



Physical Education Learning Matrix

Curriculum Levels 6, 7, and 8

Learning Area Whakataukī:

He oranga ngākau, he pikinga waiora

*Positive feelings in your heart will raise
your sense of self-worth*

Big Ideas			
Movement is integral to hauora	Participation in movement enriches our lives	Through movement we develop diverse capabilities	There are diverse ways of understanding movement contexts and the moving body
Significant Learning			
Across all Curriculum Levels, ākonga will...			
<ul style="list-style-type: none"> explore the pieces of Significant Learning through participation in diverse movement contexts. 			
At Curriculum Level 6, ākonga will...	At Curriculum Level 7, ākonga will... (indicative only)	At Curriculum Level 8, ākonga will... (indicative only)	
<ul style="list-style-type: none"> develop movement skills and strategies that are responsive to external cues make meaning from how movement may influence hauora develop capabilities and explore strategies to promote kotahitanga manage self in challenging movement contexts understand a range of biophysical principles understand that sociocultural factors influence the moving body understand te ao Māori influences on the moving body reflect on how places and spaces influence movement with reference to te taiao apply an understanding of tikanga recognise that the body holds unique significance and tapu and must be protected and nurtured through movement. 	<ul style="list-style-type: none"> devise and apply strategies to enhance hauora learn how to appraise diverse leadership strategies to influence kotahitanga learn to apply biomechanics, anatomy, and exercise physiology knowledge learn to apply skill learning and sport psychology strategies to improve movement understand how to examine biophysical knowledge that draws from Māori or Indigenous knowledges learn to apply knowledge of sociocultural factors that impact on participation explore how tikanga affects, and is affected by, diverse movement contexts learn to consider how action can be taken to enhance individual and community hauora understand the relationship between movement and te taiao. 	<ul style="list-style-type: none"> devise and refine strategies to improve movement skills in different contexts analyse applied strategies which meet current and future needs and enhance hauora through movement reflect on and adapt interpersonal capabilities to elevate kotahitanga in movement contexts implement appropriate strategies to lead others analyse the interrelationships between biophysical, sociocultural, and embodied ways of understanding movement and the moving body actively address access barriers for places and spaces that support movement contexts with reference to te taiao develop others' understanding of tikanga in movement contexts. 	