He oranga ngâkau, he pikinga waiora. Positive feelings in your heart will enhance your sense of self-worth.

Te toi whakairo, ka ihiihi, ka wehiwehi, ka aweawe te ao katoa. Artistic excellence makes the world sit up in wonder.
The New Zealand Curriculum

Health and Physical Education

Strands

- Strand A: Personal Health and Physical Development
- Strand B: Movement Concepts and Motor Skills
- Strand C: Relationships With Other People

Achievement Objectives

- Level 1
- Level 2
- Level 3

Achievement Aims

- A1, A2, A3, A4
- B1, B2, B3, B4
- C1, C2, C3
- D1, D2, D3, D4

Underlying concepts

- Well-being, Hauora;
- Health promotion;
- The socio-ecological perspective;
- The importance of attitudes and values that promote hauora.

Key areas of Learning

- Body care and physical activity
- Physical activity
- Sports Studies

The Essential Skills

- Physical Skills
- Self-management and Competitive Skills
- Communication Skills
- Problem-solving Skills
- Social and Co-operative Skills
- Information Skills, Numeracy Skills, and Work and Study Skills
Right hand side: Senior Movements

For this activity it is best to focus on each side individually. These movements are for the right side – in each of these the right hand is always loose with the left hand is always firm on the rakau. Make sure that both hands are on the rākau at all times.

The set-up position. Both hands holding the rākau. Palms facing upwards. Right hand stays loose.

Slide right hand forward and turn your left hand over (palm down) so that the stick is pointing forward.

1. Tikapa
2. Tipara
3. Tipoua
4. Tipae

THE SEQUENCE

The movement will always start and finish with the set-up position Tikapa (1). The sequence will run from 1 – 4 and back to 1 again, eg 1, 2, 3, 4, 3, 2, 1 – tikapa, tipara, tipoua, tipae, tipoua, tipara, tikapa.
Left hand side: Senior Movements

After the group has mastered the right hand side you can move onto the left hand side. These movements are for the left side – in each of these the left hand is always loose with the right hand firm on the rakau. Make sure that hands on on the rākau at all times.

The set-up position. Both hands holding the rākau. Palms facing upwards. Left hand stays loose

Slide left hand forward and turn your right hand over (palm down) so that the stick is pointing forward.

Bring rākau into an upright position. Do not let go of the rākau

Push your right hand out to the right so that your palm turns upwards. Slide the rākau through your left hand. Rākau should finish parallel with the ground.

THE SEQUENCE

Again this movement will always start and finish with the set-up position Tikapa (1). The sequence will run from 1 – 4 and back to 1 again, eg 1, 2, 3, 4, 3, 2,1 – tikapa, tipara, tipoua, tipae, tipoua, tipara, tikapa

BOTH SIDES - PROGRESSION

Once the students have grasped each side then they can be put together and the movement will go right – left – right – left.

Walking forward can then be added, students will take a step forward as they move through the sequence. Eg. Four steps forward, then four steps backwards to the start.
Tī Rākau / Tira

Junior Movements

Sometimes juniors have difficulty in completing the more complex movements of Tī Rākau. These movements are designed to be more basic and achievable for juniors while still using the Maori language. These basic movements can then lead into the more complex senior movements.

KI RUNGA KI RARO 1 (KRKR1)

- Hold rākau in horizontal position with both hands facing up.
- Perform movement by moving rākau up (above head), and down (in line with hips)
- Say the words KI RARO when the stick is down and KI RUNGA when the stick is up
- Make sure that all the students say the words together
- Perform in counts of ten.

