

HEALTH CURRICULUM FRAMEWORK

In Health Education, the focus is on the well-being of the students themselves, of other people, and of society.

The *Curriculum Concepts* are at the heart of this learning area and should be an integral part of the learning environment:

Social and Environmental factors - *Understanding the interrelationships between individual, others and society.*

Health Promotion - *Students contribute to healthy communities by taking responsible and critical action.*

Hauora - *A Maori philosophy of well-being.*

Attitudes and Values - *A personal responsibility to themselves, others and the environment.*

The Programme in Action

Health will be taught for 2 weeks each term. An annual Health Programme must cover aspects from all the curriculum learning areas; mental health, sexuality education, food and nutrition, body care and physical safety, physical activity, sport studies, and outdoor education.

The school community will be **consulted each EVEN year** about the Health Programme being delivered.

Each year, in the first 3 weeks of Term 1, the Learning to Learn Unit will cover:

Make the Right Choice

Sun & Water safety

The Brain - switch ons and switch offs.

Personal Health and Physical Development	Relationships with Others	Healthy Communities and Environments
Healthy Eating Personal Hygiene Body Knowledge	Self-esteem Relating to Others Keeping Ourselves Safe (Even years)	Fire Safety Road / Bicycle Safety Helping Agencies Cybersafety
Sexuality Education: Years 1-4: identity, personal health, body parts & families are woven into learning areas. Year 5-6: Specific time is dedicated to learning about sexuality (12-15 hours in Odd years)		