

THE UNDERLYING CONCEPTS

**Marisa McKay, Primary physical education advisor
Physical Education New Zealand**

We are taking a deep dive into the Health and Physical Education curriculum. We will look at what makes this learning area unique and demystify each of the aspects that make up this curriculum to strengthen your understanding. This, in turn, will support you to better use the curriculum to provide rich teaching and learning experiences.

The Underlying Concepts:

- are four concepts that support the framework for learning in health and physical education.
- are unique to health and physical education.
- are interdependent concepts at the heart of this learning area.
- are often described as the foundation of the Health and Physical Education curriculum, these concepts should impact all that we teach in this learning area.
- Learning activities arise from the integration of the four underlying concepts with other aspects of the curriculum (strands, achievement objectives, key learning areas).



Examples of how they can connect learning:

Concept	Underlying Concept Link
Working together/ Unity/Whanaungatanga	Socio-ecological perspective Attitudes and values
Making a Mark/Service/ Giving back to our community	Health promotion Socio-ecological perspective
Weaving cultures/Where do I come from?	Attitudes and values Hauora
Beating my best/Resilience	Hauora Attitudes and values

Hauora

Hauora – is a Māori philosophy of health unique to Aotearoa. It identifies four dimensions of wellbeing:

- Taha tinana (physical)
- Taha hinengaro (mental/emotional)
- Taha whānau (social)
- Taha wairua (spiritual).

Socio-ecological Perspective

Socio-ecological Perspective – considers social and environmental factors that affect health and wellbeing including:

- factors that influence people’s choices and behaviours
- the need for mutual care and shared responsibility between themselves, others, and society
- contributing to their own wellbeing and that of others and society and the environment they live in.

What can this look like in your classroom?

As their name suggests, the Underlying Concepts are designed to underlie all the learning opportunities your students experience in health and physical education. They are concepts that build, develop, and grow over their school years as they learn in health and physical education.

Explaining the concepts to students can be complicated. Here are the links to four practical activities to use in class to introduce, strengthen or expand your students’ knowledge of the individual concepts. With a deeper understanding, students will be able to apply their knowledge in more ways to their learning experiences.

- Hauora - <https://www.facebook.com/watch/?v=1303621483018722>
- Attitudes and values - <https://www.facebook.com/watch/?v=1408867262494143>
- Socio-ecological perspective - <https://www.facebook.com/watch/?v=1327408660640004>
- Health promotion - <https://www.facebook.com/watch/?v=1312136388833898>

Visit the updated TKI website for more information:

<https://hpe.tki.org.nz/health-and-physical-education-in-the-curriculum/underlying-concepts/>

Attitudes and Values

Attitudes and Values – learning in health and physical education provides learners opportunities to develop and understand a range of attitudes and values including:

- hauora and wellbeing
- rights of others
- people in the community and care for the environment
- social justice.

Health Promotion

Health Promotion – is a process for developing and maintaining supportive physical and emotional environments involving all members of the wider school community. Students learn:

- the value of personal and collective action
- that they can make a positive contribution to
- their own wellbeing and that of their communities and environments.

