

# ROKOKAURI SCHOOL HEALTH EDUCATION STATEMENT



The following statement has been written to inform our school community about how health education will be implemented at Rotokauri School. This is based on parent feedback, the New Zealand Curriculum requirements and identified student needs across the school.

## **Statement on the Delivery of the Health Curriculum at Rotokauri School**

Rotokauri School will implement a programme of health and physical education based on the New Zealand Curriculum, intending to make students responsible for their own well-being and the ability to make lifelong choices that promote physical and mental well-being.

The New Zealand Curriculum has four strands for Health and PE. These strands are –

- Personal Health and Physical Development
- Movement Concepts and Motor Skills
- Relationships with Other People
- Healthy Communities and Environments

There are four concepts which are –

- Hauora (Well-being)
- Attitudes and Values
- Socio-ecological Perspective
- Health Promotion

There are seven key areas of learning –

- Mental Health
- Sexuality Education
- Food and Nutrition
- Body Care and Physical Safety
- Physical Activity
- Sports Studies
- Outdoor Education

At Rotokauri School –

- Physical education lessons will be taught at least twice a week.
- Regular aquatic lessons will be taught during the swimming season.
- There will be an expectation that all students will have the opportunities to participate in physical education to the best of their ability.
- Healthy food and nutrition will be promoted.
- Year 7 and 8 students will participate in Food Technology at Hamilton Junior High School during the year.
- Pubertal change lessons will be taught to Year 7 and 8 students.
- Strategies for building positive relationships will be taught at the beginning of the year and reinforced throughout.