

These national newsletters are produced by the Secondary Student Achievement national facilitation team, as part of supplementary PLD support for schools, from the University of Auckland and Te Tapuae o Rehua consortium.

# National Newsletter: Health and Physical Education

Information and resources for middle leaders in secondary schools | Term 3 2015

Kia ora, Talofa, welcome to the 2015 Term 3 National Newsletter for Health, Physical Education and Home Economics. We have enjoyed meeting those of you at the recent HETTANZ and PENZ/NZHEA conferences and hope you enjoyed and were inspired by the presentations. In this newsletter:

- Recent additions to TKI.
- Information on the MOE's Relationships Education Guide.
- Information around the release of the MOE's revised guide for sexuality education and the PLD to support the guide.
- An article by Tim Gander on innovation in our learning area.
- Links to useful resources.

Ngā mihi nui  
Rachael, Aaron and Shelley

## Ministry of Education releases

The Ministry of Education has just released two key documents relating to health education:

- *Relationship education programmes: Guide for schools*
- *Sexuality education: A guide for principals, boards of trustees and teachers (revised)*

## Relationship education programmes: Guide for schools

The *Relationship Education Programmes Guide for Schools* (May 2015) gives an excellent big picture view of education around relationships. This guide was developed from a report written by Gillian Tasker in 2013 for the MOE. Its purpose is to support teachers achieving the goal of young people having access to programmes to help them negotiate healthy, respectful relationships and meaningful consent.

The key areas of relationship education are:

- Social and emotional learning.
- Sexuality education.
- Violence prevention education including bullying.

It is advisable for all teachers to read this guide prior to reading the sexuality education guide:

<http://health.tki.org.nz/Teaching-in-HPE/Policy-guidelines/Implementing-relationship-education-programmes-guidelines-for-schools>

## Recent TKI additions

New NCEA assessment resources using sport as an assessment context have been added to <http://ncea.tki.org.nz/Resources-for-Internally-Assessed-Achievement-Standards/Health-and-physical-education>

These are version 'C' resources and have been developed to support assessment for:  
Health 91097 (1.3C)  
Health 90973 (1.4C)  
Health 91236 (2.2C)  
Health 91237 (2.3C)  
Home Economics 91299 (2.1C)

Additionally, two cross-curricular assessment resources are now available:  
Physical Education 2.5C (combining with generic Technology) and PE 2.8C (combining with Dance).

## NZQA Best Practice Workshops

See NZQA's website <http://www.nzqa.govt.nz/about-us/events/best-practice-workshops/> for more information and to register.

Location	HPE	Home Ec
Auckland	15/09	09/09
Wellington	17/11	10/09
Christchurch	19/11	11/09

Please be mindful that NZQA advises it will cancel BPWs three weeks prior if there are insufficient numbers, so book early if you intend going.

## Sexuality education guide

The MOE first published the *Sexuality Education Guide* in 2002. The revised 2015 version aligns with the NZC and reflects the changing social and cultural nature of Aotearoa New Zealand. The guide takes into account recent youth health research and broader understandings about sexuality and sexuality education.

Access the guide from:

<http://health.tki.org.nz/Teaching-in-HPE/Policy-guidelines/Sexuality-education-a-guide-for-principals-boards-of-trustees-and-teachers>

A parent information booklet has also been produced by the MOE: <http://parents.education.govt.nz/secondary-school/learning-at-school/sexuality-education/>

### Free workshops

As part of the Secondary Student Achievement PLD, the University of Auckland and Te Tapuae o Rehua are offering free workshops to support the implementation of the *Sexuality Education Guide* with a focus on strengthening sexuality education programmes in secondary schools. Information about the workshops has already been sent to schools. It is hoped that all schools will take advantage of these workshops. Through the delivery of effective, quality sexuality education we can support the positive and holistic development and health of secondary students.

