

Healthy Active Learning

To improve tamariki wellbeing

Healthy Active Learning is a joint government initiative between Sport New Zealand and the Ministries of Health and Education to improve the wellbeing of tamariki through healthy eating, drinking and quality physical activity.

Driven by a \$47m Government commitment to the Child and Youth Wellbeing Strategy.

The wellbeing of our tamariki is important



Wellbeing encompasses the whole individual through recognising physical, social, emotional and spiritual dimensions of hauora. Taking a holistic approach to developing knowledge, skills and competencies is essential to tamariki wellbeing.



Physical activity improves tamariki cognitive function, concentration, attention, reasoning, and on-task behaviour, leading to socially connected learners who are more engaged and achieve greater in and outside of the classroom.



Good nutrition and quality physical activity improves tamariki physical and mental health. Tamariki attitudes, knowledge and behaviours towards nutrition and physical activity impact future health and wellbeing.

Healthy Active Learning schools and kura have access to:



A skilled workforce who will collaboratively support schools and kura to create healthy and active learning environments, and better connection to their local communities.



Toolkits to support schools and kura to create healthy food and drink environments.



Resources to support schools and kura to understand and recognise the value of the Health and Physical Education and Hauora curriculum.

Healthy Active Learning is a voluntary initiative available to schools and kura at no cost¹.

Co-design of local curriculum to improve tamariki wellbeing by....

Recognising, valuing and promoting a healthy and active learning environment

Healthy Active Learning embodies principles of hauora to promote healthy and active learning environments.

- Schools and kura prioritise Health and Physical Education and physical activity in strategic plans and processes.
- Schools and kura value and create healthy food and drink environments.
- Schools and kura provide an environment that supports and promotes quality play, sport and physical activity.

A Healthy Active Learning pilot programme found **a 34 percentage point increase in the number of schools with a vision for student wellbeing that included physical activity²**

“ Not only has our health and physical activity transformed but the ripples can be felt across our school culture, learning and curriculum.”

Strengthening teachers' confidence and practice:

Healthy Active Learning supports teachers to plan and implement quality Health and Physical Education learning experiences.

- Healthy Active Learning strengthens teachers' confidence in delivering the Health and Physical Education and Hauora curriculum.

A Healthy Active Learning pilot programme found **71% of teachers agree that their confidence to plan and teach Physical Education increased⁴**

“ In the past I was not so confident. The workforce have really helped us unpack the curriculum. It really opened our eyes about what we need to do for the kids.”

Creating motivated and engaged learners:

Healthy Active Learning learners are engaged and included through innovative, practical and holistic pedagogical approaches.

- Healthy Active Learning develops a fun and inclusive learning environment where tamariki are socially included and feel valued.
- Schools and kura value all tamariki through holistic approaches to teaching and learning of the Health and Physical Education and Hauora curriculum.

A Healthy Active Learning pilot programme found **70% of teachers sampled agreed that the initiative contributed to a sense of inclusion and belonging in Physical Education³**

“ Students are realising health and physical activity is about the whole body. Mental and spiritual wellbeing is as important as body and relationships.”

Enhancing and building community connectedness:

Healthy Active Learning will support schools and kura to strengthen their connections with their wider community, including whānau and local health and physical activity providers.

- Schools and kura make well informed decisions when engaging with external providers.
- Schools and kura connect tamariki to quality physical activity opportunities within their local community.
- Schools and kura engage community and whānau to ensure tamariki are valued members of their local communities.

A Healthy Active Learning pilot programme found **94% of students interviewed gave examples of transferring learning from Physical Education to other contexts at or outside school⁵**

“ In this era of concerns about mental and physical health, this has been an awesome intervention⁶.”

² Based on a cross sectional sample of school leader self-report surveys in 2016 (N=49) and 2019 (N=23).

³ Based on pilot programme evaluation. (Play.Sport 2019 Outcomes Report 12 May 2020). Based on a sample of teachers (N=166) in 2019.

⁴ Based on pilot programme evaluation. (Play.Sport 2019 Outcomes Report 12 May 2020). Based on a cross sectional sample of (N=166) school teachers.

^{5, 6} Based on pilot programme evaluation. (Play.Sport 2019 Outcomes Report 12 May 2020)