



Matamata Christian School

HEALTH AND PHYSICAL EDUCATION DELIVERY STATEMENT 2024 - 2025

Matamata 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 of students and our community.

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, for example; fitness, opportunities for skill development in PE lessons, participating in as many games and activities as possible, promoting sport involvement, promoting an understanding of healthy nutrition, engaging in health and social learning activities. All these are underpinned by the values of our Christian character.

The New Zealand Curriculum has four main strands for Health and PE:

- Personal Health and Physical Development
- Movement Concepts and Motor Skills
- Relationships with other people
- Healthy Communities and Environments.

Within these strands we cover seven learning areas:

- Mental Health
- Sexuality Education
- Food and Nutrition
- Body Care and Physical Safety
- Physical Activity
- Sports Studies
- Outdoor Education

Health Curriculum

Our health programme is sometimes run as its own set of topics and for others are integrated into our school curriculum topics, particularly Bible, Permaculture, and Social Studies. Units of learning may also be taught in conjunction with outside agencies, for example; the Police and Realtalk. Some health subjects are taught annually, like sun safety, or more frequently as relevant, such as cyber safety, while others are taught bi-annually, such as Keeping Ourselves Safe, Road and Fire Safety. A full list of topics and timing can be found on the next page.

A sexuality programme is provided for students in the Senior classroom (Year 7-8 students). In the spirit of Te Tiriti o Waitangi, the programme is set up to promote the following principles:

- Partnership – whānau are consulted with and given the opportunity to contribute to the programme.
- Protection - encompass a holistic approach to sexuality and how it impacts well-being (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 Christian 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.

Our curriculum has been designed to be flexible to cater for needs as they arise. In Health regular teaching is carried out, but may not necessarily be limited to, the following areas:

Taught regularly through the two year period or integrated into subject areas are:

- Permaculture
- Bible – integrating themes of mental health
- Pubertal Changes – using Realtalk at Years 7 and 8
- Core values – one term on each of respect, initiative, perseverance, self-control, compassion, diligence, service and truthfulness
- Resilience and having a growth mindset
- Zero tolerance toward any type of bullying
- Friendship coaching
- Mentoring at Years 5 – 8

Specific Health Units:

| | Year 1 (2024) | Year 2 (2025) |
|---------------|---|----------------------------|
| Term 1 | Kid on the Rock Cyber safety Sun safety | Cyber safety Sun safety |
| Term 2 | Road Safety | Fire Safety |
| Term 3 | Keeping Ourselves Safe | Basic First Aid (Y7/8) |
| Term 4 | Body Care - Hygiene - Teeth - Food, water, sleep | |

Physical Education

In PE the annual programme includes:

- Swimming
- Athletics
- Large Ball skills
- Small Ball skills
- Gymnastics
- Dance (integrated with the Arts)
- Olympirua – bi-annual alongside the Olympic and Commonwealth Games

An after school Sports Academy run by parents has been established running one day per week. This aims to develop participation rates of students Year 3 and above in sports, further develop fine motor skills, fitness, knowledge of sports and their skills. The idea is to increase knowledge and performance of students when they play in any of the school leagues or sports.

Sports leagues run during the year for Futsal, Miniball and Touch Rugby. Additionally Cricket is run for the community and the school is involved in the Netball and Hockey sports codes.

We recommend families that are interested in Rugby, Soccer or Swimming Club use the specialised local clubs as they have specialist coaching and are directly passionate about their sports code.

The school is involved in Inter Christian School Athletics and winter sports annually for Year 4 up, and local Inter School events in Small Schools Swimming, Inter Schools Swimming (by invitation), Cross Country, Cotter Cup, Ki-o-Rahi (Years 5 and 6), and parents can take their children to Athletics in Term 4.

The school has a bi-annual whole school camp developed to bond the school and community together, and allow students to experience new challenges. Students operate out of their house teams. Because the camp is about bonding we try to have it at a camp near to the school, traditionally Finlay Park, Epworth Camp and Totara Springs. This allows working parents to join the camp in the evening if they want to be part of the programme.

Year 7 and 8 are involved in Sports Camp at Totara Springs in Term 3 each year. A team of up to 38 students is formed in partnership with Hamilton SDA School to achieve this. This works effectively to promote sports, develop friendships and provide extension for any who are sporty.

Considerable consultation took place: Term 4, 2023.

Review of Curriculum Statement: 2025