KI RUNGA KI RARO 2 (KRKR2)

- Hold rākau in horizontal position with both hands facing down.
- Perform movement by moving rākau up (above head), and down (in line with hips)
- Say the words KI RARO when the stick is down and KI RUNGA when the stick is up
- Make sure that all the students say the words together
- Perform in counts of ten.
- Hold rākau in vertical position in front of body.
- Place hands in centre of the rākau with right hand above left hand
- Use both hands to spin the rākau in a clockwise direction, alternating both hands to allow the rākau to spin.
- Perform in counts of ten.
- Swap hands around for new start position with left hand above right hand.
- Repeat process turning the rākau in an anti-clockwise direction
KI TE TAHA (KTT)

- Hold rākau in vertical position in front of body.
- Place hands in centre of the rākau with right hand above left hand saying the word TIMATA
- The movement is performed by using your wrists to turn the rākau side to side.
- When the stick is turned to the left say MAUĪ, then to the right saying MATAU
- Again make sure that all students say the word as well as do the action
- Perform in counts of ten
- Can also swap hands around – left hand on top right on bottom and repeat

TEACHING POINTS

Posture - Body and back must remain straight and upright throughout movements
- Keep head up and facing forward
- Relax shoulders
- Knees slightly bent

Start by teaching and performing the first movement (KRKR1)
- Then teach and perform the second movement (KRKR2).
- Following this, combine both movements performing one after the other e.g. KRKR1 + KRKR2
- Proceed to teach and perform KTT and HH.
- After learning each movement combine them together until students are able to perform all four movements after the other.
KIA TEKAU
counting forwards & backwards in Maori

Equipment
No Equipment

Area Required
Indoor or Outdoor area where students can be spaced evenly

Grouping
Students evenly spaced in lines

Instructions

- First try each action individually before putting them all together
- Do not try to do the whole sequence (from TAHI to TEKAU) the first time, try to get to RIMA at the most.
- The teacher will keep the pace and everyone will say the words as they do the action, start slowly and increase the pace slowly.
- Start by performing the first action and saying ‘TAHI’
- Then repeat the first action saying ‘TAHI’ followed by the second action and saying ‘RUA’, ending with the first action again ‘TAHI’ – eg. TAHI, RUA, TAHI
- Continue this sequence, each time adding the next action and then returning back to ‘TAHI’ each time. Eg. TAHI – TAHI, RUA, TAHI – TAHI, RUA, TORU, RUA, TAHI – TAHI, RUA, TORU, WHA, TORU, RUA, TAHI
Suggested Approach

- We recommend that juniors start with the first three actions, and seniors begin with first five actions.
- When students are confident an elimination game can be done with the class. If students miss an action they are eliminated until there is an ultimate champion. Increase the speed to increase the difficulty.
- Students can then form groups to make up their own actions to the numbers and sequence them together to share with the whole class.
KIA RIMA
counting forwards & backwards in Maori

Equipment
No Equipment

Area Required
Indoor or Outdoor area where students can be spaced evenly

Grouping
Students evenly spaced in lines

Instructions

• First try each action individually before putting them all together in a sequence.
• This activity is much the same as ‘Kia Tekau’ but these movements are jumping and stepping movements.
• The teacher will keep the pace and everyone will say the words as they perform the action, start slowly and increase the pace slowly.
• Start by performing the first action and saying ‘TAHI’
• Then start again by performing the first action and saying ‘TAHI’ followed by the second action and saying ‘RUA’, ending with the first action again ‘TAHI’ – eg. TAHI, RUA, TAHI.
• Continue this sequence, each time adding the next action and then returning back to ‘TAHI’ each time. Eg. TAHI – TAHI, RUA, TAHI – TAHI, RUA, TORU, RUA, TAHI – TAHI, RUA, TORU, WHA, TORU, RUA, TAHI.

Suggested Approach

• We recommend that juniors start with the first three actions, and seniors begin with first five actions.
• When students are confident an elimination game can be done with the class. If students miss an action they are eliminated until there is an ultimate champion. Increase the speed to increase the difficulty.
• Students can then form groups to make up their own actions to the numbers and sequence them together to share with the whole class.
Stepping and Jumping Movements

TIMATA

TAHI

RUA

TORU

 WHA

 RIMA
HIPITOITOI

Intended outcome(s)

The students could:

- participate in a wide range of ngā mahi a te rēhia (games and pastimes) activities and identify the factors that made the experience enjoyable (HPE 1 B2)
- express their own feelings effectively and listen to those of other people while working with others in hand (and string) games (HPE 1 C3)

Suggested approach

This game is played with the thumbs held in four different positions while the fists are clenched and the hands are close together in front of the body.

Positions

- Both thumbs down.
- Both thumbs upright.
- Right thumb upright and left thumb down.
- Left thumb upright and right thumb down.

