

The Health and Physical Education programme is focused on the well-being of the Macleans Learner and of society through learning in health-related and movement contexts.



The aim is for students to develop a positive attitude and to take lifelong responsibility for their own health and well-being. It is expected that children will learn to interact and contribute positively to the community.

The Health and Physical Education programme is divided into seven key learning areas. Several of these will be covered each year.



HEALTH

- Mental Health** e.g.
- school rules
 - decision making
 - goal setting
 - peer mediation
 - respect for others
 - teamwork
 - grief, loss and disappointment
- Sexuality Education** e.g.
- body parts
 - body changes
 - pubertal changes (year 5 & 6)
- Food and Nutrition** e.g.
- food choices/nutrition
 - food hygiene
 - physical activity
- Body Care and Physical Safety** e.g.
- environment
 - first aid
 - sun/water/dog
 - personal
 - body health
 - choices and consequences
 - Keeping Ourselves Safe programme
 - Travelwise programme

PHYSICAL EDUCATION

Physical Activity and Sports Studies

- Aquatics (water confidence and safety)
- Ball skills / Team Games
- Fitness
- Skipping
- Athletics
- Gymnastics
- Dance
- Te Reo Kori (Maori focus)

SCHOOL VALUES:

Co-operation, respect and responsibility are interwoven throughout all learning areas.

KEY COMPETENCIES:

Relating to Others, Managing Self, Participating and Contributing, Thinking, and Using Language, Signs, Symbols and Texts are integrated with the Health and Physical Education programme.

OUTDOOR EDUCATION

The purpose of this programme is to make use of accessible environmental resources, built, natural and human:

- for direct learning experiences
- to enrich, vitalise and complement the regular school curriculum

eg. Year 5/6 camp
beach visits
farm visits
bush study
orienteering
cross country
adventure
playgrounds



SEXUALITY EDUCATION

Sexuality education provides the Macleans Learner with the knowledge, understanding and skills to develop positive attitudes relating to sexual development (physical, emotional and social) and towards taking care of their sexual health. Students are also given opportunities to develop skills that will enhance both respect for themselves and interpersonal relationships, now and in the future.

For our students, the physical dimension of sexuality education involves:

- (a) Learning and using the correct name of body parts.
- (b) Recognising changes to the human body as it grows.
- (c) Developing knowledge about pubertal change and the skills to adjust to these changes (Year 5 and 6 classes).

Our school programmes do not cover knowledge about the process of conception or issues related to it.



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MACLEANS PRIMARY SCHOOL



HEALTH AND PHYSICAL
EDUCATION
FOR THE MACLEANS
LEARNER



INFORMATION FOR PARENTS