

POLICY

HEALTH AND PHYSICAL EDUCATION

RATIONALE

The health and well being of students affects their academic achievement, and each student's attitudes, values and behaviour affect the people around them¹

PURPOSES

This curriculum incorporates:

- Health education
- Physical education
- Aspects of home economics

There are four strands (P 10 & 11):

- Personal Health and Physical Development
- Movement Concepts and Motor Skills
- Relationships with other People
- Healthy communities and environments

There are seven key area of learning:

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

Underlying Concepts:

- Hauora, well being
- Health Promotion
- The Socio-ecological Perspective
- Attitudes and Values

¹ Curriculum Document P5, Paragraph 4

GUIDELINES

1. Refer to Structural Framework (P 8 & 9)
2. Achievement Objectives for each strand and level are outlined on Pages 14 - 28, although Pages 14 - 20 will relate to most of our students.
3. We will follow the principle that the individual student is at the centre of all teaching and learning.
4. Students will have the opportunity to develop the full range of essential skills.
5. Programmes will be designed which are appropriate to the learning needs of our school, students and community. They will take into account:
 - Cultural Inclusiveness
 - Gender Inclusiveness
 - Meeting the needs of students with special needs and abilities.
6. Legislative requirements require schools to consult on the treatment of health education at least every 18 months, and the principal must provide a written report to the board. Sexuality Education - refer P 38 & 39.
7. When planning for assessment, teachers will ensure that the procedures they use enable them to assess and report on individual student progress and overall student achievement.
8. Budget holders are appointed who are responsible for:
 - Purchase and maintenance of resources
 - Storage of equipment
 - Exposing staff to new resources.
9. The board of trustees will provide funding to support this policy, programme and staff development.

CONCLUSION

Healthy communities are those in which a commitment to hauora is consistently reinforced in the classroom, school environment and the home.

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April 1999

Approved: May 1999

Review Date: May 2001