

The learning pathway

Health education and NCEA

All students participate in health education learning across years 1-10. Health education topics may be taught in a dedicated and timetabled health education class, in combination with PE, or as part of a themed unit involving other subject areas.

Students in years 11-13 can choose to take health education courses offered by the school. Assessment in these courses contributes to students' NCEA qualifications. The range of Achievement Standards at each level is listed below.

Achievement Standards in Health Education

Level 1	Level 2	Level 3
1.1 Take action to enhance an aspect of personal wellbeing.	2.1 Analyse an adolescent health issue.	3.1 Analyse a New Zealand health issue.
1.2 Demonstrate understanding of influences on adolescent eating patterns to make health-enhancing recommendations.	2.2 Evaluate factors that influence people's ability to manage change.	3.2 Analyse an international health issue.
1.3 Demonstrate understanding of ways in which wellbeing can change and strategies to support wellbeing.	2.3 Take action to enhance an aspect of people's wellbeing within the school or wider community.	3.3 Evaluate health practices currently used in New Zealand.
1.4 Demonstrate understanding of interpersonal skills used to enhance relationships.	2.4 Analyse an interpersonal issue(s) that places personal safety at risk.	3.4 Analyse a contemporary ethical issue in relation to wellbeing.
1.5 Demonstrate understanding of strategies for promoting positive sexuality.	2.5 Analyse issues related to sexuality and gender to develop strategies for addressing these.	3.5 Evaluate models for health promotion.
1.6 Demonstrate understanding of issues to make health-enhancing decisions in drug-related situations.		

Scholarship: the New Zealand Scholarship in Health and Physical Education

Students prepare a report that details a critical evaluation of a health education topic or issue.

Information about HPE Scholarship is at <https://www.nzqa.govt.nz/qualifications-standards/awards/new-zealand-scholarship/scholarship-subjects/scholarship-health-and-physical-education/>

School information sheet

If you are interested in learning more about the health education Achievement Standards for NCEA see <https://ncea.tki.org.nz/Resources-for-Internally-Assessed-Achievement-Standards/Health-and-physical-education/Health-education> and <https://www.nzqa.govt.nz/ncea/subjects/health/levels/>