A flyer is included with this newsletter detailing the workshop dates, venues and online enrolment links. If the flyer is missing or you have an enquiry, please contact your appropriate National Co-ordinator:

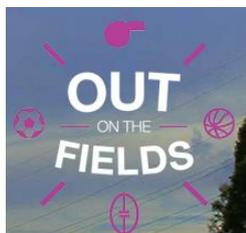
For upper and central North Island  
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The workshops are aimed at health teachers directly involved in sexuality education and are also relevant to principals and senior leaders as the guidelines include legal obligations and community consultation material.

<http://parents.education.govt.nz/secondary-school/learning-at-school/sexuality-education/>

## Other resources for sexuality education



The *Out on The Fields* study is the first international study on homophobia in sport. New Zealand was part of the study and this makes very interesting material for us in PE and/or Health.  
<http://www.outonthefields.com/>

### Family Planning consent toolkit

Family Planning has recently developed a toolkit to support teaching around issues of consent. This is available free of charge to schools from:

<http://www.familyplanning.org.nz/news/2015/new-consent-toolkit-for-teachers>

## NZQA information and updates

### Physical Education

NZQA have recently updated the Physical Education Clarifications documents for level 2 NCEA:

<http://www.nzqa.govt.nz/qualifications-standards/qualifications/ncea/subjects/physical-education/clarifications/>

### 2015 assessment specifications

The assessment specifications for externally-assessed standards can be accessed from the respective subject pages. Please do so before you begin teaching these units.

[www.nzqa.govt.nz/health](http://www.nzqa.govt.nz/health)  
[www.nzqa.govt.nz/homeeconomics](http://www.nzqa.govt.nz/homeeconomics)  
[www.nzqa.govt.nz/pe](http://www.nzqa.govt.nz/pe)

### Physical Education Scholarship: Frequently asked questions

PENZ/NZHEA have compiled on behalf of their members, two information (or FAQ) sheets relating to Scholarship in 2015.

Please refer to the PENZ/NZHEA websites below to access these.

## Professional association websites

### PENZ

<http://www.penz.org.nz>

### NZHEA

<http://healtheducation.org.nz>

### HETTANZ

<http://www.hettanz.org.nz>

# Augmented reality in PE/Health

By Tim Gander, Education Director at The Mindlab by Unitec (Gisborne)

When a woman becomes pregnant her breasts augment, they increase in value, and usually size, due to the impending birth and need for sustenance for the new born child. Therefore when something is augmented it has a useful function added to it, and in the instance of augmented reality we are attempting to add value to real life. I was wondering if this was an inappropriate way to introduce augmented reality, but since we are all PE/Health educators I feel we have a good understanding of the scientific uses of the human body in describing something! Augmented reality (AR) along with virtual reality (VR) are two rapidly evolving disruptive technologies that have the potential to revolutionise teaching and learning in the next decade, or earlier if predictions from the Horizon Report and CORE Education's Ten Trends are accurate. VR has recently had more exposure with Facebook buying up kickstarter funded 'Oculus Rift'. This technology is also spreading with Google's interest in developing 'Google Cardboard' which allows anyone to have immersive VR experiences with an android phone and what looks like part of a cereal box.

However, AR is more of a fit for physical education as there is still interaction with the physical environment around us. For a potential discussion starter for students it is worth watching a TED talk from ex-NFL player Chris Kluwe about how AR could revolutionise the game of American Football. Players would have heads up displays (HUDs) in their helmets that can identify opposition moving speed, probability of them tackling you and where/when you should release the ball so you score the winning point (is this still sport or merely entertainment?). However, he maintains that an overall benefit is the ability to build empathy and understanding of what other people are experiencing - which is interesting when incorporating hauora and wellbeing through sport. This technology is being developed by AR company Dacquri that has created a helmet to assist industry workers in a variety of fields to reduce errors and enhance productivity. Again, approaches in other fields are having knock-on effects in education.

