**Health Education: Seven Key Areas of Learning**

The following seven key areas are identified in the New Zealand Curriculum document. They may be included in a two year teaching cycle.  Each learning areas has aspects that may be taught at all year levels:

Mental Health Sexuality Education Food and Nutrition

Body care and Physical Safety Physical Activity Sports Studies

Outdoor Education

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| Key Area of Learning | Over-arching themes covered in 2015 - 2017 | Clarification and Possible Programme content | Possible Ideas for 2018/2019 |
| * Mental Health | Kotahitanga  Celebrate  Aotearoa  Healthy Me  Our School  Change  R.E.S.P.E.C.T  Enterprise  Inside Out  Our People, Our Place  What a Wonderful World | Opportunities to develop skills and understanding about:   * Personal Identity and Self Worth * Stereotyping and Discrimination * Effective Relationships * Keeping ourselves Safe * Anti bullying | * Mindfulness * Mindsets * Resilience * Keeping Ourselves Safe |
| * Sexuality Health | Healthy Me  Our School  Change  R.E.S.P.E.C.T  Inside Out  Our People, Our Place  What a Wonderful World | Opportunities to develop skills and understanding about:   * Interpersonal Skills and attitudes to relationships * Personal Change * Stereotyping and Discrimination | * Changes at Puberty Years 5/6 |
| * Food and Nutrition | Kotahitanga  Celebrate  Aotearoa  Healthy Me  Our School  Phenomena  Change  R.E.S.P.E.C.T  Enterprise  Our People, Our Place  Back to the Future | Opportunities to develop skills and understanding about:   * Nutrition for growth and development * Links between nutrition, exercise and well-being * Cultural significance of food * Food Safety | * Healthy Eating - Project Energise / Food for Thought |
| * Body Care and Physical Safety | Kotahitanga  Celebrate  Healthy Me  Phenomena  Our School  Change  R.E.S.P.E.C.T  Enterprise  Inside Out  Wild Thing  Our People, Our Place  Back to the Future  What a Wonderful World | Opportunities to develop skills and understanding about:   * Personal Body care * Prevention of illness, injury and infection * Identifying environmental hazards * Self responsibility | * Sun, Water Safety * St Johns in Schools - First Aid programme * Safety plan writing * Physiology * Kids Can - Nit Busters |
| * Physical Activity | Kotahitanga  Aotearoa  Phenomena  Celebrate  Healthy Me  Our School  Change  R.E.S.P.E.C.T  Enterprise  Inside Out  Our People, Our Place  Back to the Future | Opportunities to develop skills and understanding about:   * Movement skills in a range of areas * Cultural practices in physical activity * Attitudes and behaviours to physical activities and settings | * Jump Rope for Heart * Fundamental Movement Skills * PMP |
| * Sports Studies | Kotahitanga  Celebrate  Healthy Me  Our School  Change  R.E.S.P.E.C.T  Enterprise  Inside Out  Our People, Our Place  Back to the Future | Opportunities to develop skills and understanding about:   * Skills for participating in a range of sports * Skills for managing competition and co-operative environments * Inter-school sports   These include but are not limited to:  Aquatics, Cross Country, Athletics, Touch/Rippa Rugby, Triathlon, Badminton,  Basketball, Netball, Soccer, Sailing, Hockey, Cricket, Ki-o-rani, Beach Education etc. | Again these include but are not limited to:  Aquatics, Cross Country, Athletics, Touch/Rippa Rugby, Triathlon, Badminton,  Basketball, Netball, Soccer, Sailing, Hockey, Cricket, Ki-o-rani, Beach Education etc. |
| * Outdoor Education | Kotahitanga  Celebrate  Our School  Aotearoa  Enterprise  Our People, Our Place  Back to the Future  What a Wonderful world  Wild Thing | Opportunities to experience:   * Adventure activities * Outdoor pursuits * Activities in differing environments * Physical safety outside the school environment   These activities should focus on physical skill development, fun and enjoyment. | * Team Kiwi Camp * Auckland Zoo trips * Beach Trips * Beach Education / Surf Life Saving Programme |