

Health and Physical Education

Health and Physical Education is one of eight essential learning areas in the New Zealand Curriculum. At Orewa College we feel that we make an important contribution to our students' health through this subject area. Below you will find the topics that we cover in Health Education, for Year 7 through to Year 10. These topics have been developed following the required consultation with our school community.

Health Education

Year 7	Year 8	Year 9	Year 10
• Manaaki Orewa College • Personal Identity • Making and Keeping Friends • Leadership • Adolescent Changes • Healthy Choices • Goal Setting • Stereotypes	• Relationships and Sexuality Education • Nutrition - societal attitudes and values • Self-Esteem and strategy building • Cultural considerations and group dynamic interactions • Mental Health	• Hauora • Cybersafety • Physical Health • Self Esteem • Drugs/Alcohol • Sexuality Education • Mental Health • Bullying • Peer Pressure • NZ Health Issues	• Hauora • Goal Setting • Sexuality Education • Teenage Issues • Cyber-safety • Mental Health • Resilience • International Health Issues

Human Relationships

The college is required, under the Education Act, to give instruction on human sexuality in areas such as puberty, contraception and sexual health. These lessons take part in the context, or theme of "making good decisions", as do lessons on smoking, vaping and alcohol. You will be notified through a notice when your son or daughter is about to undertake this part of the curriculum. You are entitled to withdraw them from this unit of learning.

Education Outside the Classroom

As part of the Health and Physical Education curriculum, classes will often undergo physical activity experiences within the surrounding areas of the college, for example runs around the estuary and fitness activities, navigation and orienteering around the local community, and in Year 9 and 10, students will undertake a Beach Safety Programme. These particular experiences will occur during scheduled Physical Education classes and students will be supervised by staff.

Beach Safety Programme Year 9 and 10

Students jog/walk to Orewa Beach, crossing the road in groups, supervised by staff.

If the Parental Permission and Competency Form* is completed and staff consider the conditions to be safe, they will be able to swim. Students will be given instructions on where to swim and are expected to follow directions implicitly. The geography of Orewa Beach and its depth make it a safe and suitable beach for learning purposes in all but extreme conditions.

**Parental Permission and Competency Form will be required at the start of each year for all Year 9 and 10 students.*