

HEALTH & PHYSICAL EDUCATION - ODD YEAR LEVEL 1 (Key Areas of Learning : Mental—Food & Nutrition—Sexuality—Body care)			
RELATIONSHIPS WITH OTHER PEOPLE	PERSONAL HEALTH & DEVELOPMENT	HEALTHY COMMUNITIES	HEALTHY COMMUNITIES
AO - Students will explore and share ideas with other people. Students will describe themselves in relation to a range of contexts	AO - Students will describe feelings and ask questions about health, growth and development, and personal needs.	AO - Students will contribute to safe environments that can be enjoyed by all	AO - Students will identify and discuss obvious hazards in their home, school and local environment and adopt simple safety practices.
CONTEXTS Kia Kaha; Me	CONTEXTS Food for Health A 2 Week focus at the beginning of term 2.	CONTEXTS What are Rules	CONTEXTS Keeping me Safe (Sub topics: Safety in the Home; Fire Safety)
KEY IDEAS Interaction with other people from a variety of backgrounds	KEY IDEAS Know and understand their nutritional needs for growth and development; Examine factors influencing food choices, food preparation and eating patterns.	KEY IDEAS Setting classroom rules; Addressing teasing and bullying; Accommodating culturally different behaviours.	KEY IDEAS Prevention of accidents in the home; Learn fire safety practices.
SKILL FOCUS Communication Skills	SKILL FOCUS Social & co-operative skills, Participation skills	SKILL FOCUS Self Management	SKILL FOCUS Problem Solving & Communication Skills

HEALTH & PHYSICAL EDUCATION - EVEN YEAR LEVEL 1 (Key Areas of Learning : Mental—Food & Nutrition—Sexuality—Body care)			
RELATIONSHIPS WITH OTHER PEOPLE	PERSONAL HEALTH & DEVELOPMENT	RELATIONSHIPS WITH OTHER PEOPLE	HEALTHY COMMUNITIES
AO - Students will demonstrate sharing and co-operative skills in groups. Students will describe themselves in relation to a range of contexts.	AO - Students will describe feelings and ask questions about health, growth and development, and personal needs.	AO - Students will express their own ideas, needs and feelings effectively and listen to those of other people.	AO - Students will identify people who can help with health care. Describe and demonstrate simple health care.
CONTEXTS Kia Kaha Getting on together	CONTEXTS Food for Health - A 2 Week focus at the beginning of term 2.	CONTEXTS Saying What I Want	CONTEXTS Health Care Workers in our School
KEY IDEAS Discussing relationships, feelings and needs; Controlling bullying.	KEY IDEAS Know and understand their nutritional needs for growth and development; Examine factors influencing food choices, food preparation and eating patterns.	KEY IDEAS Learning to be assertive.	KEY IDEAS School nurse Dental nurse Simple hygiene practices.
SKILL FOCUS Co-operative Skills	SKILL FOCUS Social & co-operative skills, Participation skills	SKILL FOCUS Co-operative & Communication skills.	SKILL FOCUS Communication Skills

HEALTH & PHYSICAL EDUCATION - ODD YEAR LEVEL 2 (Key Areas of Learning : Mental—Food & Nutrition—Sexuality—Body care)			
RELATIONSHIPS WITH OTHER PEOPLE	PERSONAL HEALTH & DEVELOPMENT	HEALTHY COMMUNITIES	HEALTHY COMMUNITIES
AO - Students will be able to demonstrate ways of maintaining and enhancing relationships between people and within groups. Students will express their ideas, needs and feelings confidently, and listen sensitively to other people and affirm them.	AO - Students will describe their stages of growth and their development needs and demonstrate increasing responsibility for self-care.	AO - Students will use simple guidelines and practices that contribute to physically and socially healthy classrooms, schools and local environments.	AO - Students will identify and use local community resources and explain how these contribute to a healthy community.
CONTEXTS Maintaining Relationships (Making Friends) Kia Kaha;	CONTEXTS Food for Health A 2 Week focus at the beginning of term 2.	CONTEXTS Obeying Rules	CONTEXTS Emergency helpers
KEY IDEAS Maintain relationships in a variety of ways; Understand that the actions of people influence each other.	KEY IDEAS Know and understand their nutritional needs; Preparation of snack food; Digestion	KEY IDEAS Know that rules are necessary for co-operative living.	KEY IDEAS Identify and understand the contribution of emergency helpers.
SKILL FOCUS Communication	SKILL FOCUS Social & Co-operative skills Participation Skills	SKILL FOCUS Social & Co-operative Skills, Self Management Skills	SKILL FOCUS Social & Co-operative Skills

