



ARAPOHUE SCHOOL

Te ara ki mātauranga • The pathway to knowledge

Arapohue School Health and Physical Education Programme

The Arapohue School Health and Physical Education Programme is designed to create a caring and child-friendly environment where students feel safe and supported, fostering a sense of self-worth and self-value. This program promotes a healthy and active lifestyle for all students.

Health Education at Arapohue School:

Arapohue School will implement a programme of Health Education based on the New Zealand Curriculum and in keeping with the school's strategic plan, vision and values. The focus of the programme will be to give our students the knowledge, skills and attitudes to maintain and enhance well-being. Students will recognise social and societal influences on well-being and be given opportunities to take action to promote their own and others' well-being. In delivering Health Education, teachers will use a range of appropriate teaching strategies that engage students and enable development of the key competencies, while taking opportunities to integrate Health Education learning with other aspects of The New Zealand Curriculum. Our PATH values support and enhance our Health Education by promoting acceptance, inclusion and respect for all.

Why study health and physical education (HPE)?

Through learning and by accepting challenges in health-related and movement contexts, students reflect on the nature of well-being and how to promote it. As they develop resilience and a sense of personal and social responsibility, they are increasingly able to take responsibility for themselves and contribute to the well-being of those around them, of their communities, of their environments (including natural environments), and of the wider society. This learning area makes a significant contribution to the well-being of students beyond the classroom, particularly when it is supported by school policies and procedures and by the actions of all people in the school community.

The four strands of the health and physical education learning area outlined in The New Zealand Curriculum 2007 (NZC) are:

- Personal Health and Physical Development
- Movement Concepts and Motor Skills
- Relationships with Other People
- Healthy Communities and Environments

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The NZC also outlines the seven key areas of learning:

- Mental health
- Sexuality education
- Food and nutrition
- Body care and physical safety
- Sports studies - Outdoor education
- Physical safety

The principles underlying the teaching of health education at Arapohue School are

1. Working towards the notion of good health practice as a positive and enjoyable experience
2. The promotion of healthy choices, responsibility for own choices and respect for others and their choices
3. Curriculum delivery is underpinned by the key competencies
4. Teaching and learning resources used reflect principles 1 to 3 above.
5. The recognition that the family is the primary educator of Arapohue School's students in matters to do with sexuality and identity.
6. There is good communication between the school and the student's home.

At Arapohue School at times we also work with external agencies or programmes as required to support or add value to our classroom programmes. For example:

- Life Education
- Keeping Ourselves Safe, Kia Kaha
- Sun smart, Safe walking, Fire Safety, Disaster safety etc
- St Johns First Aid
- Public Health Nurse
- Sport Northland, and various representatives from a variety of sporting codes

Overall, the Arapohue School Health and Physical Education Programme aims to provide a comprehensive and supportive educational experience for students, promoting their physical and mental well-being, while involving the broader school community and external agencies to enrich the learning process.

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