

Understanding Hauora in Level 1 Health Studies and Level 1 Physical Education

Hauora, wellbeing or health promotion?

There are many models and frameworks that can be used to understand, define, and analyse hauora, health, and wellbeing - in a holistic way.

There are also many frameworks and action plans that have been designed to guide health promotion.

This resource shows how investigating hauora and models of health aligns to the NCEA Level 1 Big Ideas and Significant Learning in [Physical Education](#) and [Health Studies](#).

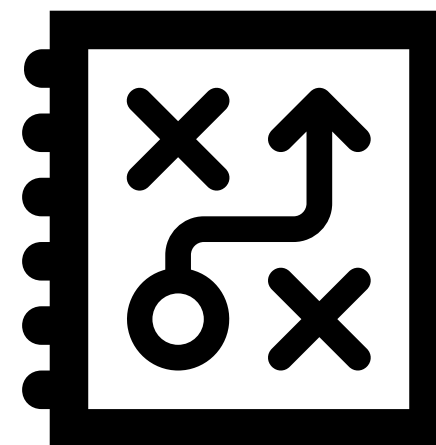


How to use this resource

This resource offers some questions that could be used to unpack an existing model of health and apply to various learning contexts.

A range of models, frameworks, and action plans that are generally referred to in Aotearoa New Zealand are highlighted with links to find out more about each. Others can be found at [*Health Promotion Forum of New Zealand – Runanga Whakapiki Ake i te Hauora o Aotearoa.*](#)

When using these models in teaching and learning activities it is important to consider the purpose for which each was designed.

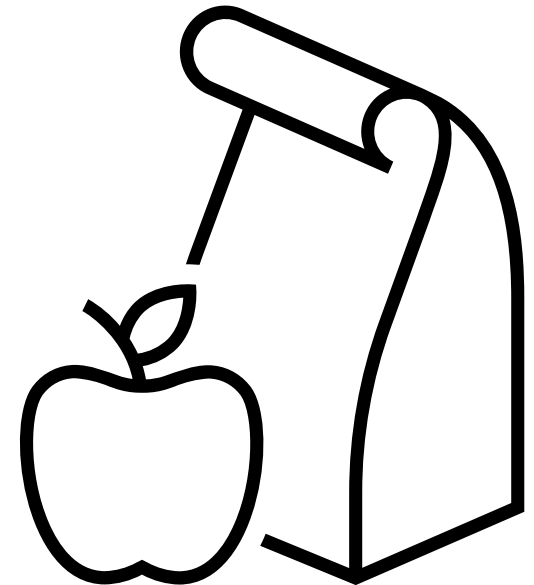


Big Ideas and Significant Learning

The Big Ideas and Significant Learning for Level 1 Physical Education and Health Studies signal that students will require a deep understanding of hauora.

The concept of hauora can be seen throughout the learning matrices of the two subjects.

It is foundational to the learning in the Health and Physical Education learning area.



Big Ideas and Significant Learning

PHYSICAL EDUCATION BIG IDEAS

Movement is essential
to hauora

SIGNIFICANT LEARNING

Make meaning from how movement
may influence hauora

HEALTH STUDIES BIG IDEAS

Hauora needs to be approached
through a holistic understanding

SIGNIFICANT LEARNING

Apply a variety of holistic models of
health to a range of situations to
develop understanding of hauora

Different models of health

There are many ways in which people describe hauora.

As a concept it differs according to different cultures.

The *Te Whare Tapa Wha* model of hauora developed by *Sir Mason Durie* is one that ākonga in Aotearoa New Zealand are probably most familiar with.

However, unpacking other models of health, wellbeing, and hauora can be a very useful way of understanding the concept of hauora in more depth.

Click on the links to understand how, why, and when they are used

Te Whare Tapa Whā

The 4 dimensions of Māori wellbeing by *Sir Mason Durie*

Te Wheke

A concept to define family health by *Rose Pere*

Mana Model

A model for ākonga wellbeing by *Dr Melinda Webber* and *Dr Angus Macfarlane*

Models of Health

Fonua and Fonua Ola

A Tongan framework to health by *Sione Tu'itahi*

A model or framework to understand health and wellbeing in a holistic way

Te Vaka Atafaga

A Tokelau model for health and wellbeing

Fonofale

A Pacific model of health for the New Zealand context by *Fuimaono Karl Pulotu-Endemann*

Atua-Matua

A health framework that uses indigenous environmental knowledge by *Dr Ihirangi Heke*

Unpacking an existing model of health

Choose a model to investigate

- Where does the model originate and what is its purpose?
- How does it align with the definition of health and wellbeing by the *World Health Organisation*? (*The WHO constitution states: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."*)
- Can you explain the different ideas in the model?
- Is there an idea that underpins the others or are all considered equal?
- What interconnections can you observe between the different aspects?
- How could you apply this model to your current movement context or investigation?

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and when they are used**

Health Promotion Models

**A model or framework that is
used to guide health promotion**

Te Pae Māhutonga

A model for Māori
health promotion by
Sir Mason Durie

Ottawa Charter

Bangkok Charter

Geneva Charter

Mainstream Health
Promotion Models

Ola Manuia

*The Pacific Health and Wellbeing Action
Plan 2020–2025*

Five Ways To Wellbeing

*Mental Health Foundation
New Zealand*



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