

# *Kori ki te Kura!*

He rauemi mā te kaiako



## **He mihi**

He mihi tēnei ki te hunga nā koutou tēnei pukapuka i tautoko kia puta pēnei mai hei rauemi mā ngā kura reo Māori o te motu. Ki a Sophie Tukukino koutou ko Te Kura o Manutuke Sheridan McKinley, ko Kara Lewis, ko Te Kura Kaupapa Māori o Wairarapa tēnā koutou. Me mihi hoki ki a koutou, ngā mana whakahaere o ngā kura, tēnā koutou katoa.

He mea whakaputa tēnei rauemi nā Ihi Aotearoa/Sport and Recreation New Zealand (SPARC).

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[www.sparc.org.nz](http://www.sparc.org.nz).

Ihi Aotearoa/SPARC  
Taumata 4  
78 te Ara o Victoria  
Pouaka Poutāpeta 2251  
Te Whanganui-a-Tara  
+64 4 472 8058  
[info@sparc.org.nz](mailto:info@sparc.org.nz)

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# He kupu whakataki

## He mānutanga

I tuhia te puka nei hei āwhina i ngā kaiako kia pai te whakamahi i ngā rauemi a Kori ki te Kura i roto i ngā horopaki akoranga Māori. Waihoki, ka whakakaha ia i te ahurea kori tinana i roto i te akomanga me te kura e pai ai te kuhu me te noho a te hunga ako ki ngā take kori tinana.

Kua whakaputaina tēnei rauemi hei tautoko i ngā horopaki akoranga Māori katoa – mai i ngā kura me ngā akomanga rumaki, tae noa ki ngā kura reorua. Ka hāngai tēnei rauemi ki te kohinga rauemi a Kori ki te Kura kua whakaratoa kētia ki ngā kura katoa.

Kei raro iho nei ka kitea he whakaahua o tētahi waka ama e whakaatu ana i tētahi hapori kura e ū ana ki te kaupapa o Kori ki te Kura. Kei tēnei whakaahua te whakaaro kia hoe tahi ngā kaihoe – arā, ngā mātua, ngā whānau, ngā ākonga, ngā kaiako, te tumuaki, te poari kaitiaki me te hapori – kia tutuki ai te whāinga ki te whakawhanake i tētahi ahurea kori tinana i te kura. Arā hoki te whakaaro mā te mahi a tēnā, a tēnā o ngā kaihoe te waka e rere whakamua, te ihu o te waka e huri hoki. Nā reira te kōrero kia hoe tahi ngā kaihoe.

He taputapu, he rautaki i tēnei puka hei tautoko i ngā kaiako ki te tuku koringa tinana mā ngā tamariki. Ko te tūmanako ia ka 'puka mahi' te āhua, kia whakatenatena i ngā kaiako ki te tuhi kōrero tāpiri me te tāpae whakaaro ki te puka hei tautoko i ngā āwhina me ngā rautaki kei roto. Kei roto hoki he whakaaro pai me ngā whakatenatena ā-reo mā ngā kaiako hei whakamahi me te hunga ako.



**Peter Miskimmin**  
Pou Whakahaere, SPARC



# Ngā ture ārahi ki ngā kura

## Kei te huri te ihu o te waka

Ko te whāinga ia o Kori ki te Kura kia whakapiki i te koringa tinana a ngā ākonga mā te whanake i te ahurea kori tinana ki roto i ngā kura. Ka tautoko a Kori ki te Kura i ngā kura ki te whakatutuki i te Whāinga Mātauranga ā-Motu 5 (NEG 5) me te Aratohu Whakahaere ā-Motu 1 (NAG 1).

Hei tā NEG 5 me whakarato e ngā kura:

*A broad education through a balanced curriculum covering essential learning areas. Priority should be given to the development of high levels of competence (knowledge and skills) in literacy and numeracy, science and technology, and physical activity.*

Hei tā NAG 1:

*Each board, through the principal and staff, is required to:*

*(i) develop and implement teaching and learning programmes:*

*(c) giving priority to regular quality physical activity that develops movement skills for all students, especially in years 1–6.*

Mā te panoni i ngā whakahaere kia tipu ai ngā ahurea kori tinana, ka tareka ai e tō kura te whakatutuki i ōna kawenga mātauranga ki ngā ākonga me te hapori.

# Ngā painga o Kori ki te Kura

## Ngā hua o te hoe tahi

He whānui rawa ngā hua o Kori ki te Kura. He painga ka hua ki ngā tamariki, ki te kura, ki te hapori hoki.