Rules

- The defender always begins the game by calling "E hipitoitoi!" while placing their hands in one of the four positions discussed above.
- The challenger replies with "Hipitoitoi" and does a different action to the defender.
- This will go on until one player is caught doing the same action as the other player, then the latter scores a point, calling "Hipitoitoi rā!"
- The winner of the point then re-starts the set, and they play again.
- Each time a player scores a point, they re-start the set by saying the number of points they now have followed by "E hipitoitoi!". For example, "Tahi. E hipitoitoi!", "Rua. E hipitoitoi!"

The game continues until one player scores ten points, which completes the set.
HEI TAMA TU TAMA

Equipment
None

Area Required
Any area where the group can be spaced evenly in pairs

Grouping
Children in pairs.

Instructions
Positions
- Hands on hips. A
- Both forearms raised, fists clenched, and elbows to the side. B
- Raise right forearm with clenched fist, left hand on hip. C
- Raise left forearm with clenched fist, right hand on hip. D

Rules
- The defender begins the game by calling "Hei tama tū tama" and places their hands in one of the four positions described above.
- The challenger replies with "Hei tama tū tama" and does a different action.
- When one player catches the other doing the same action, that player calls "Hei tama tū tama rāl!" and scores a point.
- The winner of the point then re-starts the set, saying "Tahi. Hei tama tū tama" and play continues until a player is caught out again.
- Each time a player scores a point, they re-start the set by saying the number of points they now have followed by "Hei tama tū tama."
- The game continues until one player reaches ten points – this completes the set.
**Intended outcome(s)**

The students could:

- participate in a wide range of ngā mahi a te rēhia (games and pastimes) activities and identify the factors that made the experience enjoyable (HPE 1 B2)
- apply rules in hand games and demonstrate safe and fair play practices (HPE 2 B4)
- identify and compare ways that playing games competitively can impact on friendships (HPE 2 C1)

**Suggested approach**

Hei Tama Tū Tama, like many early games, was designed to encourage mental dexterity. Even though the winning was important, it was the way in which competitors won that was the focus. The cheeky cajoling, the smile and grimace to put your opponent off were all part of the game. The pedagogy is ako, in which games are always supportive. This game is played using the upper body, arms, and hands, ensuring a balanced position.
PAKIAKA

Intended outcomes
The Pakiaka was used to strengthen the legs and increase the levels of agility, flexibility, speed and balance of an individual.

Equipment
Rakau - Ti Rakau and Tititorea

Area required
A large flat area

Grouping
Small groups (5-6 per group)

Instructions
- Kids must get into groups of 5-6. Each group is assigned to a grid (Pakiaka)
- There are certain foot movements that must be completed on the Pakiaka. There is steady progression in this activity which is provided from the different levels of difficulty from;
  1. Kokiri Poutahi
  2. Kokiri Pourua
  3. Tipatapata
  4. Kopatapata
  5. Te Toroakouka

Rules
- At all times kids must not touch the grid with their feet during any foot movement. This activity requires the individual to operate on the balls of their feet.
- During any movement on the Pakiaka the objective is to keep eyes looking ahead, not fixed on the grid below, and hands must be on hips.
- Children start from the base of the grid. To avoid any collisions or trouble each activity must be completed in a single file manner (one at a time). Once they have completed the full length of the grid they return to the beginning to repeat.
Groups of 7 counting Tahi, rua, toru, wha, rima, ono, whitu with add-ons

Grouping
Participants in a line evenly spaced

Instructions
Action 1 - Slap thighs X7 counting tahi, rua, toru, wha, rima, ono, whitu - Repeat twice. Stop and teach add-on 1 then start from beginning doing Action 1 twice and Add-on 1 twice.

Add-on 1 – Slap thighs X1, clap hands X1, alternating, counting tahi, rua… Repeat twice
Stop and teach add-on 2 then start from beginning….

