

Korīnga Hihiko
ACTIVE
MOVEMENT

Hopu, Whiu, Whana

He aratohu ngohe mā ngā tamariki
kei raro iho te rima tau

www.sparc.org.nz



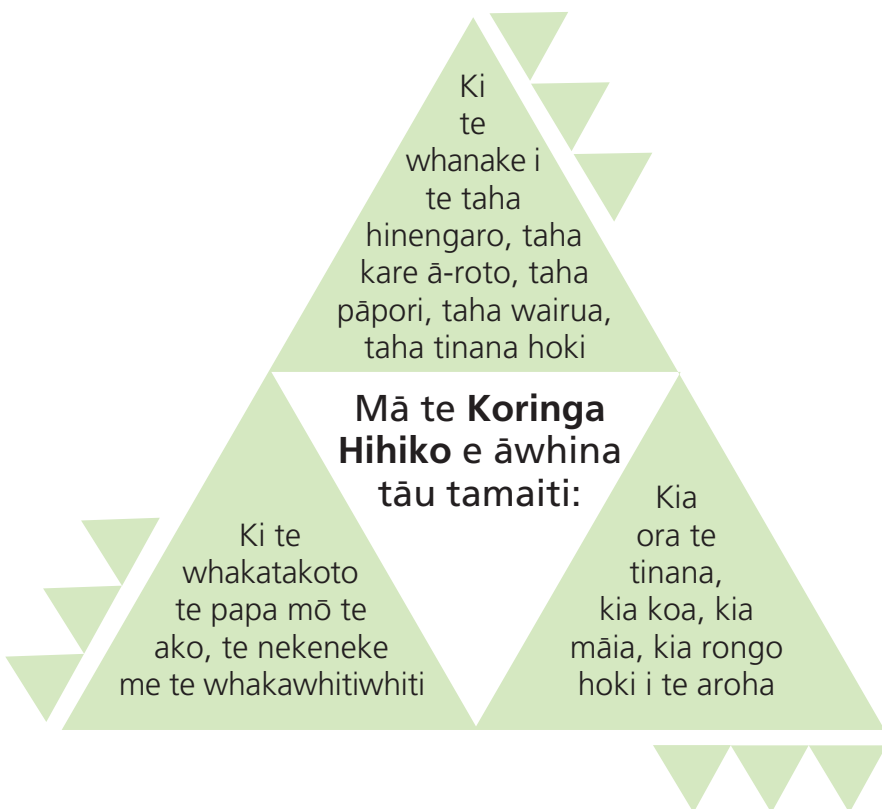
**SPORT
NEW ZEALAND**

On 1 Feb 2012, SPARC
changed its name to Sport NZ.
www.sportnz.org.nz

? He aha te kaupapa Koringa Hihiko?

😊 He rite te painga o te Koringa Hihiko ki te pēpi hōu, anō rā ki te tamaiti pakeke ake. Mā te whakakori i tāu tamaiti, ka āwhina koe i te whanaketanga o tōna tinana, ka ako ia, ka haumarua ia, ka mōhio ia he nui te aroha mōna.

Mā ngā kōrero i ngā tuhinga Koringa Hihiko e āwhina i a koe ki te whiriwhiri i ngā ngohe pārekareka.



? He aha e nui ai te tākaro me te pōro?

☺ **Ka rawe kē ki ngā tamariki kōhungahunga te whiu, te hopu, te whana, te pana me te pīrori pōro. Ka pārekareka ki a rātou te ako mā te tākaro me ō rātou whānau, ō rātou hoa.**

He āwhina te tākaro me te pōro kia whanake ai:

- tā te “ringa-karu” haerenga ngatahi, tā te “waewae-karu” rānei (arā, te mahi tahitanga o ngā karu me ngā ringa, waewae rānei)
- te pai ki te taki i te wā (he āwhina pai ina ako ana ki te whakawhiti i te huarahi)
- te whakatauritenga.

