

Programme of work: Health and PE

The board of every State school must, at least once in every 2 years, and after consultation with the school community, adopt a statement on the delivery of the health curriculum. Education Act 1989 s60B

The four strands of Health and PE are:

- Personal health and physical development
- Movement concepts and motor skills
- Relationships with other people
- Healthy communities and environments

The seven key areas of learning are:

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

All seven areas are to be included in teaching and learning programmes. (NZC 2014)

The Education Act (1989) requires that all schools consult at least every two years on the delivery of the Health Curriculum. (Relevant section 60B may be found at the end of this document.)

This consultation is due 2019, 2021, 2023, 2025. Evidence will be found in the BOT minutes.

The Lake Rotoiti School PE programme is an annual one and wherever possible will take advantage of cluster activities.

Lake Rotoiti School contracts an outside source to teach swimming at the beginning of each year and teacher(s) are expected to use the school pool to enhance these lessons during the swimming season.

The Lake Rotoiti School Health programme is strongly linked and integrated to our Topic studies.

[Resource list](#)

Physical Education and Sports Programme

	Term 1	Term 2	Term 3	Term 4
PE	Swimming	Winter sports and Cross country	Skiing	Athletics
Daily Fitness	Skipping	Running activities	Minor games	Circuits
Events	Swimming Triathlon (Wairau School?)	Zone Cross Country	Ski racing	Athletics (Wairau School?)

Health Programme

Cycle 1

Key Concept: Life Ed/Sun Smart			
Level 1	Level 2	Level 3	Level 4
Describe feelings and ask questions about their health, growth, development and personal needs and wants.	Describe their stages of growth and their development needs and demonstrate increasing responsibility for self-care.	Identify factors that affect personal, physical, social, and emotional growth and develop skills to manage changes. Year 6 - 8: Introduction to pubertal change. (Navigating the Journey – Family Planning resource) Odd year.	Describe how social messages and stereotypes, including those in the media, can affect the feelings of self-worth.

No Assessment this cycle

Cycle 2

Key Concept: Water Safety/Mindfulness			
Level 1	Level 2	Level 3	Level 4
<ul style="list-style-type: none"> Participate in creative and regular physical activity and identify enjoyable experiences. Describe themselves in relation to a range of contexts. 	<ul style="list-style-type: none"> Identify risk and use safe practices in a range of contexts. Identify personal qualities that contribute to a sense of self worth 	Maintain regular physical participation in enjoyable physical activities in a range of environments and describe how these assist in the promotion of well-being. Year 6- 8: Introduction to pubertal change. (Navigating the Journey – Family Planning resource) Odd year.	Demonstrate an increasing sense of responsibility for incorporating regular and enjoyable physical activity into their personal lifestyle to enhance well-being.

No Assessment this cycle

Cycle 3

Key Concept: Keeping Ourselves Safe			
Level 1	Level 2	Level 3	Level 4
Describe and use safe practices in a range of contexts and identify people who can help.	Identify risk and use safe practices in a range of contexts.	Identify risks and their causes and describe safe practices to manage these. Year 6 - 8: Introduction to pubertal change. (Navigating the Journey – Family Planning resource) Odd year.	Access and use information to make and action safe choices in a range of contexts.

Assess: Personal Health and Physical development