

# Physical Education and Health

Health and well-being of students influences their achievements physically, socially and academically. Their total development is dependent on full participation and involvement in all aspects of this curriculum.

The aims for the Physical Education and Health curriculum at Western Heights High School are for students to:

- Develop the knowledge, understanding, skills and attitudes needed to maintain and enhance personal health and physical development
- Develop motor skills through movement, acquire knowledge and understanding about movement and develop positive attitudes towards physical activity
- Develop understanding, skills and attitudes that enhance interactions and relationships with other people
- Participate in creating healthy communities and environments by taking responsible and critical action

## Staff in the Physical Education and Health Learning Area:

Mr P Morrison (Head of Learning Area)

Ms P Atutahi

Mr E Bogun

Mrs J Boyes

Miss N Cleaver

Mrs D Frost

Ms W Gray

Mr C Hemana

Mrs C Martin-James

Mr D Shelford

## LEARNING PATHWAY

### YEAR 9

#### Physical Education

Full year programme (2 hours per week). Emphasis on motor skills and physical development through a variety of mediums: athletics, aerobics, large ball skills, small ball skills, swimming, minor games and co-operative activities.

#### Health

Full year programme (1 hour per week). Students will participate in programmes, which incorporate the following areas of learning: hauora, goal setting, physical well-being, food and nutrition, smoking and alcohol, mental and emotional well-being, relationships, sexuality, spiritual well-being, physical fitness, human body and first aid.

## YEAR 10

### **Physical Education and Health**

**Physical Education:** Full year programme (2 hours per week). Emphasis on motor skills and physical development through a variety of mediums: athletics, aerobics, large ball skills, small ball skills, swimming, minor games and co-operative activities.

**Health:** Full year programme (1 hour per week). Students will participate in programmes, which incorporate the following areas of learning: hauora, goal setting, food and nutrition, interpersonal skills, problem solving, physical well-being, mental and emotional well-being, spiritual well-being, sexuality, physical fitness, human body and first Aid.

### **Sport and Recreation**

The programme is designed to provide a foundation of knowledge that will assist students in continuing Physical Education at NCEA level. It is broadly divided into the following main areas:

Athletics, Aquatics, Large Ball Skills, Kinesiology, Fitness Studies, Safety in Physical Activity, Small Ball Skills and Sport Education.

## YEAR 11

### **Health - NCEA Level 1**

The emphasis in this course is the sharing of information so that students can make informed decisions, now and in their future lives. The course leads on to vocations in the Health industry. Students will be covering the following topics: Hauora (Health), Food and Nutrition, Stress and Change, Drug Education, Sexuality Education, Change, Loss and Grief, Building Relationships, Goal-Setting, Listening and Assertive Skills.

### **Physical Education - NCEA Level 1**

This course is designed for students who wish to gain an understanding of how the body functions as well as the opportunity to improve their physical, interpersonal and self-management skills. Students doing a full NCEA course may include NCEA Physical Education as a sixth subject.

### **Sport, Health and Well-Being**

The aim of this course is to introduce students to the study of sport, health and well-being. Students will participate in a combination of Physical Education (1-2 periods per week), Health (1-2 periods per week) and Study (1 period per week). The emphasis in Health is the sharing of information so students can make informed decisions, now and in their future lives.

## YEAR 12

### **Health Promotion - NCEA Level 2**

This is an exciting new course for those students who want to make a difference in their lives and the lives of others.

Students will learn:

- personal safety,

- relevant teenage health issues
- factors which influence health and their consequences.
- strategies for maintaining positive healthy lives
- issues associated with gender and sexuality
- health promotion, (where students will be required to choose a current health issue and develop, implement a plan of action to enhance this issue).

### **Sport, Health and Well-Being**

The aim of this course is to introduce students to the study of sport, health and well-being. Students will participate in a combination of Physical Education (1-2 periods per week), Health (1-2 periods per week) and Study (1 period per week). The emphasis in Health is the sharing of information so students can make informed decisions, now and in their future lives.

### **Physical Education - NCEA Level 2**

Year 12 NCEA Level 2 PE focuses on theoretical aspects of the following areas: Anatomy, Exercise Physiology and Biomechanics, Methods and Principles of Training, Skill Acquisition Safety practical performance (Duathlon). Practical sessions will consolidate theory topics covered but are not directly assessed.

### **Outdoor Recreation And Sport Studies – Level 2**

In this course students may gain confidence, learn about competition, develop goal-setting and learning strategies, develop communication skills, move outside their comfort zones, develop management strategies and experience a range of leadership roles within the outdoor and sporting environment.

## **YEAR 13**

### **Physical Education - NCEA Level 3**

The theoretical knowledge and understanding of the principles that influence the acquisition and performance of these skills will be learnt ie anatomy, physiology, biomechanics, sports psychology, training methods and training principles. The relationships between physical activity and lifestyle will be emphasised, along with the sociological issues associated with physical activity in our society and other societies. The course should lead students to understand and appreciate the importance of physical activity and its affect on lifestyle, in such a way that students can modify their lifestyles in the short and long term.

### **Outdoor Recreation And Sport Studies**

In this course students may gain confidence, learn about competition, develop goal-setting and learning strategies, develop communication skills, move outside their comfort zones, develop management strategies and experience a range of leadership roles within the outdoor and sporting environment.