

The Catlins Area School

Health Education Plan 2020 - 2022

N.B. The Health Plan is a wide scope document which allows teachers to develop and adapt learning materials appropriately for their class or groups within the class. If you have any questions about the specific teaching points for any section of the planned Health Learning, you are welcome to contact the teacher for detailed information prior to the commencement of that section of learning.

In Health and Physical Education, students learn:

- About their own well-being
- Well-being of others and society
 - *in both health and movement contexts*

The four key learning areas of Health are:

- Mental Health
- Sexuality Education
- Body care and Physical Safety
- Food and Nutrition

At each of the Year Seven to 10 levels, each of the four key areas of health learning are covered. At times, our teaching and learning programme is supported by professionals in the community, for example Police, nutritionists, attitude programme, etc.

Please find the year plan including descriptions of subjects covered below.
If you have any questions please contact:

Hilary Grant - Years 1 - 6

Sarah Cairns - Years 7 - 10

Years One to Six Year Plan

Year Level	Term 1	Term 2	Term 3	Term 4
Rm 1 NE/J1	Land and Water	Making friends	Growing and developing	Our Environment
Rm 2 Yr2 Yr 2/3 - Lev1	Relationships	Personal growth and development	Personal Identity	Community resources
Rm 3 Yr3/4	Swimming and athletics	Relationships	Growth stages and development needs	Community resources
Rm 19 Yr5/6	Move Move Move	Coughs sneezes and diseases	Getting on together	Looking after myself

Years Seven to Thirteen Year Plan

Year Level	Term 1	Term 2	Term 3	Term 4
7	Mighty muscles and bones	Bullying	Puberty	Nifty Nutrition
8	Hauora	Choices	Puberty	Community resources - beach safety
9	Anatomy and Physiology	Alcohol/Drugs	Relationships	Nutrition
10	Lifestyles and society	Alcohol/Drugs	Sexuality	Mental Health
11,12,13	Senior students have the option to take Health Education NCEA standards. The attitude programme, loves me not (which is run by the NZ Police)			

	<p>present to students.</p> <p>At times during the Senior years there are opportunities for other types of Health Education. These are decided on by the department and the needs of the students.</p>
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Years One to Six Unit Descriptions

Rm 1	<p><u>Land and water movement</u> Using our bodies to help us run and swim, and how it impacts on our personal health</p> <p><u>Making friends</u> Listening to each other, and learning how to be a good friend</p> <p><u>Growing and developing</u> How our body changes and grows, and needs for good health</p> <p><u>Our environment</u> Helping our community ie. picking up rubbish</p> <p>People who help us in the community</p> <p>Keeping ourselves safe in our community such as swimming between the flags</p>
Rm 2	<p><u>Relationships</u> Learning how to be a good friend, understanding emotions and how to deal with these emotions</p> <p><u>Personal Growth and Development</u> How our body changes and grows, needs for a healthy diet, and being in good health</p> <p><u>Personal Identity</u> What makes you you, how we are all different, recognising our differences and why that is important</p> <p><u>Community Resources</u> Important people in our community, what effects these people have on our lives</p> <p><u>Environment</u> Our actions and how our actions affect the environment</p>
Rm 3	<p><u>Swimming and Athletics</u> Participating and competing in a positive healthy manner</p> <p><u>Relationships</u> Effects of bullying, relationship dynamics in families, how to be a good friend</p>

	<p><u>Growth stages and development needs</u> Healthy eating, road water and sun safety, fitness activities</p> <p><u>Community Resources</u> Heroes in community, plastics in the environment</p>
Rm 19	<p><u>Move Move Move</u> Fostering enjoyment through developing movement skills for confidence and wellbeing</p> <p><u>Coughs sneezes and diseases</u> Supporting a healthy community for personal hygiene within the Covid environment</p> <p><u>Getting on together</u> Bullying and personal well being</p> <p>Explore kindness and friendships</p> <p><u>Looking after myself</u> Farm and personal safety, beach safety eg. hazards</p>

Years Seven to Ten Unit Descriptions

Yr 7	<p>Mighty muscles and bones All about our body, what's inside and out, what makes us move and how it all works</p> <p>The names of our bones and muscles</p>
	<p>Bullying Explore what bullying is, the types of bullying, and the feelings involved in a bullying incident</p> <p>Help students think about who they can turn to for support</p>
	<p>Puberty Help students understand the physical changes that can occur during puberty and ways to manage these changes</p>
	<p>Nifty Nutrition Students will learn about different food groups and how different food impacts on our bodies</p>
Yr 8	<p>Hauora Total well-being</p>

	<p>What does it mean to be completely healthy and what could be some barriers for us all that we must all try to overcome?</p> <p>We will cover what it means to be:</p> <ul style="list-style-type: none"> - Physically Healthy - Mentally and Emotionally Healthy - Socially Healthy - Spiritually Healthy <hr/> <p>Choices Learning about the decision making process and our rights and responsibilities under the law</p> <p>Learning how to think before we act and understand different consequences</p> <p><i>This Unit could also involve our local Police education around safer choices and consequences of drug use</i></p> <hr/> <p>Puberty Recap from Year Seven puberty on physical changes</p> <p>Students will then understand the emotional changes that accompany puberty and become aware of how their relationships with those around them may change</p> <hr/> <p>Community Resources - Beach Safety How to have fun in the water, but to know what to look out for</p> <p>How to keep ourselves and others safe</p>
Yr 9	<p>Anatomy and Physiology A greater look into what our body is made up of, the names of bones and muscles</p> <p>How we can get the body to move the way it does</p> <hr/> <p>Alcohol Factual information about Alcohol and the development of students' ability to think critically about situations involving alcohol and being confident in recommending safe options</p> <hr/> <p>Relationships Teaching and learning all around healthy relationships</p> <p>Focussing on communication skills in a relationship, being assertive, understanding others and accepting ourselves</p> <hr/> <p>Nutrition What do we know about the food we eat, how do we get our food</p> <p>What are the benefits of preparing and eating food together</p>

	<p>What outcomes does different food have on our bodies when we are physically active</p>
Yr 10	<p>Lifestyles + Society A recap of Hauora, understanding how to live a life you choose and the impacts different societies have</p> <p>Learning about challenges in life and a focus on how bodies are portrayed in society</p>
	<p>Drugs Students will understand factual information about a variety of drugs and the impacts on society, their friends, family and self</p>
	<p>Sexuality Provides students with the knowledge, understanding and skills to develop positive attitudes towards sexuality, to take care of their sexual health</p> <p>How to enhance their interpersonal relationships, now and in the future</p>
	<p>Mental Health To raise an awareness of the diverse nature of mental health and provide insight into changing state of mental health</p> <p>An opportunity to develop personal and interactive skills that promote mental health</p>