

**Suggestions for Topics and Learning experiences within Hauora and Health & Physical Education**

	Term 1	Term 2	Term 3	Term 4
<b>DAILY FITNESS PROGRAMMES THROUGHOUT THE YEAR</b> Learning Intentions: Get your heart rate up,				
Primary focus:  <b>PHYSICAL EDUCATION</b>  Strands:  1. Waiora - Personal Health and Physical Development 2. Koiri - Movement Concepts and Motor Skills 3. Tangata - Relationships with other people 4. Taiao - Healthy Communities and Environments	(2) School athletics - Run, jump, leap, throw.  (2) Swimming  (1-4) Senior Camp  (2) Small ball skills - Throwing - Batting - Hitting - Catching - Striking  (1-4) Waka ama	(1, 2) Cross country training  (2) Basketball  (2) Large ball skills - Kicking, catching, throwing, passing  Sports Education  (1-3) Orienteering  (2) Table Tennis	(1, 2) Skipping programme  (2) Striking, kicking, batting  (2) Folk dancing (integrated with the Arts)  (2) Volleyball  (2) Badminton  (1-2) Cycle Safety	(2) Athletic Skills  (1-4) Water safety  (1-2) Walking for health  (2) Touch Rugby  (2) Ki o rahi
Events	<ul style="list-style-type: none"> <li>● Waikato BOP Athletics</li> <li>● Tauranga SDA Athletics</li> <li>● Rural Schools Swimming Sports</li> <li>● Rotorua Touch Rugby</li> <li>● Waka ama</li> </ul>	<ul style="list-style-type: none"> <li>● Rural Schools Cross Country</li> <li>● Rotorua Basketball</li> <li>● Tough Guy/Girl Challenge</li> <li>● Orienteering</li> <li>● Top Schools Challenge</li> </ul>	<ul style="list-style-type: none"> <li>● Rotorua Basketball</li> <li>● Badminton</li> <li>● Table Tennis</li> <li>● Auckland SDA Basketball</li> </ul>	<ul style="list-style-type: none"> <li>● Rural Schools Athletics</li> <li>● Rotorua Touch Rugby</li> <li>● Ki o rahi Tournament</li> </ul>

	Term 1	Term 2	Term 3	Term 4
<b>(1-4) Cooperative Games (focus on wellbeing throughout the year)</b>				
Primary focus: <b>HEALTH EDUCATION</b>  Strands: 1. Waiora - Personal Health and Physical Development 2. Koiri - Movement Concepts and Motor Skills 3. Tangata - Relationships with other people 4. Taiao - Healthy Communities and Environments	<ul style="list-style-type: none"> <li>● Teaching of anti-bullying (promoting successful relationships, co-operative skills, while explicitly addressing bullying issues)</li> <li>● Making friends</li> <li>● Our graduate profile</li> <li>● Te Tiriti o Waitangi - Our class treaty</li> <li>● Classroom relationships</li> <li>● Our Community</li> <li>● Camp - co-operation and friendships</li> <li>● Sun Smart focus</li> <li>● Cyber safety focus</li> <li>● School Recycling focus</li> <li>● School Picnic</li> <li>● Relationships               <ul style="list-style-type: none"> <li>○ Making and developing relationships</li> <li>○ Interpersonal skills</li> <li>○ Developing self-esteem and confidence in group situations</li> <li>○ Personal and social challenges (e.g feeling shy, falling out)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Winter Health - an integrated unit covering such topics as hand washing, healthy eating in winter, keeping warm and protection from flu and colds.</li> <li>● Adventist Health Week</li> <li>● Vegetarian Plant based unit - Garden to table.</li> <li>● Whare tapa wha - managing wellbeing</li> <li>● Water in Schools focus</li> <li>● Grandparents Day</li> </ul>	<ul style="list-style-type: none"> <li>● Maintaining friendships</li> <li>● Conflict resolution</li> <li>● Scooter / bike day</li> <li>● Earthquake safety focus</li> <li>● Pet day</li> <li>● Animal safety/care</li> <li>● Developing empathy and care</li> <li>● Keep NZ Beautiful</li> <li>● Cyber safety focus</li> <li>● NEWSTART Programme</li> </ul>	<ul style="list-style-type: none"> <li>● Food and Nutrition</li> <li>● Strand outings and trips</li> <li>● Sun smart focus</li> <li>● Life Education - which provides children with the knowledge to make informed choices about their health, respect others and learn to appreciate their uniqueness. Teachers select from a range of topics covering personal health choices, safety, nutritional and drug awareness.</li> <li>● Ferguson Home Visit - Elderly</li> </ul>
Even year - 2022	<ul style="list-style-type: none"> <li>● Lake Safety - 3 weeks</li> </ul>	<ul style="list-style-type: none"> <li>● Fire Prevention - weeks</li> <li>● Keeping Ourselves Safe - 4 weeks</li> </ul>	<ul style="list-style-type: none"> <li>● Dental Health - 2 weeks</li> <li>● Road Safety - 3 weeks</li> </ul>	<ul style="list-style-type: none"> <li>● First Aid Course St Johns</li> </ul>
Odd Year - 2023	<ul style="list-style-type: none"> <li>● Bush Safety - Outdoor skills</li> </ul>	<ul style="list-style-type: none"> <li>● Civil Defence - 4 weeks</li> <li>● Kia Kaha Anti-bullying -</li> </ul>	<ul style="list-style-type: none"> <li>● Personal hygiene - 2 weeks</li> <li>● Cycle Safety - 3 weeks</li> </ul>	<ul style="list-style-type: none"> <li>● Beach Safety - 4 weeks</li> </ul>

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