

Hutt Central School

Empowering our children to meet the future with confidence

HUTT CENTRAL SCHOOL HEALTH AND PE CURRICULUM STATEMENT 2023

Our mission at Hutt Central School (HCS) is to “Empower our children to meet the future with confidence. Whakamanahia ngā tamariki kia tutuki ai rātou i a rātou wawata me ngā tūmanako”.

Our values - Auahatanga/Creativity, Haepapa/Responsibility, Whakaute/Respect, and Manawaroa/Resilience - guide our Health and PE teaching and learning. We want to ensure that “when our tamariki move on from Hutt Central School, they are confident in who they are and have a love for learning that extends beyond the classroom. They take with them a kete/basket of lifelong learning skills and are equipped to be positive and constructive contributors in their community”.

Our Health and PE programme aims to positively develop our students' knowledge, skills and attitudes to maintain and enhance personal and collective hauora/wellbeing. Students are encouraged to think critically and empathetically about social and societal influences on their own and others' wellbeing. They will engage with opportunities to take action to support and promote their own wellbeing and that of others. At HCS, our Health and PE teaching and learning is guided by the Health and PE learning area and levels of the New Zealand Curriculum (2007), and our school policies and procedures. For more information visit TKI: [The New Zealand Curriculum Health and Physical Education](#).

In designing our Health and PE Programme, HCS Board of Trustees consults with the school community, taking into consideration the range of views, beliefs, and customs in the community.

Most Health education is taught through meaningful integration of selected topics that carefully align with other curriculum areas. We explore hauora/wellbeing, values, identity, friendships and relationships, bodily growth and changes, personal care, healthy decision making, and healthy eating.

The school will let whānau know about specific health learning that is taught in discrete lessons related to sexuality education. Whānau are given the option to withdraw their children from these lessons.

Our students have the opportunity for regular physical activity and education in order to be able to think, move and communicate. They will develop fundamental movement skills which are transferable to a range of activities and sports.

Health and PE is taught by classroom teachers, guided by the leadership team and our local curriculum. They are supported through health education specialist courses to identify students' learning strengths and needs and to deliver the HCS Health and PE Programme. External providers such as Nuku Ora, Life Education, Police Educators, and sports associations are selectively engaged to support and enhance our teaching and learning in Health and PE.



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