



Delivery Statement: Health and Physical Education Curriculum

Palmerston North Adventist Christian 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 (health and wellbeing) 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 honouring 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.

A sexuality programme is provided for students in the Senior Classroom (Years 5 & 6 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.