

**WEST END TE KURA Ō MŌRERE  
CURRENT HEALTH & PHYSICAL EDUCATION OVERVIEW**

**JUNIOR TEAM  
EVEN Years**

Level 1 & 2	Mental Health	Food & Nutrition	Sexuality Education	Sports Studies
	<p><b><i>Change, Loss &amp; Grief</i></b></p> <ul style="list-style-type: none"> <li>• Understanding change &amp; loss</li> <li>• Understanding feelings of grief</li> <li>• Coping with disappointment, loss &amp; grief</li> <li>• Helping others who are grieving</li> <li>• Building a supportive environment</li> </ul>	<p><b><i>Food to Go &amp; Grow</i></b></p> <ul style="list-style-type: none"> <li>• Nutritional value of food</li> <li>• Food preparation &amp; hygiene</li> <li>• Healthy lunches</li> <li>• Eating patterns</li> <li>• Good choices for power food</li> </ul> <p style="text-align: center;"><b><i>Integrate with Outdoor Education</i></b></p>	<p><b><i>Magnificent Me</i></b></p> <ul style="list-style-type: none"> <li>• Describing changes in growth patterns</li> <li>• Hygiene</li> <li>• Identify body parts</li> <li>• Exercise &amp; healthy food/creating a positive body image</li> </ul> <p style="text-align: center;"><b><i>Integrate with Physical Activity &amp; Food and Nutrition</i></b></p>	<p><b><i>Be the Best You Can</i></b></p> <ul style="list-style-type: none"> <li>• Winning &amp; losing</li> <li>• Enjoyment &amp; achievement</li> <li>• Co-operating with others</li> <li>• Fair play</li> <li>• Setting goals to extend ability</li> </ul>

**JUNIOR TEAM  
EVEN Years**

Level 1	Body Care & Physical Safety	Outdoor Education	Physical Activity
	<p><b><i>Taking Care of me 'Atawhai to tinana'</i></b></p> <ul style="list-style-type: none"> <li>• Dealing with unwanted touching</li> <li>• Places &amp; people we can go to for help</li> <li>• Expressing &amp; recognizing feelings</li> <li>• Developing strategies to keep ourselves safe</li> <li>• Assertiveness skills</li> </ul>	<p><b><i>Adventures at School</i></b></p> <ul style="list-style-type: none"> <li>• Building a shelter</li> <li>• Obstacle courses</li> <li>• Orienteering</li> <li>• Team building &amp; co-operative activities</li> <li>• Identify potential dangers</li> <li>• Problem solving</li> <li>• Cook out</li> <li>• Tent pitching</li> </ul>	<ul style="list-style-type: none"> <li>• Aquatics – stroke development / water safety</li> <li>• Te Reo Kori (Kapa Haka, Poi etc)</li> <li>• Minor games / Co-operative games</li> <li>• <b><u>Body Management Activities / gymnastics</u></b> <ul style="list-style-type: none"> <li>- Balance - Climbing - Landing - Pushing/Pulling -</li> <li>- Rotation - Swinging</li> </ul> </li> <li>• <b><u>Movement and dance :</u></b> <ul style="list-style-type: none"> <li>- Folk Dancing</li> <li>- Aerobics</li> <li>- Expressive &amp; creative movement</li> </ul> </li> </ul>

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**JUNIOR TEAM**  
**ODD Years**

Level 1 & 2	Mental Health	Food & Nutrition	Sexuality Education	Sports Studies
	<p style="text-align: center;"><b><i>Getting on Together Kotahitanga</i></b></p> <ul style="list-style-type: none"> <li>• Identify personal strengths</li> <li>• Help to set classroom rules</li> <li>• Expressing ideas &amp; listening to others</li> </ul> <p style="text-align: center;"><b><i>Integrate with Sexuality Education.</i></b></p>	<p style="text-align: center;"><b><i>Different People Eat Different Food</i></b></p> <ul style="list-style-type: none"> <li>• Preparing food safely</li> <li>• Cultural influences</li> <li>• Select &amp; prepare food</li> <li>• Sharing food</li> <li>• Cooking techniques</li> </ul>	<p style="text-align: center;"><b><i>Kotahitanga</i></b></p> <ul style="list-style-type: none"> <li>• Speaking confidently</li> <li>• Relating to others</li> <li>• Respecting others &amp; self</li> <li>• Co-operating during work &amp; play</li> <li>• Dealing with teasing &amp; bullying</li> </ul> <p style="text-align: center;"><b><i>Integrate with Mental Health</i></b></p>	<p style="text-align: center;"><b><i>Being a Good Sport</i></b></p> <ul style="list-style-type: none"> <li>• Team building &amp; co-operation activities</li> <li>• Fair play</li> <li>• Positive attitudes</li> </ul>

