



SPARROWS HI CURRICULUM

Health, Fitness & Outdoor Education

PURPOSE

The purpose of this framework is to help students understand and care for their physical wellbeing as faithful stewards of the bodies God has given them.

Physical health, outdoor experience, team activities and an appreciation of God's creation form an important part of holistic Christian formation.

Students should leave Sparrows HI with healthy habits, a love of the outdoors and an understanding of physical wellbeing as an act of worship.

PHILOSOPHY

Our bodies are gifts from God.

We are fearfully and wonderfully made. Caring for our bodies is an act of gratitude and faithful stewardship.

Physical activity should be joyful, inclusive and encouraging rather than competitive or shame-inducing.

We seek to help every student develop sustainable habits of physical wellbeing that they carry throughout life.

GRADUATE OUTCOME

By graduation, students should:

- understand the importance of physical health;
- have developed personal fitness habits;
- appreciate God's creation through outdoor experience;
- demonstrate teamwork and sportsmanship;
- understand basic nutrition;
- practise healthy mental health habits;
- know basic first aid.

BIBLICAL FOUNDATION

Students explore:

- the body as a temple of the Holy Spirit;
- rest and Sabbath;
- creation care;
- stewardship of physical gifts;
- the example of Jesus who walked, worked and rested.

PHYSICAL FITNESS

Movement and Exercise

Students participate regularly in:

- team games;
- individual fitness activities;
- stretching and mobility;

- strength and endurance activities appropriate to age.

Outdoor Activities

Students engage with:

- walking and hiking;
- gardening;
- outdoor recreation;
- camping skills where appropriate.

Team Sports and Games

Students develop:

- cooperation;
- encouragement;
- gracious competition;
- resilience;
- celebrating others' success.

NUTRITION AND HEALTHY EATING

Students learn:

- basic principles of nutrition;
- how to prepare simple healthy meals;
- understanding food labels;
- the connection between food and energy;
- the pleasure of sharing meals together.

Nutritional teaching should always be positive and never promote harmful relationships with food.

MENTAL HEALTH AND RESILIENCE

Students explore:

- the relationship between physical and emotional health;
- healthy sleep habits;
- managing stress;
- rest and recreation;
- seeking help when needed;
- building resilience through challenge.

Mental health is addressed with compassion, hope and without stigma.

CREATION CARE

Time outdoors helps students appreciate the world God has made.

Students are encouraged to:

- notice and appreciate natural beauty;
- care for the environment;
- understand their responsibility as stewards of creation;
- enjoy outdoor experiences as gifts from God.

REST AND SABBATH

Students learn that rest is not laziness but a gift from God.

Topics include:

- the biblical principle of Sabbath;
- healthy sleep habits;
- play and recreation as gifts;
- resisting the pressure to be constantly busy.

SPORTSMANSHIP AND CHARACTER

Physical activities provide opportunities to develop character. Students learn to:

- encourage others;
- accept both winning and losing graciously;
- cooperate in teams;
- persevere through difficulty;
- include those who feel left out.

How we compete reflects our character.

SAFETY AND FIRST AID AWARENESS

Students develop basic awareness of:

- personal safety in outdoor environments;
- sun safety;
- water safety;
- basic first aid responses;
- when to seek adult help.

LEARNING PROGRESSION

The program is structured across three stages of secondary education.

Years 7–8

- Team games;
- outdoor activities;
- basic nutrition;
- creation appreciation.
- Emphasis: joy, inclusion and healthy habits.

Years 9–10

- Personal fitness goals;
- nutrition;
- mental health;
- outdoor education;
- leadership in team activities.
- Students take greater personal responsibility for their health.

Years 11–12

- Sustainable personal fitness habits;
- planning outdoor experiences;
- first aid awareness;
- Sabbath and rest;
- holistic health as discipleship.
- Students develop independent health stewardship.

LEARNING EXPERIENCES

Students should regularly participate in:

- outdoor activities;
- team games;
- cooking and nutrition sessions;
- fitness activities;
- rest and reflection time in creation;
- camping or outdoor excursions.

Physical education should be genuinely enjoyable and accessible to all students.

ASSESSMENT

Growth is demonstrated through:

- increasing physical confidence;
- healthier habits;
- teamwork;
- sportsmanship;
- reflective journalling;
- mentoring conversations.

Assessment should never shame students about physical ability. Growth and character are the measures.

SAFEGUARDING IN PHYSICAL ACTIVITIES

All physical activities should be conducted with appropriate:

- supervision;
- risk assessment;
- consent where required;
- sensitivity to individual needs;
- compliance with child safety policies.

Students should never be pressured to participate in activities that cause them genuine distress.

INTEGRATION

Health, Fitness and Outdoor Education connects with:

- Discipleship and Spiritual Practices;
- Practical Life Skills;
- Service and Mission;

- Christian Worldview;
- Leadership Development.

A healthy body supports a faithful life of discipleship, service and worship.

OUR PRAYER

We pray that students will learn to care wisely for the bodies God has given them, to delight in His creation and to use their physical gifts for the glory of God and the service of others.

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honour God with your bodies.

1 Corinthians 6:19-20