## NGĀ HUA KI NGĀ TAMARIKI

### Tinana

- te hanga pai me te whakakaha i ngā wheua me te tinana
- te whanake i te korikori pai me te tohungatanga
- te whakaiti i te pānga mai o ngā mate pērā i te mate manawa, te mōmona rawa me te mate huka
- te whakapiki i te kaha o te tinana.

### Hinengaro

- whāia te iti kahurangi – te tautoko i te whakatutukitanga o te mātauranga me te whakahautanga
- huakina ngā kūaha ki te ao – te whakatuwhera i ngā wheako koiora
- kia koi te hinengaro – te whakanui i te whanaketanga o te hinengaro me te whakaheke i te kōhukihuki
- kia tū rangatira te tamaiti – te whakapakari i te kaiārahitanga me te hura panga, tae atu ki ngā tautōhito mō te whakatakoto mahere me te whakatau
- kia tū whakahī te tamaiti – te hiki ake i te whakaaro nui, te māia me te ngākau titikaha
- kia tū māia te tamaiti – kia mōhio ai me pēhea te tū i te wā o te pai me te kino.

### Pāpori

- kia whai hoa te tamaiti – te whakatū horopaki kia whai hoa
- te aro atu ki ngā uara a ngā tīpuna – te whakahiato uara pērā i te ngākau nui, te ngākau pono, te toanga, te ngākau tika
- te whakapakari i ngā tautōhito mō te whakawhitiwhiti kōrero
- te ako mai, te ako atu – te tautoko i ngā whānau ki te ako
- te kotahitanga – te whakakotahi i tēnā hapori, i tēnā hapori
- te whakangahau – kia pārekareka!

## NGĀ HUA KI NGĀ KURA

- te whanake hononga ki ngā mātua, tamariki, rōpū hapori, tae atu ki kura kē
- te whakapiki i te kori tinana a ngā tamariki i te kura, i waho hoki i te kura
- te tautoko i te ako i te kori tinana
- te whakanui i ngā whakatutukitanga taha kori tinana i te kura
- te whakatū wāhi pai hei tākaro mā ngā tamariki me ngā whānau
- te whakatū i tētahi ahurea kori tinana ka whai mana, ka whakanuia e te hapori o te kura
- kia hōrapa te wairua atawhai e tū ai ngā tākaro me ngā mahi pārekareka
- te hono ki ētahi atu kaupapa mātauranga
- whāia te iti kahurangi – te tautoko i te pikinga mātauranga me te whakahautanga
- kia tutuki ngā ritenga kori tinana kei ngā Aratohu Mātauranga ā-Motu.

## NGĀ HUA KI NGĀ MĀTUA ME NGĀ WHĀNAU

- kia tuwhera te kuhu ki te whanaketanga me te ako a ngā tamariki
- whakawhanaungatanga – mā roto i te kura, ngā karapu, ngā rōpū hapori me ētahi atu mātua
- te whai wāhi ki te whakatakoto mahere me te ako i te kori tinana
- te whai tautōhito hou mā te ārahi kaupapa, rōpū, tauwhāinga rānei.

## NGĀ HUA KI NGĀ HAPORI

- te whakanui i te tamaiti – te whakanui i te whai wāhitanga a ngā tamariki me te whakapiki i ngā tautōhito mō te kori tinana
- te whakawhanaungatanga – mā roto i ngā kura, ngā karapu, ngā rōpū hapori, ētahi atu mātua
- kia rite tonu te eke o te kounga o ngā mahi kori tinana i te kura me te hapori
- te kotahitanga – te whakakotahi i ngā hapori
- te whakangahau – kia pārekareka!

# Hei tautoko i a Kori ki te Kura

## Ngā hoe whakaterere

E toru ngā kōrero nui a Kori ki te Kura:

1. ka horahia e Kori ki te Kura ngā mahi kori tinana ka hāngai pū ki te tamaiti
2. ka ngana te Kura Kori kia haere tonu te wairua me ngā hōtaka kori tinana
3. ka kuhu, ka whai wāhi te Kura Kori ki te hapori kakama.

Kei te tautoko a Ihi Aotearoa me te Tāhuhu o te Mātauranga i a Kori ki te Kura pērā i:

- a *Physical Activity for Healthy Confident Kids: Guidelines for sustainable physical activity in school communities*
- ngā kaimahi – Kaihāpai Kori ki te Kura, Kaitohutohu Kura, Kaiwhakahaere hoki
- te kete rauemi Kori ki te Kura
- te raupapa rauemi *Curriculum in Action*
- a ActiveMark
- he rauemi tāpiri.