**JUNIOR TEAM**  
**ODD Years**

Level 1 & 2	Body Care & Physical Safety	Outdoor Education	Physical Activity
	<p style="text-align: center;"><b><i>Keeping Myself Safe</i></b></p> <ul style="list-style-type: none"> <li>• Safety in many environments</li> <li>• Hazards (school &amp; home)</li> <li>• Being responsible – looking after myself &amp; caring for the environment</li> <li>• Fire safety &amp; emergency procedures (home &amp; school)</li> </ul>	<p style="text-align: center;"><b><i>Outdoor Kiwis</i></b></p> <ul style="list-style-type: none"> <li>• Bush walk</li> <li>• Team building &amp; co-operative activities</li> <li>• Confidence building</li> <li>• Scavenger hunt</li> <li>• Identifying potential dangers</li> <li>• Problem solving</li> </ul>	<ul style="list-style-type: none"> <li>• Aquatics – stroke development / water safety</li> <li>• Te Reo Kori (Kapa Haka, Poi etc)</li> <li>• Minor games / Co-operative games</li> <li>• <b><u>Body Management Activities / gymnastics</u></b> <ul style="list-style-type: none"> <li>- Balance - Climbing - Landing - Pushing/Pulling -</li> <li>- Rotation - Swinging</li> </ul> </li> <li>• <b><u>Movement and dance</u></b> : <ul style="list-style-type: none"> <li>- Folk Dancing</li> <li>- Aerobics</li> <li>- Expressive &amp; creative movement</li> </ul> </li> </ul>

**WEST END TE KURA Ō MŌRERE  
CURRENT HEALTH & PHYSICAL EDUCATION OVERVIEW**

**SENIOR TEAM  
EVEN Years**

Level 2 & 3	Mental Health	Food & Nutrition	Sexuality Education	Sports Studies
	<p><b><i>Change, Loss &amp; Grief</i></b></p> <ul style="list-style-type: none"> <li>• Understanding change &amp; loss</li> <li>• Understanding feelings of grief</li> <li>• Coping with disappointment, loss &amp; grief</li> <li>• Helping others who are grieving</li> <li>• Building a supportive environment</li> </ul>	<p><b><i>Food to Go &amp; Grow</i></b></p> <ul style="list-style-type: none"> <li>• Nutritional needs for growth, development &amp; energy</li> <li>• Sports supplements</li> <li>• Advertising</li> <li>• Energy foods</li> </ul> <p style="text-align: center;"><b><i>Integrate with Sports Studies</i></b></p>	<p><b><i>Magnificent Me (level 2)</i></b></p> <ul style="list-style-type: none"> <li>• Changes in growth patterns</li> <li>• Hygiene</li> <li>• Identify body parts</li> </ul> <p><b><i>Exercise &amp; creating a positive body image</i></b></p> <p><b><i>Positive Puberty (level 3)</i></b></p> <ul style="list-style-type: none"> <li>• Body image</li> <li>• Managing changes &amp; puberty</li> <li>• Emotional change &amp; feelings</li> <li>• Peer pressure &amp; friendships</li> <li>• Stereotypes</li> <li>• Growth &amp; change</li> </ul>	<p><b><i>Sports Events</i></b></p> <ul style="list-style-type: none"> <li>• Link into a major sporting event eg, Olympics, Commonwealth Games</li> <li>• Fair play / sportsmanship</li> <li>• Winning / losing</li> <li>• Famous sports people / role models</li> <li>• Using leisure time</li> </ul> <p style="text-align: center;"><b><i>Integrate with Food &amp; Nutrition</i></b></p>