Add-on 2 – Slap thighs X1(tahi), clap hands X2(rua, toru), slap thighs X1 (wha)clap hands X2(rima,ono), slap thighs X1(whitu) Repeat twice and so on…

Add-on 3 – Slap thighs, clap hands, Left hand to right elbow, clap hands, Right hand to left elbow, clap hands, slap thighs counting tahi, rua……Repeat twice

Add-on 4 – Slap thighs, clap hands, snap fingers, slap thighs, clap hands, snap fingers, slap thighs counting tahi, rua, ……. Repeat twice

Add-on 5 – Slap thighs, snap fingers, clap hands, slap thighs, snap fingers, clap hands, slap thighs counting tahi, rua…..Repeat twice

Add-on 6 – Slap thighs, clap hands, Left hand to right elbow, Right hand to left elbow, bow/arrow position Right arm back & left forward as a fist, Right hand comes forward to contact left fist, slap thighs counting tahi, rua, …….Repeat twice.
Stick Games

MAUI – MATAU

Grouping
Participants stand in a circle.

Equipment:
Sticks– 1 for each participant

Instructions
• Participants hold top of stick with Right hand; the other end resting on the floor. Left hand rests on their hip and remains there.
• Participants listen for the command Maui (left) or Matau (right)
• Participants let go of their stick and move quickly in the direction indicated to catch the next stick before it falls to the floor.
• The caller can vary the speed of commands according to the group’s abilities.
• The caller can move the participants out to form a larger circle as a progression.
• After a few practice rounds an elimination challenge can determine the champion. Participants are eliminated when they fail to catch the next stick.
HI – AUE

Grouping
Participants stand facing a partner

Equipment
1 stick per participant

Instructions
• Stick can be held with whatever hand hold is comfortable with hands apart
• The four moves that can be used are pictured below
• The starting person chooses one move and calls out ‘He’.
• The partner responds with another different move calling out ‘He’.
• Participants take turns until the two are holding the same position; the first person to call out ‘Oi’ (similar to the card game Snap) collects a point.
• ‘Oi’ can only be called once participants have had 3 moves each.

Suggested Approach
• Speeding up the game makes it interesting and challenging.
• Variations include;
  o Participants move on after each round - winners play winners and losers play losers.
  o Group challenge
    ▪ e.g. all start as ‘monkeys’; 1 win = ‘baboons’, 2 wins = ‘gorillas’
    ▪ A loss drops you down a level and a win takes you up.
    ▪ You find another player at your level to challenge and carry on until an overall champion is declared at the end of a given time
<table>
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<th>PRONOUNCEMENT</th>
<th>MEANING</th>
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<tr>
<td>TĪRAKAU</td>
<td>Tee – rar - koe</td>
<td>One</td>
</tr>
<tr>
<td>TAHI</td>
<td>Tar - he</td>
<td>One</td>
</tr>
<tr>
<td>RUA</td>
<td>Roo - ah</td>
<td>Two</td>
</tr>
<tr>
<td>TORU</td>
<td>Tore - roo</td>
<td>Three</td>
</tr>
<tr>
<td>WHA</td>
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</tr>
<tr>
<td>RIMA</td>
<td>Re - roo</td>
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<td>ONO</td>
<td>Or - knaw</td>
<td>Six</td>
</tr>
<tr>
<td>WHITU</td>
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</tr>
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<td>TAHA</td>
<td>Tar - ha</td>
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<td>TITIRO MAI</td>
<td>Tee – tee – raw - my</td>
<td>Watch me</td>
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<td>TIMATA</td>
<td>Tee – mar - tar</td>
<td>Start, starting position</td>
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<td>HURIHIA</td>
<td>Hu – re – he - ah</td>
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<td>RUNGA</td>
<td>Roong - ah</td>
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<td>KI RUNGA</td>
<td>Key – roong - ah</td>
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<tr>
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<td>Key – rar - raw</td>
<td>Downwards</td>
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<td>MAUI</td>
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<td>MATAU</td>
<td>Mar - toe</td>
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<td>TŪPAIA</td>
<td>Too – pie - ah</td>
<td>Hand Game</td>
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<td>POUTIRIAO</td>
<td>Poe – tirry - ow</td>
<td>Hand Game</td>
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<td>Hippy – toy - toy</td>
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<tr>
<td>HEI TAMA TU TAMA</td>
<td>Hay – tummer – too - tummer</td>
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