

## Oxford Area School Aims for Health Education

**The main purpose of Health Education at Oxford Area School is to:**

- Equip students with the knowledge and skills to establish, maintain, and enhance personal, interpersonal and societal wellbeing.
- Build resilience through strengthening students' personal identity and sense of self-worth.
- Empower students to make informed, health enhancing decisions throughout their lifetime.
- Develop students' understanding of the factors that influence the health of self, others and society.
- Explore their own, others, and wider societal attitudes, values and beliefs across a variety of contexts.
- Take critical action to promote personal, interpersonal and societal well-being.

Underpinning the above aims are the Health and Physical Education curriculum concepts of *Hauora/Well-being, Attitudes and Values, Socio-ecological Perspective and Health Promotion.*

### Year 4-6 Health Teaching and Learning Programme

TERM ONE	TERM TWO	TERM THREE	TERM FOUR
<ul style="list-style-type: none"> <li>● OAS Term Value</li> <li>● Life Education</li> <li>● Who Am I - All About Me</li> <li>● Wai Swim</li> </ul>	<ul style="list-style-type: none"> <li>● OAS Term Value</li> <li>● Working as a team - friendships and conflict resolution</li> <li>● Cycle Safety</li> </ul>	<ul style="list-style-type: none"> <li>● OAS Term Value</li> <li>● Managing thoughts, feelings and emotions</li> <li>● St John</li> </ul>	<ul style="list-style-type: none"> <li>● OAS Term Value</li> <li>● Keeping Ourselves Safe/Kia Kaha</li> <li>● Relationships and Sexuality Education (RSE)</li> </ul>
<p><i>This programme runs across two years</i></p>			

## Year 4-6 Health Education - Oxford Area School - 2 Year Programme

<b>Y e a r  4 - 6</b>	<b>Life Education</b>	Teachers select a theme to be covered during 2 visits to the mobile classroom, reinforced within the teaching and learning space.
	<b>Who Am I - All about Me</b>	Settling into school processes, encouraging students to get to know themselves better and establish positive relationships for learning.
	<b>OAS Term Value</b>	Students will look at the OAS term value across a variety of activities. What does the value look like, sound like and feel like in a variety of different settings e.g. Classrooms, Bus, Library, Playground, Assemblies, In the Home. How can students manage situations with others which do not reflect the school values.
	<b>Wai Swim</b>	Connecting to our PE curriculum. Students are involved in keeping themselves safe in and around water, as well as in the sun. Practical demonstration enables students to show their understanding of how to be sun smart and safe in and around waterways.
	<b>Cycle Safety</b>	Practical learning around how we manage safety in and around roadways and vehicles. This includes Bus Safety.
	<b>Working together - Friendships and Conflict Resolution</b>	How to manage the daily changes which occur with interpersonal relationships, resolving conflict and problem solving, along with learning the art of compromise.
	<b>Managing thoughts, feelings and emotions</b>	Focusing on the Key Competency of Managing Self. A unit which aims to encourage personal responsibility when it comes to students as individuals and managing their thoughts, feelings and emotions when communicating with other people.
	<b>Keeping Ourselves Safe/Kia kaha</b>	Including the Police Education Officer. Completed biannually, looking at issues in our community and how we can manage ourselves safely when it comes to influences such as inappropriate relationships, cyber safety and the law.
	<b>RSE - Relationships and Sexuality Education</b>	This unit is completed using the Family Planning Resource, Navigating the Journey. The work in this unit aims to provide students with the knowledge, understanding and skills to develop positive attitudes towards sexuality and to enhance interpersonal relationships.
	<b>St John</b>	Run with the help of a St John education officer. Students will learn and apply the basics of First Aid in order to help keep themselves and others safe in an emergency situation.