

Waiata, Rūri, Tākaro Ringaringa

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



**SPORT
NEW ZEALAND**

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

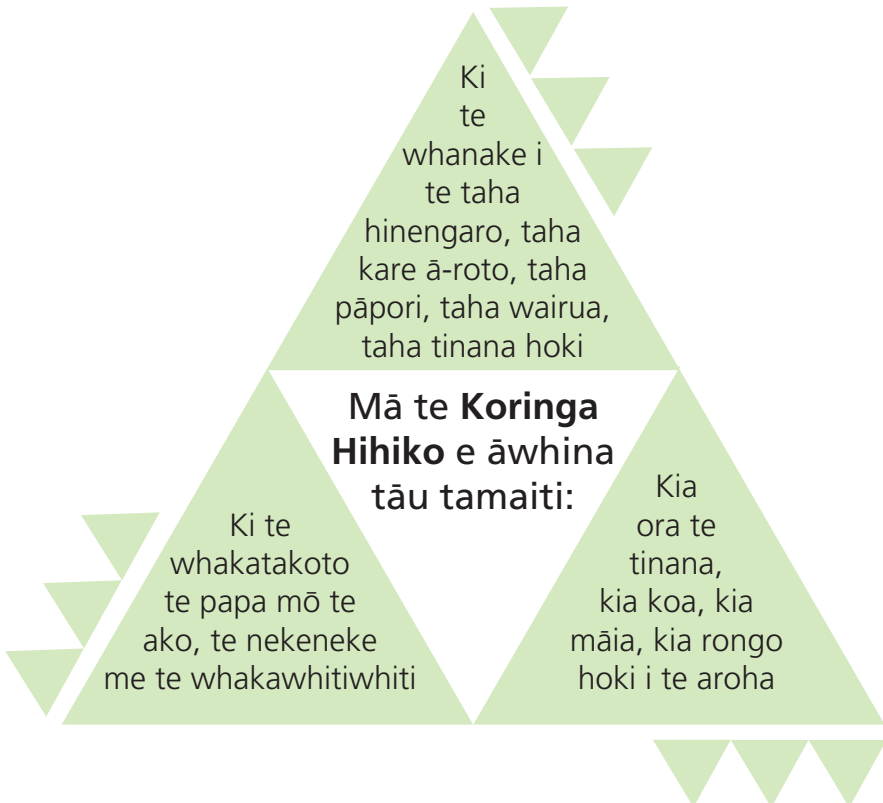


He aha te kaupapa Koringa Hihiko?



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 te take i nui ai te rangi waiata me te waiata?



Nō te whānautanga anō kei te mōhio, kei te urupare hoki te tamariki ki te rangi waiata.

Ko te whakarongo, ko te waiata hoki i ngā whiti hei āwhina ngātahi kia whakawhanake ai:

- te mōhio ki ngā tokonga mauri me ngā ngākau rerekē
- te reo mā te kōrero tuarua i te kupu
- te haere tahi o te ringa me te karu mā te mau pai i te taki o te rangi waiata
- ngā pūkenga mahara mā te waiata auau i ngā tino waiata
- he mōhio ki ngā ariā pēnei i te pō, te ao, a runga, a raro, te kararehe, te marangai, te arapiki, aha atu
- ngā pukenga tātaki wā e āwhina nei tāna whana i te pōro rere, tāna whiu mea, tāna hopu mea.



Whakamātau ki te hanga i āu ake kupu ki ētahi waiata, whiti hoki, ki te whakamahi rānei i ētahi reo rerekē.

He ngohe mā ngā Pēpi



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

Ako ai ahau ki te puaki i ngā tokonga mauri rerekē mā te whakarongo ki te rangi waiata.






 **Noke**

Noke neke noku,
Niki naki ngū
Kāore ōku waewae
Hei mau hū

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



 **Hikori Tikori Taka**

Hikori tikori taka,

(Ka pā ki ngā waewae, ngā turi, ngā hope o pēpi)

I oma ake e mauhi te karaka

(Whakangaoko haere whakarunga tōna tinana)

Ka pā te karaka

(Ka pā ki tōna ihu)

Ka heke te mauhi

(Whakangaoko haere whakararo tōna tinana)

Hikori tikori taka

(Ka pā ki ōna waewae, ōna turi, ōna hope)



Rangi – Hickory Dickory Dock

 **Iti, Witi Katipō**

Iti, witi katipō

Ka kake kōrere wai

Heke ana te ua

Ngahoro a Iti ki waho

Putā mai te rā

Maroke ana te wai

Ko Iti Witi katipō

Ka kake kōrere anō

Whakamahia tōu ringa anō koia te katipō e kake ana te tinana o tō tamaiti, tōna puku, tōna ringa. Tērā tō tamaiti e hiahia koia kē pea te katipō, ka whakamahia ōna maihao hei 'kake' i tōu ringa!



Rangi – Incy Wincy Spider


He ngohe mā ngā Tamariki Nohinohi



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

Ako ai ahau i ngā pūkenga tātaki wā mā te korikori me te whakarongo ki te rangi waiata.



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

Ētahi atu ngohe mā ngā tamariki nohinohi



Pūrerehua

Pūrerehua rere runga hau,
Papaki parihau,
Rere runga hau.
Ka piki, ka piki runga rawa e,
Papaki parihau,
Rere runga hau.

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Kei te ua, kei te tātā

Kei te ua, kei te tātā
(Korikoria ngā maihao, me te heke o ngā ringa pēnei he ua)
Ngōngoro ana te korōua
I paopao tōna mähunga
Ki te taha o te moenga
Tē maranga i te ata.