☺ **He pai te hākinakina, engari me tuku mā ō tamariki e whakatakoto he aha ngā ture.**

- Whakatenatena i tāu tamaiti kia kuhu ki te taumata e tika ana mōna. I ētahi wā ka hōhā ki ngā tamariki ngā hākinakina ka whakahaerehia e ngā pakeke.
- Whakatenatena i tāu tamaiti kia tākaro i ngā tākaro ngāwari e whanake ai ōna pūkenga purei pōro i mua i te kuhunga ki ngā hākinakina e whakahaerehia ana e ngā pakeke.
- He maha ngā ngohe pōro e pārekareka ai a koe, tōu whānau rānei me tāu tamaiti kōhungahunga.

? He aha ngā mea me mōhio au i te tīmatanga?

☺ Mā ngā tamariki katoa ēnei ngohe – tama mai, kōtiro mai.

☺ Ko te mea nui ko te **raupapa** tika mai o ngā mōhioanga tinana, **kāpā ko te tau** ka whiwhi te tamaiti i taua mōhioanga.

☺ Kia maumahara, i te wā e ngohe ana ngā tamariki, me noho koe ki tō rātou taha **tiaki ai i a rātou**.

He ngohe mā ngā Pēpi



Ka taea hoki te whakamahi ēnei ngohe i waenganui i ngā kōhungahunga me ngā tamariki nohinohi.

**Ka ako ahau mā ngā mahi pai
me ngā pōro ngohengohe,
ngā poi hau me ngā mirumiru.**





- Me whakatakoto a pēpi ki tōna puku, ko koe ka takoto ki mua tonu i a ia. Me tuku mirumiru ki runga (kaua ki tōna kanohi) kia pai ai tana mātaki. Ka whakatenatena i a ia kia hiki i tōna māhunga ki runga, kia warea ia i te wā e neke ana te mirumiru.



- Me whakatakoto a pēpi ki te papa i tōna tuarā. Me whakairi he poihaui kei te mau ki tētahi kāmata ki runga ake i a ia, ka whakamahi i ōna waewae me ōna ringaringa kia pā atu ki te poihaui.



- Me whakatakoto a pēpi ki te papa i runga i tōna puku, ko koe ka takoto ki mua i a ia. Me āta pīrori he pōro pakupaku mai tētahi taha ki tētahi, hei mātaki māna.

Kei te whārangi ka whai ētahi atu mahi ka taea e kōrua ko tāu pēpi ➤

Ētahi atu ngohe mā ngā pēpi

- E noho ki te papa, ko pēpi kei waenganui i ōu waewae e noho ana. Me noho hāngai tētahi atu tangata (tērā pea he pēpi hoki tāna kei waenganui i ōna waewae e noho ana). Me pīrori he pōro ki waenganui i te pēpi me te tangata hāngai (pēpi rānei).



- Kia rite te noho i konei ki tērā i runga rā. I te wā e pīroria ana te pōro, hikina tōna waewae kia whakatū i te pōro ina tata mai.

- Me noho anō, ko pēpi kei waenganui i ōu waewae. Ka pīroria te pōro, me whakamahi ko ōna waewae ki te hopu i te pōro.

He ngohe mā ngā Tamariki Nohinohi




Ka taea hoki te whakamahi ēnei ngohe i waenganui i ngā kōhungahunga.



Ka whakamahia ngā taputapu o te kāinga i roto i ngā ngohe katoa. Me whakaaro auaha ki ngā taputapu kei a koe tonu!



Ka ako ahau mā te maha o ngā tākaro ki te pīrori, te whiu, te hopu, te whana.

Kei te whārangi ka whai ētahi atu mahi ka taea e kōrua ko tāu tamaiti nohinohi 

Ētahi atu ngohe mā ngā tamariki nohinohi

➤ Ka taea hoki te whakamahi ēnei ngohe i waenganui i ngā tamariki pakeke ake.

