

HEALTH

	CONCEPTS	PERSONAL CONTENT	
	Relationships with other people	<ul style="list-style-type: none"> • Communication, co-operation and acceptance of others are essential life skills. • Friendship and interaction can be positive and negative and people need strategies to deal with this. 	<ul style="list-style-type: none"> • Feelings • Body Parts • Friends • Understanding change- loss, grief
	Personal Health and Physical Development	<ul style="list-style-type: none"> • Their bodies change and grow. • They have different needs as they develop and grow. 	<ul style="list-style-type: none"> • Healthy Eating • Food Groups
	Healthy Community and Environment	<ul style="list-style-type: none"> • Sport can be a career. • Sometimes they win and sometimes they lose. • There are people on the community, such as coached, who can help us. 	<ul style="list-style-type: none"> • Heroes • Sports
	Personal Health and Physical Development	<ul style="list-style-type: none"> • Being active leads to a healthy lifestyle. • Co-operative and competitive activities builds character 	<ul style="list-style-type: none"> • Cross-country • Fitness
	Movement concepts and motor skills	<ul style="list-style-type: none"> • Perseverance and practise builds skills • Skills (mental and physical) continue to develop by participation a range of sports • Physical skills and knowledge can be transferred between sports. 	
Personal Well-being	Personal Health and Physical Development	<ul style="list-style-type: none"> • Their body changes as they grow • They have different health needs as they grow and develop. • They are unique and this should be celebrated. 	<ul style="list-style-type: none"> • I am unique
	Healthy Communities and Environments	<ul style="list-style-type: none"> • There are hazards, so you need to learn to keep yourself safe.. 	<ul style="list-style-type: none"> • Playground Safety • Keeping Safe • Kia Kaha • Road / Water Safety

Students will have learning experiences and gain knowledge in these 7 key areas of learning: Mental Health, Sexuality Education, Food and Nutrition, Body Care and Physical Safety, Physical Activity, Sport Studies, and Outdoor Education.

How do we plan?

Staff identify which themes are important for our school and community each year.

These themes are further developed by the teachers and will produce unit plans that include:

- specific learning intentions
- curriculum links
- links to 'striving to succeed'
- lesson sequences with a variety of teaching approaches
- thinking tools
- ICT's
- assessment practices and activities

Concepts (Integrated into all strands)	Strands and Areas of Learning
Hauora Attitudes and Values Relationships Health promotion and Sustainability	Personal Health and Physical Development Mental Health, Sexuality Education, Food and Nutrition, Body Care and Physical Safety, and Physical Activity.
	Movement Concepts and Motor Skills Physical Activity, Sport Studies, and Outdoor Education.
	Relationships with Other People Mental Health, Sexuality Education, Body Care and Physical Safety, and Outdoor Education.
	Healthy Communities and Environments Mental Health, Body Care and Physical Safety, Physical Activity, Sport Studies, and Outdoor Education.