

Year 7 Physical Education and Health - Programme of Learning

Overview: Physical education and Health in Years 7 and 8 involves an introduction to movement and physical education concepts, with an emphasis on developing health enhancing attitudes. The emphasis is on involvement, enjoyment, and co-operative learning activities, whilst developing social responsibility and interpersonal skills. Three main aspects of health are examined: personal health and physical development, relationships and healthy communities, cyber safety and our environment.

Topic/Term	Overview	Progress outcomes
<p>Term 1</p> <ul style="list-style-type: none"> Whanaungatanga School Values Kiva 	<p>The focus of the learning is to help ākongā gain a sense of belonging within Rangi, to help them understand and “live out” the school values and to establish some strong connections within the class. We complement this with an antibullying program that focuses on helping ākongā to understand what bullying is, how to be an upstander and the restorative process should an incident occur.</p>	<p>Understand</p> <ul style="list-style-type: none"> I understand the Te Whare Tapa Whā model of wellbeing. I understand the school values. I understand what bullying is. <p>Know</p> <ul style="list-style-type: none"> I know what gives me a sense of belonging and connectedness. I know how I could make friends and how to deal with friendship issues. I know how to seek help with bullying issues. <p>Do</p> <ul style="list-style-type: none"> I can demonstrate the tikanga required in my class. I can demonstrate the school values.
<p>Term 2</p> <ul style="list-style-type: none"> Kiva continued The Kindness Project 	<p>This term focuses on continuing with our Kiva program as well as establishing and understanding the importance of being socially responsible. We do this within the kindness project where ākongā set goals, reflect on progress, and keep accountable through their kindness groups. The levels and concept of the kindness project is used with other subjects to help ākongā to see the importance of this learning across all areas.</p>	<p>Understand</p> <ul style="list-style-type: none"> I understand the importance of being kind and responsible for my own actions <p>Know</p> <ul style="list-style-type: none"> I know what is required to be a successful team player and or group participant I know how to be socially responsible/kind in my classes <p>Do</p> <ul style="list-style-type: none"> I can be responsible for my actions I can participate actively and with kindness in team activities to the best of my ability I can demonstrate the school values

<p>Term 3</p> <ul style="list-style-type: none"> Relationship and Sexuality Education The Kindness Project continued 	<p>This learning focuses on helping ākongā to navigate pubertal changes, from a social, mental, physical and spiritual focus. Moreover, we look at the pros and cons of social media, relationships and the importance of communication in friendships. We also continue with the Kindness project.</p>	<p>Understand</p> <ul style="list-style-type: none"> I understand why it is important to have healthy relationships I understand that relationship and identity can be diverse I understand how to have healthy relationships I understand pubertal change <p>Know</p> <ul style="list-style-type: none"> I know how to deal with pubertal change I know that online images are not always real. I know that sexual orientation and gender is fluid I know where to get sexuality and relationship support <p>Do</p> <ul style="list-style-type: none"> I can manage pubertal change I can demonstrate communication skills to manage relationships and keep safe I can seek support I can show respect and understanding of diversity I can make decisions which support a healthy relationship and personal wellbeing.
<p>Term 4</p> <ul style="list-style-type: none"> Body Mind and Soul 	<p>Learning in term 4 sees us examining the importance of physical activity in enhancing all dimensions of Hauora as well as gaining an understanding of the importance of movement for wellbeing. We also help the ākongā to gain a basic understanding of how their body functions.</p>	<p>Understand</p> <ul style="list-style-type: none"> I understand the importance of regular physical activity and its impact on Hauora I understand the 4 interconnected dimensions of Hauora <p>Know</p> <ul style="list-style-type: none"> I know the main functions of the skeletal system I know the main bones of the human body I know the main muscles of the human body I know how the bones and muscles interact to create movement I know the main functions of the human heart I know why we participate in regular physical activity and the impact this has on my Hauora I know how to maintain positive wellbeing <p>Do</p> <ul style="list-style-type: none"> I can participate in regular physical activity I can use the equipment in the fitness center effectively and safely I can measure my pulse and heart rate I can reflect upon my own wellbeing in relations to dimensions of Hauora I have strategies for maintaining wellbeing