

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		

Key Area of Learning	Over-arching themes covered in 2015 - 2017	Clarification and Possible Programme content	Possible Ideas for 2018/2019
<ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> Personal Identity and Self Worth Stereotyping and Discrimination Effective Relationships Keeping ourselves Safe Anti bullying 	<ul style="list-style-type: none"> Mindfulness Mindsets Resilience Keeping Ourselves Safe
<ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> Interpersonal Skills and attitudes to relationships Personal Change Stereotyping and Discrimination 	<ul style="list-style-type: none"> Changes at Puberty Years 5/6
<ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> Nutrition for growth and development Links between nutrition, exercise and well-being Cultural significance of food Food Safety 	<ul style="list-style-type: none"> Healthy Eating - Project Energise / Food for Thought
<ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> Personal Body care Prevention of illness, injury and infection Identifying environmental hazards Self responsibility 	<ul style="list-style-type: none"> Sun, Water Safety St Johns in Schools - First Aid programme Safety plan writing Physiology Kids Can - Nit Busters

<ul style="list-style-type: none"> Physical Activity 	<p>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</p>	<p>Opportunities to develop skills and understanding about:</p> <ul style="list-style-type: none"> Movement skills in a range of areas Cultural practices in physical activity Attitudes and behaviours to physical activities and settings 	<ul style="list-style-type: none"> Jump Rope for Heart Fundamental Movement Skills PMP
<ul style="list-style-type: none"> Sports Studies 	<p>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</p>	<p>Opportunities to develop skills and understanding about:</p> <ul style="list-style-type: none"> Skills for participating in a range of sports Skills for managing competition and co-operative environments Inter-school sports <p>These include but are not limited to: Aquatics, Cross Country, Athletics, Touch/Rippa Rugby, Triathlon, Badminton, Basketball, Netball, Soccer, Sailing, Hockey, Cricket, Ki-orani, Beach Education etc.</p>	<p>Again these include but are not limited to: Aquatics, Cross Country, Athletics, Touch/Rippa Rugby, Triathlon, Badminton, Basketball, Netball, Soccer, Sailing, Hockey, Cricket, Ki-orani, Beach Education etc.</p>
<ul style="list-style-type: none"> Outdoor Education 	<p>Kotahitanga Celebrate Our School Aotearoa Enterprise Our People, Our Place Back to the Future What a Wonderful world Wild Thing</p>	<p>Opportunities to experience:</p> <ul style="list-style-type: none"> Adventure activities Outdoor pursuits Activities in differing environments Physical safety outside the school environment <p>These activities should focus on physical skill development, fun and enjoyment.</p>	<ul style="list-style-type: none"> Team Kiwi Camp Auckland Zoo trips Beach Trips Beach Education / Surf Life Saving Programme