



# REIGNIER CATHOLIC SCHOOL

## Health and Physical Education Curriculum Statement for Reignier Catholic School

In Health and PE at Reignier Catholic school the focus is on the well-being of students, of other people and of society in a health related and movement context.

Four underlying concepts are at the heart of this learning

- Hauora – a philosophy of well-being
- Attitudes and values – a positive, responsible attitude of students to their own well-being, respect, care and concern for other people and the environment; and a sense of social justice.
- The socio-ecological perspective – a way of viewing and understanding the relationships between themselves, others and society.
- Health promotion – helping students to develop and maintain supportive physical and emotional environments which involve students in a personal and collective action.

Through various contexts, the students are reflecting on the nature of well-being and how to promote it.

They increasingly take responsibility for themselves as they develop and mature, and contribute more fully to the well-being of others.

## Strands

The four strands for learning are:

### **Strand A: Personal Health and Physical Development**

**Students develop the knowledge, understandings, skills, and attitudes that they need to maintain and enhance their personal well-being and physical development.**

### **Strand B: Movement Concepts and Motor Skills**

Students develop motor skills, knowledge and understandings about movement, and positive attitudes towards physical activity.

### **Strand C: Relationships With Other People**

Students develop understandings, skills, and attitudes that enhance their interactions and relationships with others;

### **Strand D: Healthy Communities and Environments**

Students contribute to healthy communities and environments by taking responsible and critical action.

**The seven key learning areas are:**

Mental health, sexuality education, food and nutrition, body care, and physical safety, physical activity, sports studies, and outdoor education

**These are taught through two main programmes:**

**Health Education** where mental health, sexuality education, food and nutrition, body care and physical safety are the contexts

**Physical Education** where physical activity (fitness), sports studies (PE) and Outdoor Education are the contexts.

Our physical education programme is outlined in the physical education and sport plan attached.

**Our health programme has 3 different elements.**

- 1) It is integrated into our RE programme through the teaching of values, respect and caring for others, mental health and well-being
- 2) It is integrated into our Inquiry programme under our umbrella concepts of well-being, communication, excellence, cultural diversity and community
- 3) We incorporate health and safety studies through outside agencies into our biannual programme

Units and resources used to deliver a comprehensive programme can include:

Outdoor Education	Sexuality Education	Food and Nutrition
<ul style="list-style-type: none"> <li>• Beach Education</li> <li>• Senior and Middle School camps</li> <li>• Optimist Yachting</li> </ul>	<ul style="list-style-type: none"> <li>• Keeping ourselves Safe</li> <li>• Pubetal Health (Yr 6)</li> <li>• Positive Body Image</li> </ul>	<ul style="list-style-type: none"> <li>• Healthy Eating</li> <li>• 5+ a day</li> <li>• Life Education</li> </ul>
Body Care	Physical Safety	Mental Health
<ul style="list-style-type: none"> <li>• Life Education</li> <li>• Sun Sense</li> <li>• Dental Care</li> <li>• Personal Hygiene</li> <li>• Caring for the Body</li> </ul>	<ul style="list-style-type: none"> <li>• Fire Safety</li> <li>• Safe Cycling (Senior)</li> <li>• Water Safety</li> <li>• Earthquake Safety</li> <li>• Safe Walking</li> </ul>	<ul style="list-style-type: none"> <li>• Life Education</li> <li>• Self Esteem</li> <li>• Relating to Others</li> <li>• Setting Goals</li> <li>• Anti Bullying</li> <li>• Coping With Grief</li> <li>• Myself and Others (RE)</li> <li>• Friendship programme (Seniors)</li> </ul>

Throughout our teaching of Health and PE the Catholic teachings and values will be considered. Teachers will be trained in the Catholic teachings on sexuality and mental health so they can best support their programmes according to the Health and PE curriculum in a Catholic context.

The 'Myself and Others' Resource will be the major resource. This resource is written for and directed at all the levels and is a health and PE resource based on the Catholic teachings. It is taught alongside our RE programme.

