

Healthy Heroes New Zealand Curriculum Integration Links 2022/23

Healthy Heroes is designed to be run over a 5-week period, and while it has a Health and Physical Education focus, can be integrated into many aspects of the curriculum. The ideas are limitless.

The use of the website – Healthyheroes.org.nz gives a rundown of the programme and a wide variety of ideas for use in the classroom and at home. The 5 focus areas are for expanding on through the classroom programmes and for follow through at home.

Curriculum	Active Archie	Mealtime Millie	Refreshed Rosie	Clever Kahu	Helpful Hemi
	Exercise	Eat Healthy Foods	Get Enough Sleep	Stretch your Mind	Help others
Health and Physical Education	Movement Concepts and Motor Skills	Personal Health and Physical Development	Personal Health and Physical Development	Relationships with Others	Healthy Communities and Environments
Mathematics	Mathematics - statistics	Weight and measurement	Graphing sleep patterns		
English	English – Diary writing Note taking	Measuring and weighing foods		Designing games Expanding Reading skill	
Technology	Creating new exercise regime			Designing and testing new games	
The Arts	Music, drama, dance and visual arts go across all areas of focus.				
Science		Cooking/Heating and cooling Growing foods			
Social Sciences					Active participant in the community
Key Competencies	Participating and Contributing Managing self	Managing self	Managing Self	Relating to others Thinking	Participating and Contributing

Teachers practise the art of integration and will look for links across the curriculum related to the learning needs of the children in their class.