➤ Me here tētahi tuaina ki tētahi poi hau. Me here te tuaina ki muri o tētahi tūru. Mea atu ki tāu tamaiti kia whanaia te poi hau. Mō ngā tamariki pakeke ake, me here te tuaina ki te pito whakarunga o te kūaha. Me tu i tētahi waewae ka whana.



➤ Me whana haere, me whai haere i te poi hau i te whare. Me ngana kia hopu i te poi hau mā ōna ringa e rua.

➤ Me pana haere i tētahi pōro rahi (pērā i te pōro tātahi). Me haere ki runga i te papa pātītī, ki runga karapuke, amio haere i waho o te whare.

➤ Mahia mai he haurākau i te nūpepa, i te pōkai kirihou rānei, mō roto i te whare. Me paopao poi hau haere i ngā rūma, te hōro, aha atu.

➤ Whiua he poi hau ki runga ka ngana ki te hopu.



He ngohe mā ngā Kōhungahunga




Ka taea hoki te whakamahi ēnei ngohe i waenganui i ngā tamariki nohinohi.



Ka whakamahia ngā taputapu kei te nuinga o ngā kāinga i roto i ngā ngohe katoa. Me whakaaro auaha ki ngā taputapu kei a koe tonu!

**Ka ako ahau mā te
nui o āku mahi
pīrori, whiu, hopu,
whana hoki.**



Kei te whārangi ka whai ētahi atu mahi ka taea e kōrua ko tāu kōhungahunga 

Ētahi atu ngohe mā ngā kōhungahunga

▶ Whai mirumiru.

▶ Te peke, whana, papaki, whiu mirumiru.

▶ Ngana kia hopu mirumiru i runga i tōna hū, turi, tuketuke, ringaringa, aha atu.



▶ Me tāpae he pouaka piako tētahi ki runga i tētahi; whanaia ngā pouaka kia hinga ki raro.



▶ Poia ngā tōkena e rua. Tono ki tāu kōhungahunga kia whiua ngā tōkena ki te kete kaka horoi. Kia tawhiti atu mō ngā tamariki pakeke ake.



▶ Me pīrori he pōro ki tāu tamaiti.
Mea atu ki a kia
hopua te pōro me
ngā wāhanga rerekē
o tōna tinana – turi,
waewae, māhunga,
aha atu.



▶ Me pīrori he pōro ki roto, rā roto hoki o ētahi mea rerekē; hei taurira ki roto i ētahi pouaka kāri ngātātahi, rā roto tētahi tāwhiti, ki raro i te tepu, rā waenganui i ngā tūru, ki roto pākete, aha atu.

😊 He maha ngā momo pōro e tika ana mō ngā pēpi, ngā tamariki nohinohi, ngā kōhungahunga, ā, he maha ka taea te mahi mai i te kāinga:

- pōro tōkena – whakakāia tētahi tōkena ki te nūpepa, ki ētahi pēke kirihōu mai te toa, ka here
- he pōro ka rongohia ngā koukou
- pōro koosh
- pōro pūhuka
- pōro ngohengohe rahi
- poi hau
- pōro pepa – poia he pepa ka tākai mā te rīpene hāpiri
- pēke pīni (ka taea ēnei te mahi i te pūeru kaha ki te nuinga noa o ngā rahi. He mea pai kia tāruatia te paparanga pūeru hei tākai).

😊 He rawe ngā pōro pakupaku, ko te raruraru kē, ka uru ki te waha o te tamaiti. Me āta whiriwhiri ngā pōro pakupaku, kia nui paku atu i tōna waha.

? Ka kitea ētahi atu pārongo i hea?

😊 16 ngā pukapuka i tēnei kohikohinga.
Ko ngā pukapuka e wātea ana ko:



Ngā mihi He mihi nui tēnei nā SPARC (Sport and Recreation New Zealand) ki ngā tāngata me ngā rōpū i whai wāhi ki tēnei rauemi.



Ka kitea te roanga atu o ngā pārongo i te pae tukutuku a SPARC, waea mai 0800 ACTIVE (0800 22 84 83) rānei.

www.sparc.org.nz