 **Ūpoko, Pakihiwi, Turi, Waewae**

Ūpoko, pakihiwi, turi, waewae


Ūpoko, pakihiwi, turi, waewae

Karu, taringa, waha, ihu

Ūpoko, pakihiwi, turi, waewae

Me waiata hoki i tēnei waiata mā te whakamahi i ētahi wāhi
kē o te tinana, hei taurira, ūpoko, puku, hope, kūwha. He tino
āwhina tēnei kia ako ai ngā tamariki i ngā wāhi o te tinana.



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

Ētahi atu ngohe mā ngā tamariki nohinohi

Pakipaki

Pakipaki pakipaki (Pakipaki)

Tamariki mā

Pakipaki pakipaki (Pakipaki)

Tamariki mā

Kanikani kanikani (Kanikani)

Tamariki mā

Kanikani kanikani (Kanikani)

Tamariki mā

Hurihuri hurihuri (Hurihuri)

Tamariki mā

Hurihuri hurihuri (Hurihuri)

Tamariki mā

E peke E peke (Peke)

Tamariki mā

E peke E peke (Peke)

Tamariki mā


E oma (Oma)

E hula (Hula)

Takahia (Takahi)

E haka (Haka!)

Kia mahi ngā tamariki i ngā koringa e tohu ana i ngā kupu.

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



Ētahi atu ngohe mā ngā tamariki nohinohi

Te Namu

Namu namu ngaungau e
I aku waewae e
Taku ihu, taku rae,
Aku ngutu, aku pona,
Rapirapi, rakuraku
Māngeongo.

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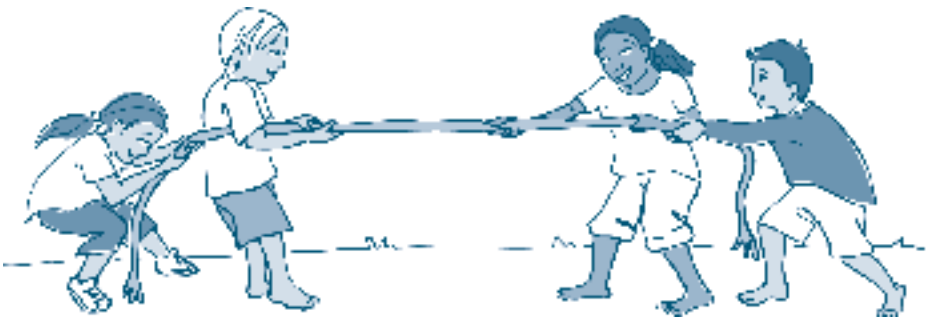
 **Tōia Mai**


Ā, tōia mai,
Te waka!

Ki te urunga,
Te waka!

Ki te moenga,
Te waka!

Ki te takotoranga i takoto ai te waka!



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

Ētahi atu ngohe mā ngā tamariki nohinohi

Oma Rāpeti

Oma rāpeti, oma rāpeti, oma, oma, oma.

(Ki te hanga tētahi rāpeti, meatia tō ringa hei meke, kia rua ngā maihao e tū ana hei taringa. Pekepeke haeretia tō ringa. Tērā rānei, takune ko koe te rāpeti, ka tarapeke haere i te rūma!)

Oma rāpeti, oma rāpeti, oma, oma, oma.

(Tuaruatia ngā kori rāpeti i runga nei)

Haere, haere, haere haere ki a koe

(Pohirihiritia 'kia ora')

Oma rāpeti, oma rāpeti, oma, oma, oma.

(Tuaruatia ngā kori rāpeti i runga nei)






He ngohe mā ngā Kōhungahunga



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

**Ka ako ahau ki te
kite i etahi mea i
roto i tōku hinengaro
mā te waiata i ngā
waiata pohewa.**



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

Ētahi atu ngohe mā ngā kōhungahunga

Ngā Wira o te Pahi

Ko ngā wira o te pahi ka hurihuri haere
(Takahurihurihia ngā ringa ki mua o te tinana)

Hurihuri haere, hurihuri haere.

Ko ngā wira o te pahi ka hurihuri haere
Te rā roa.

Ko te haona o te pahi ka pī, pī, pī,
(Patopato i tō ihu)

Pī, pī, pī; pī, pī, pī.

Ko te haona o te pahi ka pī, pī, pī,
Te rā roa

Ko ngā raiti o te pahi ka kimo, kimo, kimo,
(Tuwheratia, kapia ō ringa)

Kimo, kimo, kimo; kimo, kimo, kimo.

Ko ngā raiti o te pahi ka kimo, kimo, kimo,
Te rā roa.

Ko ngā ukui o te pahi ka hī, hī, hī,
(Whakamahia ngā ringa anō he ūkui matapihi)

Hī, hī, hī; hī, hī, hī.

Ko ngā ūkui o te pahi ka hī, hī, hī,
Te rā roa.

Mea ana te taraiwa “Neke ki muri,”

(Whakatūria te kōnui kaihaere paoeke, ka tohu ki muri i a koe)
“Neke ki muri,” “Neke ki muri.”


Mea ana te taraiwa “Neke ki muri,”
Te rā roa.



Hei Tiro Tiro

Hei tiro tiro, te poti me te whiro,
Ka peke te kau i te marama.
Ka kata te kuri, i tana kiri pai,
A, ka oma te rihi me te punu.



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

Ētahi atu ngohe mā ngā tamaiti nohinohi

Me kā harikoa koe

Me kā harikoa koe

Takahia

Me kā harikoa koe

Takahia

Me kā harikoa koe

ka mūmura tō kanohi

Me kā harikoa koe

Takahia.

...Rū mahunga

...Papaki ringa

...Takahuri

...Peke atu

...Peke mai

...Whawhati turi etc etc



I'm a big kid now!

? 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