So at last, 1980s science fiction has finally come to life and robocop style helmets will soon allow you to scan your class visually and work out who is a potential threat and will need to be eliminated! Maybe not this year, but currently there are several apps and tools that are beginning to leverage off of the power of AR to engage learners in some useful value added learning. Anatomy 4D is the first one that has managed to create an interactive model of the human body, and the heart that you can manipulate through using a mobile device. Another interesting app is Aurasma, which allows you to create 'auras' that come to life when scanned with a mobile device. When combined with 'Aurasma Studio' this can really bring learning to life. It could be used to showcase student work or create interactive displays. Even treasure hunts or orienteering activities could be built around this tool.

Some schools have started creating interactive newsletters, where instead of simply showing a picture of a student running the 100m in record time, the parent can scan the image and it will be able to show the whole performance! One last app that is quite fun is 'Zombies, run!' which places the student in a world that is inhabited by zombies. Through listening to the soundtrack on headphones when running - the app uses your location and speed data to work out how fast you are moving and where you are and adjusts the threat of zombies accordingly. If you are running too slowly the zombies will start catching up with you - this is also a really good example of the gamification of learning.

With investment from large companies, hopefully augmented reality is on track to grow into something quite useful, and when used thoughtfully can be something that really enhances Physical Education and Health - and is not just a tool that is aesthetically pleasing.

## Profile: Tim Gander

Tim Gander has been a teacher of Health and Physical Education in New Zealand for the past 10 years at Gisborne Boys' High School.

He left his position to follow his passion into exploring how technology can enhance learning.

His journey has taken him to his current role as the director of The MindLab in Gisborne.

The article opposite is a result of his thinking of where this technology may take our teaching in the near future.

## Tools and Apps outlined in Tim's article

### **Anatomy 4D**

(DAQRI) Bring human anatomy to life with this free app.

### **Aurasma**

(Aurasma) Create your own auras to add value to resources or student work.

This can also support flipped learning and replace or enhance traditional QR codes.

### **Zombies, Run!**

(Six to Start) Motivate physical activity and fun with this running app.

All apps are available in the 'app/Google Play store'.

## Useful resources

### Alcohol-related harm

The New Zealand Medical Association has just released a policy briefing on reducing alcohol-related harm. This is a really useful resource for teaching any unit that has alcohol as a context for learning. It is full of easy to understand graphics, current statistics and excellent societal strategies. <http://www.nzma.org.nz/news-and-events/media-releases/nzma-releases-briefing-on-reducing-alcohol-related-harm>



### Bullying in schools

The Ministry of Education has recently published the following guidelines around bullying in schools which could be useful across a range of levels for supporting learning about mental well-being and promoting overall well-being in the wider school environment. <http://www.education.govt.nz/school/student-support/student-wellbeing/bullying-prevention-and-response/>

### Health Promotion Agency website

The Health Promotion Agency has recently revamped their 'the low down' website. The site has a wide range of useful information including videos. <https://thelowdown.co.nz/>



### Agencies for Nutrition materials

In May, the Agencies for Nutrition held their annual conference. Their PowerPoint presentations cover a range of useful material and can be downloaded from <http://www.ana.org.nz/news-and-events/events/anas-6th-national-nutrition-and-physical-activity-conference>.

The organisations that presented are diverse and could be used in teaching programmes across the learning area. Included are examples of health promotion, research into fast food for Pasifika people, the social factors around food, obesity, school gardens.

### Home cooking skills website

Jamie Oliver's home cooking skills website contains many resources: <http://www.jamieshomecookingskills.com/>



## National newsletters

To download the latest newsletter or for more information about Ministry-funded professional development for secondary middle leaders, visit this page on TKI:

<http://nzcurriculum.tki.org.nz/Ministry-curriculum-guides/Secondary-middle-leaders/Professional-learning-and-development>

If you are receiving this newsletter in error or if you are aware of anyone whom you think would benefit from receiving it (particularly any new Heads of Department in your area) we would appreciate hearing from you.

Past newsletters can be accessed from:

<http://nzcurriculum.tki.org.nz/Secondary-middle-leaders/Professional-learning-and-development/E-newsletters>

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