

**November 2017**

Dear parents and Caregivers,

We are required by the Ministry of Education to consult with parents when developing and implementing the **Health component** of our Health and Physical Education [HPE] Programmes. To achieve this we enclose a brief outline of the objectives and topics to be covered over the next 2 years.

### **What is Health Education?**

Through learning in Health and Physical Education, students will develop the knowledge, skills, attributes, and motivation to make informed decisions and to act in ways that contribute to their personal well-being, of other people, and of society as a whole. In Health and Physical Education the focus is on the well-being of the students themselves, of other people, and of society through learning in health-related and movement contexts.

There are 4 underlying and interdependent concepts at the heart of this learning area.

- **Hauora:** The Māori philosophy of well-being that includes the dimensions taha wairua, taha hinengaro, taha tinana, and taha whānau, each one influencing and supporting the others.
- **Attitudes and Values:** A positive, responsible attitude on the part of students to their own well-being; respect, care, and concern for other people and the environment; and a sense of social justice.
- **The Socio-ecological perspective:** A way of viewing and understanding the interrelationships that exist between the individual, others, and society.
- **Health Promotion:** A process that helps to develop and maintain supportive physical and emotional environments and that involves students in personal and collective action.

### **Why is this consultation period important?**

This learning area makes a significant contribution to the well-being of students beyond the classroom, particularly when it is supported by school policies and procedures and by the actions of all people in the community.

### **How can you contribute?**

The following is an outline of the proposed 2018-2019 programme which will be adopted by the Board of Trustees in February 2018, unless written objections are received within 28 days.

We value and appreciate all feedback/feedforward from our parent community. Please click on the Health Consultation [Google Form](#) if you wish to contribute.

Students at PPS will receive education under the following New Zealand Curriculum HPE Achievement Objectives

# 2018-2019 Proposed Health Programmes at PPS

## ▣ **Personal Health and Physical Development**

- Describe their stages of growth and their development needs and demonstrate increasing responsibility for self-care (Describe the characteristics of pubertal change and discuss positive adjustment strategies - This is introduced as a component of the NZ Health Curriculum in Years 7 and 8)
- Experience creative, regular, and enjoyable physical activities and describe the benefits to well-being.
- Identify risk and use safe practices in a range of contexts.
- Identify personal qualities that contribute to a sense of self-worth.

### **Possible learning opportunities could involve:**

- Outdoor Education
- Learn to Swim
- Year 5/6 Camp
- Fire Safety
- Road Safety
- Beach Education
- Life Education
- Deep Water Survival
- Bike Safety
- PPS Sun Smart policy
- Keeping Ourselves Safe (Keeping Ourselves Safe [KOS] consists of a comprehensive range of child protection resources to help students learn and apply a range of safety skills that they can use when interacting with others)



## ▣ **Movement Concepts and Motor Skills**

- Practise movement skills and demonstrate the ability to link them in order to perform movement sequences.
- Participate in and create a variety of games and activities and discuss the enjoyment that these activities can bring to them and others.
- Use modified equipment in a range of contexts and identify how this enhances movement experiences.
- Develop and apply rules and practices in games and activities to promote fair, safe, and culturally appropriate participation for all.

### **Possible learning opportunities could involve:**

- School Based Sporting Opportunities
- Cluster and WBOP Organised Sporting Events
- Daily Sport / Physical Education Lessons
- Fundamental Movement Skills
- Daily Fitness

# 2018-2019 Proposed Health Programmes at PPS

- Swimming
- Funky Fun Days
- Athletics
- Hauora (emotional health)
- Commonwealth Games and Athlete Studies

## ▣ **Relationships with Other People**

- Identify and demonstrate ways of maintaining and enhancing relationships between individuals and within groups.
- Describe how individuals and groups share characteristics and are also unique.
- Express their ideas, needs, wants, and feelings appropriately and listen sensitively to other people and affirm them.

### **Possible learning opportunities could involve:**

- Classroom / Pod / Team Treaty and Values Programmes
- Kiwi Can ( Is a life skills and values programme for all 5-12 year old New Zealand children. Each class attends a 30-45 minute session each week. Values and skills taught are followed through in class)
- Life Ed (To educate and inspire generations to embrace positive choices for a healthy mind and body through the following programmes - Food and Nutrition, Human Biology, Relationships and Communities, Identity & Resilience)
- Healthy Eating and Nutrition Education
- Co-operative games
- PPS Positive Behavioural Management Strategies and Procedures



## ▣ **Healthy Communities and Environments**

- Explore how people's attitudes, values, and actions contribute to healthy physical and social environments.
- Identify and use local community resources and explain how these contribute to a healthy community.
- Contribute to and use simple guidelines and practices that promote physically and socially healthy classrooms, schools, and local environments.

### **Possible learning opportunities could involve:**

- Life Ed (To educate and inspire generations to embrace positive choices for a healthy mind and body through the following programmes - Food and Nutrition, Human Biology, Relationships and Communities, Identity & Resilience)
- Keeping Ourselves Safe (Keeping Ourselves Safe [KOS] consists of a comprehensive range of child protection resources to help students learn and apply a range of safety skills that they can use when interacting with others)
- Healthy Eating and Nutrition Programmes
- Waterline