



Statement on the delivery of the Health and Physical Education Curriculum

Hamilton Seventh-day Adventist School will implement a programme of Health and Physical Education based on the New Zealand Curriculum, intending to make a positive difference to the *hauora* of students and their communities.

Central to our vision is a focus on the development of the 'whole child'. This includes physical, mental, emotional, social, and spiritual *hauora*.

We are committed to honoring the *mana* of every learner through implementing each aspect of Hauora in numerous ways e.g. vigorous daily fitness, opportunities for skill development in PE lessons, participating in as many games and activities as possible, promoting an understanding of healthy nutrition, engaging in health and social learning units. All these are underpinned by the values of our Seventh-day Adventist Special Character.

The New Zealand Curriculum has four main strands for Health and PE:

- Personal and Physical Development
- Movement Concepts and Motor Skills
- Relationships with other people
- Healthy Communities and Environments

Our school health programme is largely integrated into our school curriculum. Units of learning may also be taught in conjunction with outside agencies e.g. the Police and Life Education.

Road, sun, and cyber safety are recognised as exceptionally important and taught regularly and as needs arise. Building resilience as learners strengthen their own personal identity is of particular importance and is supported by our 'My Life Rulz' program.

A sexuality programme is provided for students in the Senior Classroom (Year 5-8 students). In the spirit of *te tiriti o Waitangi*, the programme is set up to incorporate the following principles:

- *Partnership* - all stakeholders in our school community will be consulted and be given the opportunity to contribute to the programme
- *Protection* - encompass a *holistic* approach to sexuality and how it impacts wellbeing (emotional, mental, physical, social, and spiritual)
- *Participation* - parents, teachers, professionals and students will all be encouraged to participate in aspects of the programme to support students as they work through the many changes and challenges that come with adolescence

In line with our Special Character and alongside the Ministry of Education's supporting material on [Sexuality Education](#), the programme will be outlined as follows:

1. *God's design* for intimacy and love
2. Physical Changes (Puberty)
3. Spiritual & Social community health aspects

Health Education is about enhancing students' sense of self-worth through learning to think critically about health-related contexts. Students learn that well-being is a combination of physical, mental, emotional, social and spiritual aspects of people's lives.

Consultation took place in: Term 3, 2020

Review of Curriculum Statement: 2022