

Hutt Central School Health and Physical Education Curriculum Statement

Under Section 91 of the Education and Training Act 2020, the Board is required to adopt a statement on the delivery of the Health Curriculum. This statement gives direction for the Health and PE programme at Hutt Central School (HCS). The programme itself is able to be viewed via the PDF on our website: Health and PE Curriculum Programme.

Our mission at Hutt Central School (HCS) is to: 'Empower our children to meet the future with confidence. Whakamana hia ngā tamariki kia tutuki ia ratou nga wawata me nga tūmanako'. Our values - Auahatanga / Creativity, Haepapa / Responsibility, Whakaute / Respect, Manawaroa / Resilience - guide our Health and PE teaching and learning through a strong sense of community that supports an innovative and dynamic approach to children's ongoing education and hauora/wellbeing.

Our Health and PE programme aims to positively develop our students' knowledge, skills and attitudes to maintain and enhance personal and collective well-being. Students are encouraged to think critically and empathetically about social and societal influences on their own and others' hauora/well-being. They will engage with age appropriate opportunities to take action to support and promote their own well being and that of others.

At HCS our Health and PE Curriculum is guided by the Health and PE Learning Area of the New Zealand Curriculum (2007). For more information visit TKI: [The New Zealand Curriculum Health and Physical Education](#).

In designing the delivery of our Health and PE Curriculum, HCS consults with the school community regarding the way in which the Health and PE curriculum should be implemented - given the range of views, beliefs, and customs of the community. This helps to inform our policies and procedures.

Specific health learning areas are taught as discrete lessons which are notified to parents and caregivers termly. Whānau are given the option to withdraw children from these lessons. Health education can be taught through meaningful integration of selected topics that carefully align with other curriculum areas. We explore hauora well being, values, identity, friendships and relationships, bodily growth and changes, personal care, healthy decision making, and healthy eating.

Our students have the opportunity for regular physical activity 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. They are supported through health education specialist courses to identify students' learning strengths and needs 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 learning in Health and PE.