### He aratohu mā ngā kura (mai i [www.tki.org.nz](http://www.tki.org.nz))

*Physical Activity for Healthy Confident Kids: Guidelines for sustainable physical activity in school communities*

- nā te Tāhuhu o te Mātauranga ēnei aratohu, he āwhina ki ngā kura hei whakatutuki i ngā ritenga o ngā Aratohu Mātauranga ā-Motu ka pā ki te kori tinana.

### Ngā kaimahi hei tautoko i ngā kaiako

#### Active Schools Facilitators (ASF)/Kaihāpai Kori ki te Kura:

- noho ai kei ngā Kaitiaki Hākinakina ā-Rohe (Regional Sports Trusts) puta noa i Aotearoa
- ka tautoko i ngā kura ki te whakahiato aratohu, kaupapa here mō te kori tinana hoki, me ngā hōtaka marautanga.

#### School Advisers (PE Curriculum and Leadership and Management)/

#### Kaitakawaenga Hauora:

- kei ngā Ratonga Tautoko Kura puta noa i Aotearoa
- ka tautoko i ngā kura kia whakahiato aratohu, kaupapa here hoki mō te kori tinana me ngā hōtaka marautanga.



**Kaiwhakahaere:**

- kei ngā Kaitiaki Hākinakina ā-Rohe (Regional Sports Trusts) me ngā rōpū ā-iwi puta noa i Aotearoa
- ka tautoko i ngā hapori Māori ki te whakatairanga i te ratonga o ngā tuwheratanga koringa tinana.

**Te kete rauemi Kori ki te Kura (mai i [www.sparc.org.nz](http://www.sparc.org.nz))**

Kei roto i te kete rauemi ko:

- *Get Ready* – he puka kori tinana mā ngā tumuaki me ngā kaiwhakahaere matua
- *Get Started* – he puka kori tinana mā ngā kaiako
- *Get Going* – he kāri tikanga e pā ana ki te kori tinana i raro i te marautanga
- *Get Into It* – he kōpaepae pāhekoheko mā ngā ākongā me tētahi kōpae pūoru
- *Outdoor Activities: Guidelines for Leaders* – he kōpaepae o ngā tikanga whakahaere i tēnei wā
- *Healthy Eating in Active Schools* – he puka mō te titiro whānui ki te kai tōtika i te kura
- *Kiwidex* – he puka ako mō ngā momo kori tinana
- *Activating Communities through Active Schools* – he puka aratohu mā ngā rōpū, karapu, mātua, rōpū ohu hoki ka tautoko i a Kori ki te Kura
- *Me kuhu katoa tātou!* – he mātārehe mā ngā mātua me ngā rōpū hapori e pā ana ki te tautoko i a Kori ki te Kura.

**Te raupapa rauemi *Curriculum in Action* (mai i [www.tki.org.nz](http://www.tki.org.nz))**

Ka tautoko te raupapa rauemi nei i a *Health and Physical Education in the New Zealand Curriculum* (1999). Ka horahia ētahi whakaaro mō te whakamahere kaupapa mahi.

**ActiveMark (mai i a [www.sparc.org.nz](http://www.sparc.org.nz))**

He taputapu whakahiato ka tautoko i ngā koringa tinana pai i te kura me te hapori ka:

- āwhina i ngā kura ki te whakahiato i te ahurea kori tinana
- ārahi, ka tohutohu i ngā kura mō ngā hōtaka kori tinana, mā te hātepe tāpae mahere kakama
- whakatairanga i ngā kura he ahurea korikori tinana kei te tū.

**He rauemi tāpiri**

Arā ētahi atu rauemi ka taea te whakamahi hei whakatairanga i te korikori tinana i roto i te kura me te hapori, pērā i:

- a *Developing Fundamental Movement Skills* ([www.sparc.org.nz](http://www.sparc.org.nz))
- a Push Play Parents me ngā kōpaki kakama mō te kori tinana (mai i a [www.sparc.org.nz](http://www.sparc.org.nz))
- tētahi kōpaki kakama mā ngā tamariki (<http://www.sparc.org.nz/getting-active/new-action-packs>)
- te pae tukutuku Youth Branded ([www.mission-on.co.nz](http://www.mission-on.co.nz))
- ngā Rauemi Active Movement ([www.sparc.org.nz](http://www.sparc.org.nz)).

Mō te roanga atu o ngā whakamārama mō Kori ki te Kura, waea atu ki 0800 ACTIVE, me whakapā rānei ki te Kaitiaki Hākinakina ā-Rohe kei tō takiwā.

