

Health Education at Te Kowhai School

November 2020 - Te Kowhai School Board of Trustees



Health education is learning based around hauora (wellbeing), attitudes and values, relationships, body development and health promotion. Where possible this learning is integrated across all areas of the curriculum and we invite community consultation via responses to the [Health Education Survey](#).

This curriculum area is divided into four strands:

- a. **Personal Health and Physical Development** - Develop the knowledge, understandings, skills and attitudes that they need in order to maintain and enhance their personal well-being and physical development.
- b. **Movement Concepts and Motor Skills** - Develop motor skills, knowledge and understandings about movement and positive attitudes towards physical education. Regularly participate in a range of physical activities in a variety of ways.
- c. **Relationships with Other People** - Develop the knowledge, skills and attitudes to achieve positive interactions and relationships with others.
- d. **Healthy Communities and Environments** - Contribute to healthy communities and environments by taking responsible and critical action.

Through these strands we look at self esteem, relating to others, fitness, healthy eating, friendships, aquatics, ball skills, traffic safety.

In some instances we work with outside agencies to add value to our programmes.

Te Kowhai School's Health Statement:

Curriculum Statement: In health and Physical education, students learn about their own well-being, and that of others and society, in health related and movement concepts.

Essence Statement: Health and Physical Education helps develop in students a lifelong commitment to having a healthy body and mind.

Our current learning programmes consist of:

Programme	Year Levels	Frequency	Focus
PRIDE Values	1-8	Ongoing	Our PRIDE Values are an integral part of 'Our Way' at Te Kowhai School. These are discussed regularly in all areas of learning, play and our PRIDE hui. <ul style="list-style-type: none">● Partnership● Respect● Integrity● Drive● Empathy (previously Excellence)
General Wellbeing	1-8	Ongoing	Daily focus on student wellbeing in response to individual needs. 'Whānau Groups' and 'Circle time' utilised
Choice / Friends for	1-8	As needed	CHOICE is a social and Emotional Resilience Program designed for

Life			New Zealand children. Focus is around positively engaging students in who they are as a person/learner and growing learner confidence. Students are identified by staff to participate in this programme.
Kia Kaha	1-8	Biannual	Kia Kaha enables students to develop strategies for respectful relationships where bullying behaviours are not tolerated.
Keeping Ourselves Safe		Biannual	Keeping Ourselves Safe is to help children and young people learn and apply a range of safety skills that they can use when interacting with others.
Relationships and Sexuality Education	1-8	Annual	All about me (Knowing our body), Friendships / Relationships, Me and the World (social) Includes Pubertal Change at Y 6-8
Life Ed	1-8	Annual	Life Ed covers five major strands: food and nutrition, human biology, relationships & communities, identity & resilience and substances.
Online Safety	1-8	Ongoing	Ongoing in-class discussions / support
John Parsons		Biannual	Specialist advice and direction on the safe and ethical use of Digital Communication Technology.
Road Safety	1-2	Biannual	Foundation Road Safety Skills
FireWise	1-8	Biannual	Curriculum-based resource that gives children of primary and intermediate age the knowledge and behaviour they need to stay fire safe and escape from a burning building.

Physical Education

Programme	Focus
Aquatics	Swimming, confidence in water, submersion, stroke development, safe practices, breath control
Games, Co-operative and challenge activities	Getting to know you, Ki o Rahi, Tabloids sports
Run Jump Throw	Athletics
Fitness, Endurance and Stamina	Cross Country, Fitness Routines, Fitness Techniques
Rotation and Swing, Balance	Gymnastics, skipping
Invasive Skills	Sports and team games, passing and catching, kicking, hitting and striking

Now that you have read the Programme objectives and content, please click the link to submit your response to the [Health Survey](#).