

Health and Physical Education - Hauora

Our students learn about their own well-being, and that of others and society.

What students learn

The students

- develop the knowledge, understandings, skills, and attitudes that they need in order to maintain and enhance their **personal well-being and physical development**
- develop **motor skills**, knowledge and understandings about movement, and positive attitudes towards physical activity
- develop understandings, skills, and attitudes that enhance their **interactions and relationships with others**
- contribute to **healthy communities and environments** by taking responsible and critical action

These objectives are met through the seven key areas of learning:

- mental health
- sexuality education
- food and nutrition
- body care and physical safety
- physical activity
- sport studies
- outdoor education

How our teachers engage students in learning

Our teachers

- implement the **SportStart** programme through which the students develop fundamental **movement skills**, fundamental **sport skills**, critical thinking and communication skills
- teach basic **aquatic skills** – learn to swim and water safety skills
- engage the students in **health education** topics that meet their specific and emerging needs and chosen after consultation with parents
- promote fair-play and competition through participation in school-wide and whanau house **sporting events**, and interschool sports competitions
- provide a range of **Education Outside the Classroom** (EOTC) skills, including experience of a four-day camp for year 5 and year 6 students every other year

