

Why National HPE Day?

05 September 2019



Why celebrate National HPE Day?

An educated nation, comprising active and healthy young people, is the best investment we can make in the future.

Learning in HPE makes an important, positive difference to their time as students and their lifelong participation and health outcomes.

Parents, teachers, schools and communities play a central role in promoting, facilitating and modelling positive lifestyle behaviours.



What is the issue in New Zealand?

The most recent Sport NZ report on New Zealand participation found that sport and active recreation continue to play a key role in Kiwis lives:

- In any given week, 95% of young people participate in sport and active recreation
- Sports and activities peak between ages 12-14 but decline between ages 15-17
- Only 7% of young people meet the Physical Activity Guidelines (60 mins, 7 days, moderate + vigorous) through sport and active recreation
- The main findings still showed that Kiwis have an appetite for increasing participation

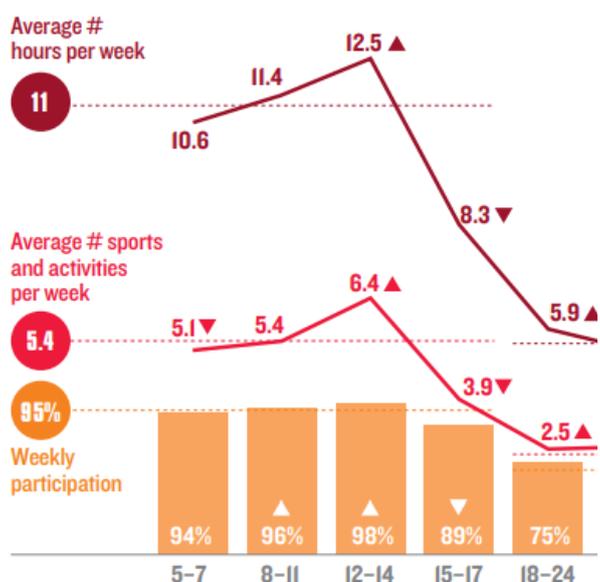
Why is HPE so important?

It is the learning area of the curriculum that provides real opportunities for children to learn how to lead active and healthy lifestyles – now and in the future. It teaches students how to enhance and positively influence their own and others' health, safety and wellbeing.

HPE is the key learning area in the curriculum that focuses explicitly on developing movement skills, concepts and strategies to confidently, competently and creatively participate in a range of physical activities.

Movement is a powerful medium for learning and, through it, students can develop and practise a range of personal, social and cognitive skills to strengthen their sense of self and build and manage satisfying relationships. Participation in HPE in schools and throughout the community encourages a habit of physical activity and appreciation of how movement in all its forms is central to daily life, helping to avoid the onset of lifestyle diseases that are a threat to the health and economic future of New Zealand.

The growing body of research shows that participation in HPE and physical activity leads to better student engagement, improved academic achievement during the school years, and also better outcomes in adult life. The most recent Sport NZ report also found that increased participation can positively affect emotional wellbeing, and relates to positive outcomes such as healthy eating, screen time, sleep and weight.



National Health & Physical Education **DAY**
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Good for Children, Good for Schools, Good for Communities



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