

Rotorua Seventh-Day Adventist School Physical Education Implementation Plan

Week	1	2	3	4	5	6	7	8	9	10/11
TERM 1	Aquatics & Summer Ball Skills									
Physical Education	Touch Rugby		Swimming Lessons - Aquatics			Run, Jump, Throw - Summer games				
Exercise	Daily Fitness Programme - 10 minutes									
Events						Swimming Sports		Athletics SDA		
TERM 2	Winter Ball Skills									
Physical Education					Skipping					
Exercise	Daily Fitness Programme - 10 minutes									
Events					Cross Country Rural					
TERM 3	Movement & Dance									
Physical Education	Rippa Rugby			Netball			Basketball			
Exercise	Daily Fitness Programme - 10 minutes									
Events				Winter Sports Christian					Basketball SDA	
TERM 4	Summer Sports									
Physical Education	Touch Rugby									
Exercise	Daily Fitness Programme - 10 minutes									
Events				Touch SDA		Athletics Rural				

	Health	2015	2016	2017	2018
Personal Health & Physical Development/ Taha Tinana / Taha Hinengaro	Personal hygiene/body care		School sores, handwashing, dental		
	Healthy eating/ Drinking		5 healthy habits		
	Self esteem / Confidence				
	Resilience / Coping				
	How the body works	Digestive system			
	Puberty Education				
	Internet Safety				
	Importance of sleep				
Relationships with other people/ Taha Whanau / Taha Wairua / Taha Hinengaro	Getting along with others				
	Peer pressure				
	Accepting differences in others				
	Respect	Week of Prayer			
	Feelings				
Healthy Communities/ Taha Whanau / Taha Wairua / Taha Tinana	Addressing school's health issues		Nits, School sores, handwashing, dental		
	Water safety		Water safety - Aquatics		
	Travel Safety	Seat belts	Road Safety		
	Sun Safety				
	Animal Safety				
	Drugs, medication and alcohol	Life Education			
	Smoking				
	What to do in an emergency	Earthquake	Fire		
	Asking for help				

