Oraanga e te Tupuanga Meitaki: Health and physical well-being curriculum


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Organizations:
Cook Islands. Ministry of Education

Description:
The Health and Physical Well-being – Oraanga e te Tupuanga Meitaki – Curriculum establishes the direction for learning in Health Education, and Physical Education, through four general aims. These general aims become the four strands of the achievement objectives: Me; Me Being Physical; Me with Other People; and Me in the Community. The curriculum then sets out a clear and structured progression of achievement objectives. Five key areas of learning reflect and address the current health and physical education needs of Cook Islands students. The key areas of learning are: Mental Health; Sexuality Education; Food and Nutrition; Physical Activity; and Body Care and Physical Safety.

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