

Vision and Essential Nature of Health and Physical Education

The Health and Physical Education vision of Puketaha School Learning Community is to develop the students' curiosity about and understanding of what it is to have overall wellbeing for both yourself and others and the role we collectively have to equip them with the learning capacity to participate and take action in the world they live in as critical, informed, and responsible citizens.

The Structure of the Teaching and Learning of Health and Physical Education

At Puketaha School we choose to integrate the four strands of Health and Physical Education into our Learning Areas as much as possible. The strands of Personal Health and Physical Development, Movement Concepts and Motor Skills, Relationships with other people, and Healthy Communities and Environments are critical to our students overall understanding of what it is to be active and healthy, Physically, Socially and Emotionally. Teachers aim to develop depth of coverage within a topic. The richness of learning comes from this depth and less from the complexity of the curriculum area. Teachers will allocate time for thoughtful exploration/investigation of ideas, concepts and beliefs around overall wellbeing, and for communicating and debating with others.

Health and Physical Education learning will have valuable, real and tangible outcomes, will be interesting and relevant to children, engage children purposefully and will involve in-depth exploration of the six fundamental areas within this curriculum area. These six areas being, mental health, food and nutrition, body care and physical safety, physical activity, sport studies, and outdoor education. Understandings from more than one viewpoint will be explored and most of all it will aim to inspire new learning.

As students move through the school the concepts and contexts they engage in will become more complex. The depth of the understanding, technicality of skill, breadth of knowledge and the outcomes will increase in sophistication. Though Health and Physical Education students will explore a range of contexts in which they will develop the skills and deep understandings of what it is to have overall wellness and how to promote and support the overall wellness of others. These contexts will be co-constructed to engage and explore these areas dependent on the development, level and maturation of our students.

Teachers at Puketaha School are aware of having expectations of their students for each stage of their development and maturation and use a variety of teaching and learning strategies to ensure that learning is personalised.