as possible in their learning. This is a time to experiment with choice. There is no problem with choosing something to try for one semester only. Students are encouraged to choose some option subjects that may support their leisure interests.

Please note that each of these courses is designed to be standalone, for example, students do not have to study one Art course before the other.

See the brief outlines of each option subject shown on the next few pages.

Please discuss the following Options with your child and complete the [google form](#) by Friday 24th October 2025.

CHOOSING FOUR OPTIONS FOR 2026

Students must choose a total of four options with *at least one* from the Arts Column *and at least one* from the Technology Column each year. Te Reo Māori must be chosen at least once in the two years.

Arts

Taniwha
Pacific Patterns
Still Life
Photography-Exploration in light
Dance
Acting Academy
Theatresports
Musical Theatre
Live Music Performance¹
Music Technology & Production 1

Technology

Media and Animation
Electronics and Coding
Robotics and Coding
3D Modelling
Introduction to Architecture
Jewellery Design
Maker Space
Waka Huia
CO₂ Dragster
Food - Plates around the World
Food & Nutrition for Well-Being
Food Design & Technology
Fabric Design
Soft Toys
Fashion – Design it, Make it

Other Options

Te Whakatōtanga- Te Reo Māori 1
Built to Win
Let's Grow together!
Free Writing
Greek & Roman Studies
Performance Sport

7 - 8 OPTION INFORMATION 2026

The Taniwha

This course provides students with the opportunity to explore the Taniwha in the context of our local environment. Traditional depictions are explored, as well as those in contemporary Art and fantasy illustrations. These are compared with dragon-like creatures from other cultures. A wide range of interesting art practices is covered.

These include:

- Drawing – exploring the elements of line tone and structure.
- Crayon Study – students develop drawings of the taniwha, landforms and traditional Māori patterns into a completed composition. –(optional)
- Painting – After studying the work of contemporary Māori artists and artists from other cultures, students construct and paint a composition using the Taniwha or dragon as the central component of their compositions.
- Print making – woodblock and dry point etching (the etching is extension work.)
- Construction – Using a variety of construction techniques, students create their own taniwha or creature derived from taniwha research.

Pacific Patterns

This course provides students with the opportunity to explore Pasifika Pattern in the context of our natural environment, a wide range of interesting art practices. These include:

- Drawing – exploring the elements of line tone and structure.
- Crayon Study – students develop drawings of insects into a completed composition. These studies will reflect an understanding of Henri Rousseau's composition structure and description of form.
- Painting – After studying the work of Fatu Feu'u, students construct and paint a composition using Polynesian design motifs.
- Print making – woodblock and dry point etching (the etching is extension work) – combining Pasifika Patterns and insect study in preparatory compositions.

Still Life

Drawing, Painting and Print in the context of everyday objects, Imaginative creatures, and Maori Design Elements. This course provides students with the opportunity to explore a wide range of interesting art practices. These include:

- Drawing – exploring the elements of line tone and structure while making observational drawings of a still life.
- Painting – After studying the work of Giorgio Morandi and Paul Cezanne, students paint a composition using still – life as subject matter. (Extension work – students develop their still life ideas into an abstract painting.)
- Crayon Study – students develop drawings of imaginative creatures/dragons into a completed composition.

These studies will reflect an understanding of Jenny Dolezel and or Robyn Kahukiwa's composition structure and description of form.

- Printmaking – Maori design motifs are incorporated into the woodblock printmaking process. (A Dry point etching is extension work that some students will have the opportunity to explore.)

Photography-An Exploration in Light.

- Documentation: Students have documented what they find out about a variety of analogue and digital processes, demonstrating an appreciation of photography both historically and aesthetically.
- The Photogram- Traditional darkroom process to generate a completed work based on a collage
- The Pinhole Camera- Students will construct and take and develop photographs using a pinhole camera.
- Exploring Composition and Camera Conventions - Students they will use with control a digital camera and an analogue SLR camera.
- The Single Lense Reflex Camera - Students will understand aperture and shutter speed to explore subject matter through 35mm film.
- Digital Collage - Students will incorporate photographed elements of subject matter into compositions using advanced photoshop editing skills.

Dance

Get ready to dance your way around the world! This energetic and fun course introduces students to a variety of dance styles from different cultures. No previous dance experience is needed—just a passion for movement and creativity! Students will learn the basics of each style, exploring how music and rhythm influence movement, and will develop their own dance routines through easy-to-learn choreography techniques. The focus will be on expression, creativity, and having fun while learning essential dance skills. Throughout the course, students will work together to create their own performances, blending the styles they've explored into unique group routines. Throughout the course they will showcase their new skills in a vibrant, student-led dance performances. This is the perfect course for students who want to move, create, and have fun on the dance floor!

