

PE & Health Curriculum Coverage

Four underlying and interdependent concepts are at the heart of this learning area:

Hauora - a Māori philosophy of well-being that includes the dimensions taha wairua, taha hinengaro, taha tinana, and taha whānau, each one influencing and supporting the others.

Attitudes and values - a positive, responsible attitude on the part of students to their own well-being; respect, care, and concern for other people and the environment; and a sense of social justice.

The **socio-ecological perspective** - a way of viewing and understanding the interrelationships that exist between the individual, others, and society.

Health promotion - a process that helps to develop and maintain supportive physical and emotional environments and that involves students in personal and collective action.

The four strands are:

- **Personal health and physical development**, in which students develop the knowledge, understandings, skills, and attitudes that they need in order to maintain and enhance their personal well-being and physical development
- **Movement concepts and motor skills**, in which students develop motor skills, knowledge and understandings about movement, and positive attitudes towards physical activity
- **Relationships with other people**, in which students develop understandings, skills, and attitudes that enhance their interactions and relationships with others
- **Healthy communities and environments**, in which students contribute to healthy communities and environments by taking responsible and critical action.

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

2017	Term 1	Term 2	Term 3	Term 4
Events	<ul style="list-style-type: none"> • PBS Swimming Sports • Zone Swimming (Parua Bay & Whangarei Heads) • WPSSA Swimming Sports • WPSSA Summer Sports Year 4-6 • WPSSA Summer Sports Year 7&8 • PBS Triathlon Years 6-8 	<ul style="list-style-type: none"> • PBS Cross Country • WPSSA Winter Sports Year 4-6 • WPSSA Winter Sports Year 7&8 	<ul style="list-style-type: none"> • WPSSA Cross Country • Northland Cross Country Champs 	<ul style="list-style-type: none"> • PBS Athletics Year 4-6 • PBS Athletics Year 7&8 • Zone Athletics (Parua Bay & Whangarei Heads) • WPSSA Athletics Year 4-6 • WPSSA Athletics Year 7&8
Fitness	Fitness should be relevant to school events (i.e. cross country/athletics) and/or incorporated into fundamental skills lessons.			
Physical Education Fundamental Skills Level 1	Locomotor Skills Swimming	Locomotor Skills - Running, walking, dodging 40% Stability Skills Landing, balance, rotation 40% Manipulative Skills Catching and throwing 20%		
Level 2 & 3	Locomotor Skills Swimming	Locomotor Skills Running, walking, dodging 25% Stability Skills Landing, balance, rotation 25% Manipulative Skills Catching and throwing, Feet 50%		
Level 4	Locomotor Skills Swimming	Locomotor Skills Running, walking, dodging 20% Stability Skills Landing, balance, rotation 20% Manipulative Skills Catching and throwing, Feet 60%		
Outdoor Education	Class/Collaborative team Camps			
Health Level 1	Healthy Communities & Environments Keeping Ourselves Safe		Personal Health & Physical Development Food & Nutrition	
Level 2&3	Healthy Communities & Environments Keeping Ourselves Safe		Personal Health & Physical Development Body Care and Physical Safety	
Level 4	Healthy Communities & Environments Mental Health - Change, Loss & Grief		Personal Health & Physical Development Sexuality Ed - Positive Puberty	

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Fitness	Fitness should be relevant to school events (i.e. cross country/athletics) and/or incorporated into fundamental skills lessons.			
Physical Education Fundamental Skills Level 1	Locomotor Skills Swimming	Locomotor Skills - Jumping & Landing, hopping, skipping 40% Stability Skills Landing, balance, rotation 40% Manipulative Skills Catching and throwing 20%		
Level 2 & 3	Locomotor Skills Swimming	Locomotor Skills Running, walking, dodging 25% Stability Skills Landing, balance, rotation 25% Manipulative Skills Catching and throwing, Implement 50%		
Level 4	Locomotor Skills Swimming	Locomotor Skills Running, walking, dodging 20% Stability Skills Landing, balance, rotation 20% Manipulative Skills Catching and throwing, Implement 60%		
Outdoor Education	Class/Collaborative team Camps			
Health Level 1	Relationships with Other People Life Education		Personal Health & Physical Development Body Care and Physical Safety	
Level 2&3	Relationships with Other People Life Education		Personal Health & Physical Development Food & Nutrition	
Level 4	Relationships with Other People Life Education		Positive Puberty / Change, Loss & Grief - to be taught as necessary.	