

Healthy Active Learning

Clarifying the scope of Healthy Active Learning for the physical activity workforce

What is Healthy Active Learning?

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 and young people through healthy eating and drinking, and quality physical activity.

What are the three components of Healthy Active Learning?



Ministry of Health

will create toolkits to help all education settings create a healthy food and drink environment. This will include a focus on healthy food and water-only policies. The toolkits will be developed in Te Reo Māori and English.

A health promotion workforce will support healthy food and water-only educational environments.



Sport New Zealand

will provide a physical activity workforce to support 800 primary and intermediate schools and kura to create healthy and active learning environments, and better connection to their local communities.



Ministry of Education

will create new Health and Physical Education (HPE) and Hauora curriculum resources to support all schools and kura to enhance the understanding, planning and delivery of HPE and physical activity. The resources will be developed in Te Reo Māori and English.

Primary and Intermediate Schools and Kura will have access to a dedicated and skilled workforce that will support:

1 Schools and kura to understand and recognise the value of the Health and Physical Education and Hauora curriculum

- Assist school leadership to understand the contribution of the HPE and Hauora curriculum in addressing educational priorities
- Access to school wide PLD to build the knowledge and understanding of the HPE and Hauora curriculum
- Support in creating cross curricular links and aligning and connecting Healthy Active Learning outcomes to school charters, strategic plans and Kahui Ako achievement challenges
- Access to teacher release funding to support staff PLD opportunities

2 Schools and kura to create an environment that supports and promotes quality play, sport and physical activity

- Support in developing plans that promote and support quality play, sport and physical activity opportunities
- Support in providing the time, place and permission to enable quality play opportunities
- Support in planning and delivering quality inter-school and intra-school sport opportunities
- Support in recruiting, recognising and retaining volunteers, coaches and managers

3 Teachers and kaiako to be confident and capable in delivering the Health and Physical Education and Hauora curriculum

- Access to HPE and Hauora curriculum resources to support teaching practice
- Support with effective planning and implementation of the HPE and Hauora curriculum
- In-class mentoring and team teaching
- Access to mentoring
- Access to connections with HPE educational networks (e.g. PENZ, EONZ, NZHEA)

4 Schools and kura to create a healthy food and drink environment

- Support in developing systems and processes that promote a healthy food and drink environment
- Support in developing and implementing healthy food and water-only policies

5 Schools and kura to make well informed decisions when engaging with external providers

- Access to external provider guidelines and support in developing policy around use of external providers
- Access to up-to-date information on local external providers and what support is available
- Support in aligning the use of external providers to long-term strategic planning
- Access to resources and good practice examples to support the development of effective partnerships between schools, kura and external providers

6 Schools and kura to strengthen their connections with their wider community, including whānau and local health and physical activity providers

- Assistance in identifying and accessing community resources and assets, including external providers
- Support in engaging and communicating with whānau and the wider school community regarding school and kura related activities

Visit the Healthy Active Learning website for more information

<https://sportnz.org.nz/get-active/ways-to-get-active/physical-education/healthy-active-learning/>