HEALTH & PHYSICAL EDUCATION - EVEN YEAR LEVEL 2 (Key Areas of Learning : Mental—Food & Nutrition—Sexuality—Body care)			
RELATIONSHIPS WITH OTHER PEOPLE	PERSONAL HEALTH & DEVELOPMENT	HEALTHY COMMUNITIES	HEALTHY COMMUNITIES
AO - Students will be able to describe how individuals and groups share characteristics, and are also unique.	AO - Students will describe their stages of growth and their development needs and demonstrate increasing responsibility for self-care.	AO - Students will examine how people's attitudes and values contribute to healthy physical and social environments.	AO - Students will share ideas and beliefs about ways in which the environment contributes to well being and work with other people to make improvements.
CONTEXTS What is a group Kia Kaha;	CONTEXTS Food for Health A 2 Week focus at the beginning of term 2.	CONTEXTS Following Rules	CONTEXTS Keeping me Safe at School
KEY IDEAS Explore whanau, different ages and cultures; Explore people's abilities, appearance and gender.	KEY IDEAS Know and understand their nutritional needs; Preparation of snack food; Digestion	KEY IDEAS Values exploration; Concern for the future.	KEY IDEAS Factors influencing well-being.
SKILL FOCUS Communication; Social & Co-operative Skills	SKILL FOCUS Social & Co-operative skills Participation Skills	SKILL FOCUS Communication Skills	SKILL FOCUS Problem solving and Communication Skills

HEALTH & PHYSICAL EDUCATION - ODD YEAR LEVEL 3 (Key Areas of Learning : Mental—Food & Nutrition—Sexuality—Body care)			
RELATIONSHIPS WITH OTHER PEOPLE	PERSONAL HEALTH & DEVELOPMENT	HEALTHY COMMUNITIES	HEALTHY COMMUNITIES
AO - Students will identify and compare ways of establishing relationships and managing changing relationships. Students will identify the pressures that can influence interactions with other people and demonstrate basic assertiveness strategies to manage these. Students will describe how their own feelings, beliefs and actions and those of other people contribute to their personal sense of self worth.	AO - Students will identify factors that affect personal, physical, social and emotional growth and develop skills to manage changes.	AO - Students will plan and implement a programme to enforce an identified social or physical aspect of their classroom or school environment.	AO - Students will research and describe current health guidelines and practices in their school and take action to enhance their effectiveness. Students will plan and implement a programme to enforce an identified social or physical aspect of their classroom or school environment.
CONTEXTS Maintaining Friends Kia Kaha;	CONTEXTS Food for Health A 2 Week focus at the beginning of term 2.	CONTEXTS Keeping Rules	CONTEXTS Civil Defence
KEY IDEAS Making new friends; Peer pressure; Assertiveness training.	KEY IDEAS Explore nutritional needs for growth and development; Food preparation skills; Setting healthy eating patterns.	KEY IDEAS Know and understand rules and why we need to keep them.	KEY IDEAS Know evacuation procedures; First aid knowledge.
SKILL FOCUS Self Management and Co-operative Skills	SKILL FOCUS Social & Co-operative Skills, Participation Skills.	SKILL FOCUS Self Management Skills	SKILL FOCUS Problem Solving, Self Management Skills.

HEALTH & PHYSICAL EDUCATION - EVEN YEAR LEVEL 3 (Key Areas of Learning : Mental—Food & Nutrition—Sexuality—Body care)			
RELATIONSHIPS WITH OTHER PEOPLE	PERSONAL HEALTH & DEVELOPMENT	HEALTHY COMMUNITIES	HEALTHY COMMUNITIES
AO - Students will recognise the instances of discrimination and act responsibly to support their own rights and those of people.	AO - Students will identify factors that affect personal, physical, social and emotional growth and develop skills to manage changes.	AO - Students will participate in communal events and describe how such events enhance the well being of the community. Students will plan and implement a programme to enhance an identified social or physical aspect of their classroom or school environment.	AO - Students will identify how health care and physical activity practices are influenced by community and environmental factors.
CONTEXTS Kia Kaha—Be Strong	CONTEXTS Food for Health A 2 Week focus at the beginning of term 2.	CONTEXTS Keeping my Community Safe	CONTEXTS How the Media Promotes a Healthy Lifestyle

