



Health and PE Year Plan

2018 - 2020

Term 1	<p>Health – First Aid and Sun Smart in preparation for camp.</p> <p>Healthy eating and food preparation in food technology.</p> <p>Circle Time- relationship building and bullying prevention linked into our term 1 learning “Ko Wai Matou?” (Who are we?).</p> <p>Understanding our vision and values – Tūrangawaewae.</p> <p>Developing a class treaty and culture.</p> <p>Establishing relationships with our community – e.g. Nga Hau e Wha, our urban marae</p> <p>Physical Education – Team Building and co-operative games, EOTC and outdoor activities prior to and at camp, Fitness and early Beep tests.</p> <p>Cricket, Athletics, Touch, Basketball preparation, Fair-Play</p> <p>Newlands Running Academy</p>
Term 2	<p>Health – Further development of Circle Time to support relationships, leadership and conflict resolution.</p> <p>Exploring food technology with a focus on students’ cultures, practices and language.</p>

	<p>Physical Education – Dance (Stage Challenge, Production), lunchtime sports programme, Fitness, Ki-o-rahi, large ball skills.</p> <p>Cross Country, League, Sevens, Netball, Basketball</p>
<p>Term 3</p>	<p>Health – the wellbeing of our community and our environment, collective action.</p> <p>Physical Education – Fitness, lunchtime sports programme, team games and catching and throwing skills.</p> <p>Dance</p> <p>Rugby, Volleyball, Football, Netball</p>
<p>Term 4</p>	<p>Health – Puberty and Sexuality, Drug and Alcohol Education, Peer Pressure and Bullying Prevention, leadership building</p> <p>Physical Education – Measure fitness against set goals, lunchtime sports programme, and small ball skills and associated games, Ki-o-rahi, social dance.</p> <p>Touch Rugby, Basketball, Tennis</p> <p>Newlands Running Academy</p>