

Health Studies Learning Matrix

Curriculum Level 6

Learning Area Whakataukī:

He oranga ngākau, Positive feelings in your heart will
he pikinga waiora raise your sense of self-worth

Health Studies is a consolidated subject that is being developed to support the vision in the NCEA Change Package (2019) of an optional, broad, and foundational qualification at NCEA Level 1. The Significant Learning identified in this subject provides for coherent foundational learning across the consolidated subject and is assessed by fewer standards. This allows for specialisation at NCEA Levels 2 and 3.

| BIG IDEAS | | | |
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| Hauora needs to be approached through a holistic understanding | Kaitiakitanga and whakawhanaungatanga are vital for the wellbeing and sense of self-worth of individuals, whānau, and communities | Personal, interpersonal, and societal perspectives of wellbeing and manaakitanga are complex and interconnected | Social justice principles of fairness and inclusivity are central to hauora and wellbeing |
| SIGNIFICANT LEARNING | | | |
| At Curriculum Level 6, students will... | | | |
| <ul style="list-style-type: none"> ● explore health and wellbeing through Te Whare Tapa Whā and other holistic models, such as Fonofale ● explore how mana and identity are connected with a sense of self-worth ● explore Māori and Pacific knowledge bases, values, and practices related to hauora and wellbeing ● learn about how principles of fairness and inclusiveness can be applied to hauora and wellbeing approaches ● learn about how kaitiakitanga, manaakitanga, and whanaungatanga contribute to the hauora of individuals, whānau, and communities ● learn about a selection of food and nutrition, relationships and sexuality, and mental health contexts ● develop personal and interpersonal capabilities that can enhance hauora ● understand that hauora is more than a matter of personal choice and individual responsibility ● understand that a variety of health-promotion actions are needed at personal, interpersonal, and societal levels to enhance hauora ● understand diverse ways to manage change situations that impact hauora and wellbeing. | | | |