KEY IDEAS Bullying Stereotyping Cultural differences Inclusiveness Fairplay	KEY IDEAS Explore nutritional needs for growth and development; Food preparation skills; Setting healthy eating patterns.	KEY IDEAS Discuss the well-being of the community; Peer mediation.	KEY IDEAS 5+ a day Anti smoking Drink driving Depression
SKILL FOCUS Social and Co-operative Skills	SKILL FOCUS Social & Co-operative Skills, Participation Skills.	SKILL FOCUS Problem Solving & Communication Skills.	SKILL FOCUS Self Management Skills and Information Skills

HEALTH & PHYSICAL EDUCATION - ODD YEAR LEVEL 4 (Key Areas of Learning : Mental—Food & Nutrition—Sexuality—Body care)			
RELATIONSHIPS WITH OTHER PEOPLE	PERSONAL HEALTH & DEVELOPMENT	HEALTHY COMMUNITIES	COMMUNITY RESOURCES
AO - Students will identify the effects of changing situations, roles and responsibilities on relationships and describe the appropriate responses. Describe how social messages and stereotypes including those in the media can affect feelings of self worth.	AO - Students will identify factors that affect personal, physical, social and emotional growth and develop skills to make changes.	AO - Students will specify individual responsibilities and take collective action for the care and safety of other people in their school.	AO - Students will specify individual responsibility and take collective action for the care and safety of other people in the wider community.
CONTEXTS Pubertal Change, Making Friends, Supporting Others, Playing Games, New roles in Family, changing Schools, Leadership Roles, Sporting Interests, Cultural Expectations	CONTEXTS Food for Health Health promotion A 2 Week focus at the beginning of term 2.	CONTEXTS Attitudes and Values Peer Mediation/Implementation, Food Evacuation, Smokefree Environment, First Aid, Sports & Safety, Crisis Plan, Reducing Vandalism	CONTEXTS Socio-Ecological Perspective; Cultural Festivals, Church Services, Family Celebration, Sports Events, School Production, Health & Safety Issues, Opportunities for Physical Activities.
KEY IDEAS Puberty Caring for others; Your role in changing circumstances	KEY IDEAS Meeting nutritional needs; Making choices about food and nutrition; Knowledge of costs; Food preparation skills.	KEY IDEAS Working together to make the school a safe place.	KEY IDEAS Community based ideas
SKILL FOCUS Communication	SKILL FOCUS Social & Co-operative skills, Participation	SKILL FOCUS Problem Solving, Social & Co-operative.	SKILL FOCUS Problem Solving, Social and Co-operative

HEALTH & PHYSICAL EDUCATION - EVEN YEAR LEVEL 4 (Key Areas of Learning : Mental—Food & Nutrition—Sexuality—Body care)			
RELATIONSHIPS WITH OTHER PEOPLE	PERSONAL HEALTH & DEVELOPMENT	RELATIONSHIPS WITH OTHER PEOPLE	HEALTHY COMMUNITIES
AO - Students will recognise instances of discrimination and act responsibly to support their own rights and feelings and those of other	AO - Students will access and use information to make and action safe choices in a range of contexts.	AO - Students will describe and demonstrate a range of assertive communication skills and processes that enable them to interact	AO - Students will investigate and describe lifestyle factors and media influences that contribute to common health problems across the

people.		appropriately with other people.	lifespan of people in New Zealand.
CONTEXTS Socio-Ecological Perspective; Bullying, Gender Stereotyping, Body Image, Cultural differences, Inclusiveness, Violence in Sport, Discrimination	CONTEXTS Food for Health Health promotion A 2 Week focus at the beginning of term 2.	CONTEXTS Hauora, Taha Whanau Peer Pressure, Attitudes and Behaviours, Whanau, The Media, Assertiveness, Mediation, Conflict Resolution, Anger Management.	CONTEXTS Attitudes and Values Consumer Interests, Media Messages, Uses of Music, Recreational Activities, Food Choices, Financial Resources, Sporting Facilities
KEY IDEAS Developing responsibility	KEY IDEAS Meeting nutritional needs; Making choices about food and nutrition; Knowledge of costs; Food preparation skills.	KEY IDEAS Communicate assertively; Positive interaction with others.	KEY IDEAS Development of attitudes and values; Media promotion of healthy lifestyles.
SKILL FOCUS Self Management, Competitive Skills, Problem Solving	SKILL FOCUS Social & Co-operative skills, Participation	SKILL FOCUS Communication; Self Management.	SKILL FOCUS Social and Co-operative