

Statement on the delivery of the Health Curriculum At Selwyn Ridge School.

Selwyn Ridge School will implement a programme of health and physical education, intending to make a positive difference to the well being of students and their communities.

For each student the programme will attempt to give the knowledge, skills, attitudes, and values required to enjoy a healthy lifestyle. It will have an holistic approach, developing the 'whole child' including their social, physical, emotional and cultural needs. The school will not only promote each individual's health, but also encourage students to recognise the contribution they can make by becoming purposeful citizens in a caring community, including identifying environmental factors and social influences in people's lives.

The Health and Physical Education in the New Zealand Curriculum sets the direction for health and physical education programmes. The curriculum promotes knowledge, skills and attitudes for students to enjoy a healthy life style and contribute to the well-being of others through the notions of holistic well-being, health promotion, the encouragement of positive attitudes towards good health and the importance of a healthy environment. To this end it is underpinned by five Key Competencies. Key Competencies are the capabilities people need in order to live, learn, and contribute as active participants in their communities. Opportunities to develop competencies occur in social context, as they make these practices part of their own identity and expertise. Competencies continue to develop over time, shaped by interactions with people, places and things. Students need to be challenged to develop their competencies in contexts that are increasingly wide-ranging and complex.

The school's programme will be based on the New Zealand Curriculum 2007 (<http://www.nzcurriculum.tki.org.nz/>), including the following competencies and strands:

The New Zealand Curriculum identifies the following five key competencies:

- managing self
- relating to others
- participating and contributing
- thinking
- using language, symbols, and text

The learning activities in Health and Physical Education come under the four strands:

- 1) Personal Health and Movement Concepts
- 2) Healthy Communities
- 3) Physical Development and Motor Skills
- 4) Relationships with Other People and Environments

Within and across these strands, the curriculum includes seven key areas of learning: mental health, sexuality education, food and nutrition, body care and physical safety, physical activity, sports studies, and outdoor education.

Primary goals / considerations in Selwyn Ridge school's health curriculum are:

- to express the notion of good health practice as a positive and enjoyable experience
- to ensure promotion of healthy choices including taking responsibility for own choices and respect for others
- considering consequences of actions
- enhancing communication between the school and home wherever possible
- recognising that the family is the primary educator of children in matters to do with sexuality
- ensuring that the materials used are carefully selected and that they reflect the goals and principles outlined above