

Rotorua SDA School Suggestions for Topics and Learning experiences within Hauora and Health & Physical Education

	Term 1	Term 2	Term 3	Term 4
DAILY FITNESS PROGRAMMES THROUGHOUT THE YEAR Learning Intentions: Get your heart rate up - 15 minutes daily				
Primary focus: PHYSICAL EDUCATION Strands: 1. Waiora - Personal Health and Physical Development 2. Koiri - Movement Concepts and Motor Skills 3. Tangata - Relationships with other people 4. Taiao - Healthy Communities and Environments	(2) School athletics - Run, jump, leap, throw. (2) Swimming - Aquatics (2) Small ball skills - Throwing - Batting - Hitting - Catching - Striking (1-4) Waka ama (2) Ki-o-rahi	(1, 2) Cross country training (2) Basketball (2) Large ball skills - Kicking, catching, throwing, passing Sports Education (1-3) Orienteering (2) Table Tennis	(1, 2) Skipping programme (2) Striking, kicking, batting (2) Folk dancing (integrated with the Arts) (2) Volleyball (2) Badminton (1-2) Cycle Safety (2) Ki o rahi	(2) Athletic Skills (1-4) Water safety (1-2) Walking for health (2) Touch Rugby (1-4) Senior Camp
Events	<ul style="list-style-type: none"> ● Waikato BOP Athletics ● Tauranga SDA Athletics ● Rural Schools Swimming Sports ● Rotorua Touch Rugby ● Waka ama 	<ul style="list-style-type: none"> ● Rural Schools Cross Country ● Rotorua Basketball ● Tough Guy/Girl Challenge ● Orienteering ● Top Schools Challenge 	<ul style="list-style-type: none"> ● Rotorua Basketball ● Badminton ● Table Tennis ● Auckland SDA Basketball 	<ul style="list-style-type: none"> ● Rural Schools Athletics ● Rotorua Touch Rugby ● Ki o rahi Tournament

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(1-4) Cooperative Games (focus on wellbeing throughout the year)				
Primary focus: HEALTH EDUCATION Strands: 1. Waiora - Personal Health and Physical Development 2. Koiri - Movement Concepts and Motor Skills 3. Tangata - Relationships with other people 4. Taiao - Healthy Communities and Environments	<ul style="list-style-type: none"> ● Teaching of anti-bullying (promoting successful relationships, co-operative skills, while explicitly addressing bullying issues) ● Making friends ● Our graduate profile ● Te Tiriti o Waitangi - Our class treaty ● Classroom relationships ● Our Community ● Sun Smart focus ● Cyber safety focus ● School Picnic ● Relationships <ul style="list-style-type: none"> ○ Making and developing relationships ○ Interpersonal skills ○ Developing self-esteem and confidence in group situations ○ Personal and social challenges (e.g feeling shy, falling out) 	<ul style="list-style-type: none"> ● Winter Health - an integrated unit covering such topics as hand washing, healthy eating in winter, keeping warm and protection from flu and colds. ● Adventist Health Week ● Vegetarian Plant based unit - Garden to table. ● Whare tapa wha - managing wellbeing ● Water in Schools focus ● Grandparents Day 	<ul style="list-style-type: none"> ● Maintaining friendships ● Conflict resolution ● Scooter / bike day ● Earthquake safety focus ● Pet day ● Animal safety/care ● Developing empathy and care ● Keep NZ Beautiful ● Cyber safety focus ● NEWSTART Programme ● Life Education - which provides children with the knowledge to make informed choices about their health, respect others and learn to appreciate their uniqueness. Teachers select from a range of topics covering personal health choices, safety, nutritional and drug awareness. 	<ul style="list-style-type: none"> ● Food and Nutrition ● Strand outings and trips ● Sun smart focus ● Camp - co-operation and friendships ● Glenbrae Home Visit - Elderly ● School Recycling focus
Even year - 2024	<ul style="list-style-type: none"> ● Lake Safety - 3 weeks 	<ul style="list-style-type: none"> ● Kia Kaha Anti-bullying - 4 weeks ● Keeping Ourselves Safe - 4 weeks 	<ul style="list-style-type: none"> ● Dental Health - 2 weeks ● Cycle Safety - 3 weeks 	<ul style="list-style-type: none"> ● First Aid Course St Johns
Odd Year - 2025	<ul style="list-style-type: none"> ● Bush Safety - Outdoor skills 	<ul style="list-style-type: none"> ● Civil Defense - 4 weeks ● Fire Prevention - weeks 	<ul style="list-style-type: none"> ● Personal hygiene - 2 weeks ● Road Safety - 3 weeks 	<ul style="list-style-type: none"> ● Beach Safety - 4 weeks