Acting Academy

This hands-on course offers a well-rounded introduction to the world of theatre. Students will explore the fundamentals of acting techniques, script analysis, and character development, while also honing their performance skills on stage. In addition, they'll get a taste of stagecraft by working with set design, costumes, and the basics of lighting and sound. Whether you're stepping into the spotlight or working behind the scenes, this course gives you the full theatre experience, culminating in a class performance where students showcase both their acting and technical talents.

Theatresports

This imaginative course is designed to spark creativity and develop essential drama skills through improvisation and collaborative work. Students will explore the fundamentals of improvisational theatre,

engaging in activities like theatre sports, spontaneous role-play, and quick-thinking exercises that foster confidence, adaptability, and problem-solving in real time. In addition to honing their improvisation skills, students will work together to devise original scenes and short performances. Through collaborative exploration of themes, character development, and creative storytelling, they'll gain experience in bringing their unique ideas to life on stage. This course encourages teamwork, creative risk-taking, and innovative thinking, making it an ideal space for students who want to develop both their performance and communication skills.

Musical Theatre – The Opening Number

This Music option offers the opportunity to explore experiences involving performance and production. You will have the opportunity to sing a variety of musical theatre songs, exploring different musicals from a broader sociological perspective, and understanding production techniques, including lighting, sound, music, costume, and stage sets.

Live Music Performance 1

This option is focused on developing skills in live performance and sound engineering. This option is suitable for beginners with an interest in learning an instrument or forming a band. It involves learning instrumental and/or vocal skills and building on existing skills in vocals, keyboard, guitars (acoustic, electric, and bass) and drums, culminating in solo and group performances of students; own compositions and covers.

Music Technology and Production 1

This option develops skills in computer-based composition and recording. It involves developing instrumental and/or vocal skills and developing or building upon existing recording and production skills, including remixing the school song, developing compositional skills in producing music for games and film, and computer-based music using an online Digital Audio Workstation. No instrumental skills required – but helpful!

Media and animation

Digital Media is about how things look on the screen and on paper. This course covers the design and presentation of images, animations, movies, and sounds. You will do some of the following: create and manipulate images; create logos, posters, and infographics, write an interactive story, develop an animation, make a movie, create and edit sounds.

Electronics and Coding

Programming is how computers get a job done to control what is around us or get information from our environment. In this course you will learn about programming in Scratch and other languages. You will study electronics and sensing and control systems (the Internet of Things!).

Robotics and coding

Robots are being used in many different areas now, including making cars and all sorts of other factory processes, especially when the work is too hard, too repetitive, or too dangerous for people. In this course, you will learn to build and programme robots to do a variety of tasks.

3D Modelling

This course would cover what goes into designing products, from initial ideas, concept development Drawing and Modelling techniques and the use of computers to create 3D models and being able to 3D print them on our printers. You will also be using CAD (Cardboard Aided Design) to present your solutions to a brief.

Introduction to Architecture

Have you ever wanted to design a house? This course would cover an introduction to Spatial design. From a bit of history through research, idea generation, and conventions. Drawing and Modelling techniques to present your designs. This course involves some research-based projects as well as using the design process to develop ideas.

Jewellery

The design and making of several items of jewellery using pewter, copper, acrylic sheet, and timber.

You will also learn how to construct a presentation box for jewellery items.

A design process will be used to ensure your products work effectively (function) and look good, (aesthetics).

You will gain skills and techniques for each of the materials used.

Maker Space

The design and making of two products: A cell phone dock made of acrylic sheet and timber, and a mini hacksaw made from metal.

A design process will be used to ensure your products work effectively (function) and look good, (aesthetics).

You will gain skills in model making and the forming and finishing of acrylic sheet and metal.

Waka Huia

The design and construction of a timber taonga (treasure) storage box.

Your design will be inspired by a mixture of traditional cultural influences and modern construction techniques. You will gain knowledge and skills in the use of woodworking tools and techniques.

CO₂ Dragster

Are you able to produce Trinity's fastest dragster? This course involves you using influences from nature and existing manufactured products to design and make a unique balsawood dragster that is powered by compressed CO₂. Once completed, your dragster will be raced over a 20m track and timed electronically to see if you can break the current Trinity speed record. Plates Around the World

Food - Plates Around the World \$40

Learn about the cuisine from different countries and religions. This leads into a deeper study on a country to promote in the form of 'Food Tourism' where you prepare a presentation and food that is representative of your chosen country. New flavours and cooking methods are explored from around the world.

