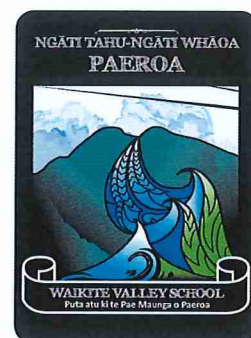




Health & Physical Wellbeing



General Statement

Health and Physical Well-Being is an essential learning area that requires specific and skilled teaching. Effective implementation of this curriculum will enable students to learn about and develop confidence in themselves and their abilities, and to approach learning with energy and application. It helps them to take responsibility for their own health and physical well-being and to acknowledge their part in ensuring the well being and safety of others.

Educational Objectives

The children will have learning experiences that lead them to:

- strengthen their personal identity and enhance their self worth
- develop health enhancing practices through an understanding of the physical, mental and emotional, social and spiritual dimensions of their well being
- develop physical skills, experience and understand the diversity of movement;
- and develop positive attitudes to and participate in physical activity
- contribute to the well being of their communities, environments and New Zealand society

Learning Outcomes

The aims of the Health and Physical Curriculum are for students to:

- develop knowledge, understanding, skills and attitudes for personal health and physical development
- develop motor skills through movement, acquire knowledge and understandings about movement, and develop positive attitudes to physical education and physical activity
- develop understandings, skills and attitudes that enhance interaction and relationships with others
- participate in creating healthy communities and environments by taking responsible and critical action

AIMS:

To equip children with the knowledge and skills required to understand their own, their family and community health problems and thereby encourage them to reach optimum health.

To help develop favourable attitudes towards healthy living and to value health as a community asset.

To provide sufficient knowledge about growth and development, bodily functions; health and safety hazards; family and social living; maintenance of personal, family and community health and the nature of public health services, to make an intelligent decision within a wide range of possibilities.

To encourage attitudes which will make the individual:

- o aware of the value of good health
- o willing to use or cooperate with health services
- o able to recognise that their health and safety practices
- o are based on knowledge, and determined by behaviour
- o able to understand and be sympathetic towards physical and mental illness and all forms of handicap
- o To establish practices and habits which lead to the observance of safety rules at home, school and in the community.
- o To take the proper steps in the avoidance of disease and infection.
- o To establish habits of personal hygiene, sound nutrition, balanced emotional adjustment, a good range of physical and mental activities and use of the Health Services.
- o To teach children to follow instructions, absorb a demonstration and apply the knowledge gained practically.
- o To practice new and previously learned skills to a high level of proficiency.
- o To improve their level of fitness
- o To enable children to move easily and confidently with economy of effort
- o To encourage social interaction and foster attitudes of sportsmanship and team spirit
- o To foster an awareness of safety factors, the correct attire and healthy practices.

E.O.T.C. (education outside the classroom)

The major focus for the year is a camp for the Year 3-8 students. Other E.O.T.C programmes will be developed to support major units of work each term.

The GPA (Graduate Pathways Academy) Year 7-8 students take part in a challenging EOTC trip each term. Eg. Snorkeling, snow camp, Wellington leadership trip

Physical Education

Daily Phys.Ed programmes are planned as separate units focusing on selected skills. These units comprise of both fitness and skills components. In addition to this, weekly sport sessions give the opportunity for children to practice these skills in competitive and non competitive situations. Full advantage is taken of field days, inter school sport competitions, and specialist training opportunities as they arise. In Term 1 our focus will be small ball skills and swimming. Jump Jam fitness programme will run five days a week over the year. Other units during the year will include large ball skills, cross country running, jump rope and athletics.