**SENIOR TEAM  
EVEN Years**

Level 2 & 3	Body Care & Physical Safety	Outdoor Education	Physical Activity		
	<p><b><i>Looking after Ourselves</i></b></p> <ul style="list-style-type: none"> <li>• Recognizing &amp; expressing feelings (positive &amp; negative)</li> <li>• Dealing with unwanted touching</li> <li>• People &amp; places I can go to for help</li> <li>• Dealing with abusive situations</li> <li>• Assertiveness skills</li> </ul>	<p><b><i>Adventures at School</i></b></p> <p>Same as Junior Even years</p> <p><b><i>Life in the Outdoors (Camps / Mountain)</i></b></p> <p>Same as Senior Odd Years</p>	<ul style="list-style-type: none"> <li>• <b><u>Manipulation skills</u></b> <ul style="list-style-type: none"> <li>- Ball control - Trapping - Catching - Passing - Throwing</li> <li>- Striking</li> </ul> </li>   <li>• <b><u>Sports (Seniors)</u></b> <table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top;"> <ul style="list-style-type: none"> <li>- Cricket</li> <li>- Tennis</li> <li>- Softball</li> <li>- Tee ball</li> <li>- Orienteering</li> <li>- Volleyball</li> <li>- Athletics</li> </ul> </td> <td style="vertical-align: top;"> <ul style="list-style-type: none"> <li>- Netball</li> <li>- Basketball</li> <li>- Soccer</li> <li>- Rugby/ touch/ Rippa/ rugby league</li> <li>- Hockey</li> <li>- Golf</li> <li>- Squash</li> </ul> </td> </tr> </table> </li>   <li>• <b><u>Fitness</u></b> <ul style="list-style-type: none"> <li>- Exercise in water</li> <li>- Kiwidex (partner activities/games)</li> <li>- Jump rope (skipping)</li> <li>- Running (cross country)</li> <li>- Circuits</li> <li>- Relays</li> <li>- Obstacle course</li> <li>- tryathlon</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Cricket</li> <li>- Tennis</li> <li>- Softball</li> <li>- Tee ball</li> <li>- Orienteering</li> <li>- Volleyball</li> <li>- Athletics</li> </ul>	<ul style="list-style-type: none"> <li>- Netball</li> <li>- Basketball</li> <li>- Soccer</li> <li>- Rugby/ touch/ Rippa/ rugby league</li> <li>- Hockey</li> <li>- Golf</li> <li>- Squash</li> </ul>
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CURRENT HEALTH & PHYSICAL EDUCATION OVERVIEW**

**SENIOR TEAM  
ODD Years**

Level 2 & 3	Mental Health	Food & Nutrition	Sexuality Education	Sports Studies
	<i>Everybody Belongs</i>	<i>Food Choice</i>	<i>Everybody belongs</i>	<i>Positive Performance</i>
	<ul style="list-style-type: none"> <li>• Personal identity &amp; self-worth</li> <li>• Expressing ideas &amp; feelings</li> <li>• Developing rules &amp; guidelines</li> <li>• Making positive choices</li> </ul>	<ul style="list-style-type: none"> <li>• Nutritional needs for growth &amp; development</li> <li>• Relationships between nutrition, exercise &amp; wellbeing</li> <li>• Advertising – impact on food choices, costs etc</li> <li>• Enhancing school health (food practices &amp; guidelines)</li> <li>• Cultural significance / celebrations</li> </ul>	<ul style="list-style-type: none"> <li>• Supporting others</li> <li>• Assertiveness skills</li> <li>• Coping with bullying &amp; teasing</li> <li>• Body image</li> </ul>	<ul style="list-style-type: none"> <li>• Fair play – winning/losing</li> <li>• Team building &amp; co-operation</li> <li>• Leadership</li> <li>• Managing competition</li> </ul>
	<i>Integrate with Sexuality Education</i>	<i>Integrate with Sports Studies</i>	<i>Integrate with Mental Health</i>	<i>Integrate with Physical Activity &amp; Sporting</i>