Food and Nutrition for Well-Being \$40

An opportunity to learn about what makes up our diet and the foods we consume. Exploring nutritional recommendations, trends in society and their relationship with our health. Learn basic cooking techniques that lead on to planning and making your own food products with a strong focus on eating for health and well-being.

Food Design and Technology \$40

In this course you will look at planning, implementing and design of food products. Adapting and making your own food products, having the opportunity to create and alter your decisions to come up with a product that meets your specifications. Ice Cream is a context that has previously been used for this process. It will continue to develop your food knowledge and cooking skills.

Soft Toys \$20

Discover the joy of creating your own soft toys! From cute and cuddly creatures to imaginative characters, you will use your creativity to design and sew a unique soft toy. As part of this course, sustainability and recycling of fabric will be explored to make new and exciting products.

Fabric Design \$20

Learn how to use a sewing machine and specialised equipment to create unique designs on fabric. This includes the use of applique, fabric dyes and paints, machine embroidery, heat transfer vinyl and other techniques of applying designs to textiles. You could make a bag, skirt, shorts or cushion. A fun course incorporating being creative with the learning of lifelong skills.

Fashion – Design it, Make it \$20

Use the design process to research, plan and make your own creations. Learn how to use a sewing machine and overlocker confidently to design and make your own pyjama pants. Students learn essential skills for completing basic garment and fabric items with a focus on a quality take-home finish.

Te Whakatōtanga - Te Reo Māori 1

Building on what students have learned in our foundation integrated studies course, more emphasis in this programme will be placed on speaking Te Reo Māori (language). Students in *Te Whakatōtanga* will practice having introductory conversations in te reo (He Kōrero Mihi) and be aware of the cultural conventions that operate in interpersonal communication. Tikanga Māori topics such as hākinakina (traditional and new games) and marae kawa (protocols) and a visit to Āraiteuru marae are highlights.

Built to Win- Science of Sport

-A look into how the human body is engineered for success. Ever wonder how top athletes get an edge? This Year 7 & 8 option is where Pūtaiao (science) meets the field!

You will become a Sport Scientist, exploring the human body and its environment through hands-on experiments in Chemistry, Physics, and Biology. We'll run our own experiments to investigate forces, levers, and energy transfer in all the sports we like to do. Learn how nutrition fuels performance and what happens inside your body when we are performing. We will use practicals, including making models, seeking patterns, fair testing and even a dissection, to gain a genuine understanding of our biological systems. Get ready to use the scientific method to unlock the secrets to peak performance!

Let's grow together!

This option offers a balance between practical gardening skills and gaining a deeper understanding of sustainable practices. Students will benefit from hands-on experience while exploring topics like organic fertilisers, composting and the origins of our food. The students will be able to choose an area to study in more detail and learn how to live in harmony with our planet.

Free Writing

This subject will cover a variety of written language skills including formal, creative, and poetic writing. Students will learn to explore different styles of writing, text types and genres to broaden their knowledge and appreciation of how to write for publication. There will be a focus on written text conventions such as spelling, grammar, punctuation and structure, skills that will support students with their writing in all curriculum areas. As well as this, students will be given the opportunity to explore their creativity and imagination with free writing. There will be an emphasis placed on brainstorming new ideas for creative writing and stepping outside comfort zones to write using different structures and genres. The aim will be to allow students to produce concise and engaging writing for extra-curricular competitions, the school magazine, and other publications where student writing is accepted in order to celebrate the ability of Trinity Catholic College.

Greek and Roman Mythology and Daily Life

This is a course looking into some of the most well-known stories of the gods and heroes from ancient Greek and Roman literature (Classical Studies). Students will have the opportunity to delve into the daily life of Greek and Roman society while exploring the colourful personalities and actions of some of the influential leaders and figures from that time.

Performance Sport

This course will have a focus on practical lessons with some theory-related lessons.

Practical sessions focusing on developing basic skills, acquiring more advanced skills and developing game understanding. Use of outside agencies like Sport Otago for expert coaching to develop technical and tactical skills in a variety of sports - Basketball, Cricket, Football, Hockey, Netball, Rugby. A focus on athlete; fitness. Pre and post-fitness testing to be completed. Testing fitness and Motor Skills. Fitness sessions scattered throughout the course to maintain / improve athletes fitness.

Theory related lessons that will focus on:

- *Nutrition
- *Sports Psychology
- *Leadership
- *Fitness
- *Injury prevention / recovery
- *Team work
- *Mental Health and Sport