



Waitaria Bay School Health Delivery Statement:

The board of every State school must, at least once in every 2 years, and after consultation with the school community, adopt a statement on the delivery of the health curriculum. Education Act 1989 s60B

The four strands of Health and PE are:

- Personal health and physical development, in which students develop the knowledge, understandings, skills, and attitudes that they need in order to maintain and enhance their personal well-being and physical development
- Movement concepts and motor skills, in which students develop motor skills, knowledge and understandings about movement, and positive attitudes towards physical activity
- Relationships with other people, in which students develop understandings, skills, and attitudes that enhance their interactions and relationships with others
- Healthy communities and environments, in which students contribute to healthy communities and environments by taking responsible and critical action.

There are seven key areas within Health & PE:

Body care and physical safety

Food and nutrition

Mental health

Outdoor education

Physical activity

Relationships & Sexuality education

Sports studies

The Education Act (1989) requires that all schools consult at least every two years on the delivery of the Health Curriculum. This consultation is due 2026, 2028, 2030. Evidence of consultation can be found in the BOT minutes.

Waitaria Bay School uses a range of teaching approaches, learning contexts and situations as they arise, to develop learners' understanding of these concepts of Health Education and aim to equip learners with the skills needed to enable them to make health-enhancing life choices. Units of learning are reviewed bi-annually in conjunction with the community consultation in order to ensure that our Health Education programme is meeting learning needs of our students and whānau, and reflects best practice in Health Education.



2024	2025	2026
Relationships Motor Skills Personal Health and Development	Healthy Communities and Environments	Relationships Motor Skills Personal Health and Development

2025	Term 1	Term 2	Term 3	Term 4
Daily Fitness	Jump Jam Just Dance Circuits Running Skipping Yoga			
Health Focus	Sunsmart Healthy Eating-KEGS	St John-First Aid Life Education Caravan Pink Shirt Day	Pause Breathe Smile	Sunsmart
PE focus	Swimming/Athletics Fundamental Skills	Winter Sports skills	Running	Swimming Summer Sports skills
Pelorus Cluster Events	Junior/Senior Swimming Athletics	*Gymnastics (MSA)	Cross Country Y5 Maud Island Y6-8 Ski Trip	Rai Valley Top Team

*Education outside the classroom event to be guided by 3 year cycle encompassing City/Local/Marae visit

2025 = Local Mistletoe Bay