

Our Beliefs About Health and Physical Education

At Rangikura we believe it important:

- To maintain and strengthen our students success in PE/Health and our communities belief in the importance of this curriculum area
- To provide students with knowledge, skills, attitudes and values to enjoy a healthy lifestyle and contribute actively to the wellbeing of others and the well being of their community
- To encourage students to take increasing responsibility for their own health
- To acquire, and practice a wide range of motor skills that can be transferred into a variety of sports, recreational activities and everyday situations
- To provide a range of activities that students can participate in and gain exercise through
- To develop and improve students' inter-personal relationships with others
- To provide opportunities for students to gain enjoyment, fun, success and self esteem
- To participate in interschool activities
- To build partnerships and relationships with parents through sports and PE programmes

Why Study Health and Physical Education?

At Rangikura School we want our students to:

- Develop resilience and a sense of personal and social responsibility
- Accept challenges
- Be able to take responsibility for themselves and contribute to the wellbeing of those around them.
- Be active in and out of school
- Improve fundamental motor skills

Health and Physical Education Programmes

The Health and Physical Education programme will cover the following strands annually.

- Personal Health and Physical Development
- Movement Concepts and Motor Skills
- Relationships With Other People

The Fourth Strand, Healthy Communities and Environments, will be covered in a two year cycle.

All students will have at least 45 minutes of time tabled physical education per week. Syndicates will also plan daily physical activity i.e. fitness or games. Syndicates have the flexibility to plan and organise programmes to suit the ability and needs of students, skills and expertise of staff and maximise the use of resources and facilities.

Health and Physical Education and the Key Competencies:

All the key competencies can be incorporated into Health and Physical Education teaching in all units:

- Managing self
 - To persevere and complete tasks/skills.
 - To assess performance.
 - To behave in a respectful and sensible manner, in a wide variety of situations.
- Relating to others
 - When participating in team sports/events.
 - When communicating feelings, thoughts and ideas.
 - When giving and receiving feedback.
- Participating and contributing
 - When being an active team member.
 - When involved in health and physical activities.
- Thinking
 - To develop understanding.
 - To make wise decisions.

Health and Physical Education and the Core Values

All of the core values will be incorporated into the Health and Physical Education Programmes, however we believe the following values are more relevant to our school's needs, and therefore will be given greater emphasis.

- Excellence
 - Students will be supported and challenged to extend their physical skills and produce high quality work.
 - Students will be recognised and celebrated for achieving excellence.
- Respect
 - Students will behave in a respectful manner.
 - Students will gain respect and appreciation for their own skills, and the skills of others.
- Community and Participation
 - Students will gain skills and knowledge to help them become a positive and healthy member of their community.
- Integrity
 - Students will conduct themselves in a responsible and honest manner, throughout the variety of challenging situations physical education and health provides.

Achievement in Health and Physical Education

Rangikura specific school expectations are:

Year 1/2 Working at Level 1

Year 3 Working towards Level 2

Year 4 Working at Level 2

Year 5 Working towards Level 3

Year 6 Working at Level 3

Year 7 Working towards Level 4

Year 8 Working at Level 4

Rangikura School believes that students need both the opportunity to participate in physical activity for enjoyment and health, as well as the opportunity to excel. Students with special talents and physical limitations will be recognised. We encourage these students to foster their talents and develop their skills through school and weekend sports teams. Children playing sport at a representative level will be celebrated and supported.

We believe that swimming is an important part of our physical activity planning. There are difficulties in providing this due to costs (including travel). Therefore we intend to use targeted money for this, when available, to ensure we can provide swimming programmes annually for all our students.