**SENIOR TEAM  
ODD Years**

Level 2 & 3	Body Care & Physical Safety	Outdoor Education	Physical Activity		
	<p style="text-align: center;"><b><i>Watch Out !</i></b></p> <ul style="list-style-type: none"> <li>• Safety in many environments – water, beach, road, bicycle, sun, emergencies ie fire and/or earthquake</li> <li>• Emergency procedures at home &amp; school</li> <li>• Identify &amp; take action to enhance safety in/on school grounds</li> <li>• Hazards in the environment</li> <li>• Risk management</li> </ul>	<p style="text-align: center;"><b><i>Outdoor Kiwis</i></b></p> <ul style="list-style-type: none"> <li>• Same as Level 1&amp;2</li> </ul> <p style="text-align: center;"><b><i>Life in the Outdoors (Camps/Mountain)</i></b></p> <ul style="list-style-type: none"> <li>• <b><u>Camp:</u></b> orienteering, map reading, compass work, basic first aid, bush walks, hiking, survival skills, team building, co-operation, problem solving, confidence building, scavenger hunts, cook outs, tent pitching</li> <li>• <b><u>Risk management :</u></b> identify dangers</li> </ul>	<ul style="list-style-type: none"> <li>• <b><u>Manipulation skills</u></b> <ul style="list-style-type: none"> <li>- Ball control - Trapping - Catching - Passing - Throwing</li> <li>- Striking</li> </ul> </li> <li>• <b><u>Sports (Seniors)</u></b> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <ul style="list-style-type: none"> <li>- Cricket</li> <li>- Tennis</li> <li>- Softball</li> <li>- Tee ball</li> <li>- Orienteering</li> <li>- Volleyball</li> <li>- Athletics</li> </ul> </td> <td style="width: 50%; vertical-align: top;"> <ul style="list-style-type: none"> <li>- Netball</li> <li>- Basketball</li> <li>- Soccer</li> <li>- Rugby/ touch/ Rippa/ rugby league</li> <li>- Hockey</li> <li>- Golf</li> <li>- Squash</li> </ul> </td> </tr> </table> </li> <li>• <b><u>Fitness</u></b> <ul style="list-style-type: none"> <li>- Exercise in water</li> <li>- Kiwidex (partner activities/games)</li> <li>- Jump rope (skipping)</li> <li>- Running (cross country)</li> <li>- Circuits</li> <li>- Relays</li> <li>- Obstacle course</li> <li>- Tryathlon</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Cricket</li> <li>- Tennis</li> <li>- Softball</li> <li>- Tee ball</li> <li>- Orienteering</li> <li>- Volleyball</li> <li>- Athletics</li> </ul>	<ul style="list-style-type: none"> <li>- Netball</li> <li>- Basketball</li> <li>- Soccer</li> <li>- Rugby/ touch/ Rippa/ rugby league</li> <li>- Hockey</li> <li>- Golf</li> <li>- Squash</li> </ul>
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**WEST END TE KURA Ō MŌRERE**  
**DRAFT CURRICULUM STATEMENT**  
**HEALTH & PHYSICAL EDUCATION - Date: July 2021**

**GUIDELINES & ORGANISATION**

- A variety of teaching methods and strategies should be employed
- Lesson planning should reflect the range of abilities and needs of the children
- The physical activity programme will include skills-based sessions and a regular fitness programme and purposeful application
- Classroom programmes will be based on the school-wide Health & Physical Education overview
- Key events will be incorporated into the programme, eg, cross country, athletics, jump rope and interschool competitions
- Health consultation with the community will take place in line with the Ministry of Education requirements
- Programmes will be inclusive, with modified activities provided for children with special needs and abilities

**PRINCIPLES**

- The learning environment and opportunities will be supportive and enhance wellbeing (hauora) of learners. Experiences will consider the student's physical, social, mental and emotional health and include a spiritual dimension
- Learning in Health & Physical Education will promote responsible attitudes and values in students and enhance interactions and relationships with other people
- The programme will develop school health and safety policies and procedures
- The programme will develop the knowledge, understanding and skills to maintain and enhance personal health and physical development
- The programme will develop fundamental and physical education skills at every level, inclusive of children with special needs and abilities.
- "Fair Play" and positive attitudes will be promoted as an integral part of all programmes

**CURRICULUM AREA GOAL**

Students will gain the knowledge, skills, attitudes and values to enjoy a healthy lifestyle and to contribute actively to the wellbeing of themselves, other people and their wider community

**KEY RESOURCES**

Teachers are encouraged to use a wide variety of Resources which give ideas and guidance for unit planning and hands on experiences for students –

- Health & Physical Education in the New Zealand Curriculum
- Curriculum in Action documents
- Fundamental Skills Manual
- Kiwidex Manual
- Kiwi Outdoors Manual
- Community resource personnel
- Public Health Nurse
- Health Promotions Unit (TDHB)
- Dental Therapist
- Health & Safety Resource Kits, eg KOS, Kia Kaha
- Police Education Officer
- Fire Service – Fire Wise Programme
- What's the Plan Stan? (Civil Defence)
- ACC Think Safe Education Years 1-8

**ASSESSMENT**

The teacher should use a range of criteria and strategies to gather information in order to assess individual children's learning in Health & Physical education

- Physical Education Resource kits, eg Jump Rope for Heart, gym fun, Kiwisport manuals, Swimsafe, Jump Jam
- Fundamental Movement Skills
- Perceptual Motor Programme
- Life Education Trust
- 5+a Day
- Sunsmart
- Seasons Grief/Loss Programme
- Let's Go – NPDC Walk, Ride, Bus initiatives
- Sport Taranaki In School Programmes
- Wellbeing for Success (Draft 2013)