



## Health Studies Learning Matrix

### Curriculum Level 6

#### Learning Area Whakataukī:

<i>He oranga ngākau, he pikinga waiora</i>	<i>Positive feelings in your heart will raise your sense of self-worth</i>
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Big Ideas			
Hauora needs to be approached through a holistic understanding	Tiakitanga, manaakitanga, and whanaungatanga are vital to enhance the hauora of individuals, whānau, and communities	Understanding hauora requires consideration of the complex and interconnected nature of personal, interpersonal, and societal perspectives	Social justice principles of fairness, equity, and inclusivity are central to hauora
Significant Learning			
At Curriculum Level 6, ākonga will...			
<ul style="list-style-type: none"> <li>• apply a variety of holistic models of health to a range of situations to develop understanding of hauora</li> <li>• investigate the importance of Māori values within hauora, such as tiakitanga, manaakitanga, and whanaungatanga, across individual, whānau, and community contexts</li> <li>• inquire into Māori knowledges and practices related to hauora, such as rongoā and maramataka</li> <li>• inquire into Pacific values, knowledges, and practices, such as vā, in relation to individual, whānau, and community health contexts</li> <li>• identify and engage in strategies and practices that foster values such as tiakitanga, manaakitanga, whanaungatanga, and vā</li> <li>• explore how mana and identity are connected with a sense of self-worth</li> <li>• investigate ways in which hauora is more than a matter of personal decision-making and individual responsibility</li> <li>• practise personal and interpersonal skills that can enhance hauora, such as goal setting, self-management, and effective communication</li> <li>• investigate and critique a variety of health-promotion actions that enhance hauora at personal, interpersonal, and societal levels</li> <li>• understand how personal, interpersonal, and societal factors impact hauora and inform decision-making</li> <li>• investigate diverse strategies to help manage change situations that impact hauora</li> <li>• develop understanding of how social justice, including fairness and inclusiveness, is essential to hauora</li> <li>• use critical thinking in relation to values, attitudes, and beliefs that inform approaches to hauora</li> <li>• use critical thinking in relation to social constructs, power imbalances, biases, and assumptions that impact hauora</li> <li>• experience learning within a selection of Food and Nutrition, Relationships and Sexuality, and Mental Health contexts.</li> </ul>			