Junior School sexuality programme will also be taught within the context of the 'Keeping Ourselves Safe' programme 'Life Education' and 'Caring for the body' with emphasis on:

- positive body image
- Feelings about self in relation to gender, culture and abilities
- Body parts – The differences between boys and girls
- Good and uncomfortable interactions with other people

Middle School sexuality programme will also be taught in the context of 'Life Education', 'Keeping Ourselves Safe', 'Caring For the Body', 'Body Image' programmes with an emphasis on:

- Expressing feelings
- Hygiene
- Gender
- Body parts
- Feeling good
- Good and bad touching
- Bullying

Senior School sexuality programme will also be taught in the context of 'Life Education', 'Keeping Ourselves Safe', 'Caring For the Body', 'Body Image' programmes with an emphasis on:

- Expressing feelings
- Hygiene
- Gender
- Body parts
- Feeling good
- Good and bad touching
- Bullying
- Menstruation (for Yr 6 girls)
- Body changes
- Drug education (Nicotine and alcohol)
- Choices

**The emphasis in primary school is on the physical, social, mental, emotional and spiritual dimensions of sexuality as developing a whole person. It is not sex education which refers to the physical and mechanical aspects of sexuality.**

Parents will be consulted on programme content before 'Keeping Ourselves Safe' is taught in the school and consulted every two years on the content of the whole Health and PE programme.

**REIGNIER SCHOOL**  
**LONG TERM PHYSICAL EDUCATION & SPORT PLAN**

	<b>FITNESS</b>	<b>PHYSICAL EDUCATION</b>	<b>SPORT</b>	<b>SCHOOL EVENTS/ ACTIVITIES</b>
Term 1	1-6 Circuits • Aerobics • Relays	<b>Aquatics</b> • confidence • skill development • Optimist Yachting – Senior • Beach Education	Kiwi Cricket T Ball Cricket Miniball	Swimming Sports (OE)
	7-10 • Kiwi Dex	• Cooperative Games • Playground Games		
Term 2	1-8 • Relays • Circuits	<b>Winter Ball Skills</b> • Catching, throwing, passing, bouncing • Striking, trapping • <b>PMP</b> Yr 1,2	Netball Touch Rugby Hockey Rugby	
	9-10 • Relays • Jump Jam	<b>Gymnastics</b> • Rotation • Spring • Static • Swing • Land • Locomotion • <b>PMP</b> Yr 1, 2		
Term 3	1-5 • Circuits	<b>Te Reo Kori</b> • Sticks, knucklebones • Pois, haka, string	Kiwi Hockey Kiwi Soccer	Spooner Shield (L3)  Barefoot Sevens  Gym Festival  Cross Country
	6-10 • Kiwi Dex – running & walking activities • Skipping	<b>Getting Active</b> • Running Pace • Walking Distance • Circuits • Aerobics / Jump Jam • Skipping / Jump Rope		
Term 4	1-4 • Walking, running • Circuits • Relays	<b>Athletics</b> • running, jumping, throwing	T ball Croquet Kiwi Cricket Kiwi Petanque Kiwi Croquet	• School Athletics • Taradale Districts Athletics • Triathlon
	5 • Pair Activities • Group Games	<b>Outdoor Education</b> • Beach Ed • Trust Games • Camp – Middle / Senior		
	6-10 • Kiwi Dex	<b>Summer Ball Skills</b> • Catching • Throwing • Striking • Fielding • Rolling		

- PE will be planned and taught within teams regularly each week.
- Students will engage in a daily fitness programme.
- PE programmes will promote and teach skills for sport, develop self-esteem and confidence, and emphasise the importance of a healthy, active lifestyle.

- Our school values of respect, excellence, justice, integrity and community will be modelled and promoted through PE and sport at Reignier.
- All students will be expected to participate to the best of their ability in the PE programme.
- All students will be encouraged to participate in sport within and outside of school.
- A wide range of sports will be available to all children
- Outdoor education is an important component of the Health and PE programme at Reignier Catholic School. The Board and staff will support safe, well organised OETC experiences within the financial means of the community. All children will be given OETC experiences regardless of financial capabilities.
- OETC experiences may include a range of environments with the emphasis on engaging children in extending and challenging themselves physically, mentally and emotionally, and in their relationships with others.