### NGĀ WHIRINGA KAUPAPA

- Ka tautoko ngā whiringa kaupapa i ngā kaiako me ētahi atu i te rāngai mā te tāpae tuwheratanga kia whakapakari i ō rātou mōhiotanga, ō rātou māramatanga mō te ako i te hauora me te kori tinana.
  - Physical Education New Zealand (PENZ) ki [www.penz.org.nz](http://www.penz.org.nz)
  - New Zealand Health Teachers Association
  - Education Outdoors New Zealand (EONZ) ki [www.eonz.org](http://www.eonz.org)

### NGĀ KURA WHAKATAIRANGA HAUORA

- Ka tautoko ngā kaiāpai Kura Whakatairanga Hauora i ngā kura kia whānui te titiro. He ōrite ngā rapunga whakaaro o Te Kura Whakatairanga Hauora ki a Kori ki te Kura. Mō te roanga atu o ngā whakamārama, haere ki [www.hps.org.nz](http://www.hps.org.nz)

### ĒTAHI ATU RŌPŪ, WHIRINGA HOKI

- Tērā ētahi atu rōpū, rauemi, aratohu mō te mahi pai rawa, me te tohutohu i roto i ētahi horopaki ake ka hāngai ki te kori tinana. Ko ētahi o ēnei rōpū ā-motu, ā-rohe, ā-hapori ko:
  - ngā rōpū hākinakina, rēhia (hei tauira, ngā rōpū hākinakina ā-motu, ā-rohe, ā-hapori me ngā karapu)
  - ngā pokapū hākinakina, rēhia (hei tauira, ngā pokapū rēhia ā-hapori, YMCA, ngā pokapū kauhoe)
  - ngā mana ā-rohe.

# Ngā hononga marautanga

## He herenga waka

Ka taea te whakatakoto hōtaka kori tinana mā ngā whāinga paetae mai i te whenu Koiri i *Te Marautanga o Aotearoa*. E toru ngā take matua i Koiri:

- Akoranga Koiri
- Whakamahinga Pūkenga Koiri
- Mātauranga Pūtaiao, Hangarau, Taiao, me te Koiri.

## TE WHAKATAKOTO MAHERE

*‘Ko te pae tawhiti whāia kia tata’*

Ka whai hua pai rawa atu ngā kaiako ka āta whakamahere i ā rātou akoranga. He maha ngā momo whakamahere, heoi, ko ngā whakamahere pai ka:

- tautuhi i ngā hiahia o te ākonga
- whakauru i te arotake ki te tīmatanga me te mutunga o ia kaupapa mahi
- whakatakoto i ngā whāinga me ngā mea tuatahi
- whakatakoto i ngā putanga ako me ngā tohu ako e whakaatu ana e pēhea ana te pai o te tutuki o ngā putanga ako i ngā akonga
- whakamahi pai i te wā, te ātea me ngā taputapu
- mahi kia whai wāhi ai, kia kuhu ai ngā ākonga katoa
- ngana kia nui ngā korikori mā te ākonga, engari kia kaua e nui rawa atu
- whakawhiwhi i ngā ākonga ki ngā tautōhito
- ngana kia tautika, kia hono tonu ngā kaupapa mahi e tika ana.

I a koe e whakatakoto mahere ana, kia aro tonu atu ki ngā mahi kori tinana e mahia kētia ana e koutou i roto i ā koutou akoranga pērā i te mahi kapa haka.

Mō te roanga atu o ngā whakamārama mō te whakamahere i tō hōtaka kori tinana whakapā ki a *Physical Activity for Healthy Confident Kids: Guidelines for sustainable physical activity in school communities* ([www.tki.org.nz](http://www.tki.org.nz))

# Hei tautoko i te kaiako

## Kia ngāwari te rere o te waka

### ***Te whakamahere***

- Whakatakoto i tētahi hōtaka kori tinana mō te rā, te wiki, te kaupeka kura, te tau.
- Kia taunga ki ngā rauemi taketake ka tohua i ngā whārangi 7-9, ā, kia taea wawetia aua rauemi.

### ***Te whakataka***

- Ākona te momo tākaro hei mua i te akoranga kori tinana, kei moumou noa te wā kori.
- Whakamahia te papa mā me ngā hoahoa māmā ki te whakamārama i te tākaro i roto i te akomanga.
- Tohungia he tamariki ki te whakataka i ngā taputapu hei mua i tēnā akoranga, i tēnā akoranga.
- Ka whakatau, ka waitohu i ngā ripa hei mua i te akoranga.
- Whakamārama atu he aha ngā whanonga pai, ka ū ki aua whanonga.
- Whakatakoto i ngā mahi i te tōmuatanga o te tau, kia tau ai, kei moumou te wā.  
Arā:
  - kia kuhu i ngā kākahu e tika ana
  - te hoatu me te whakahoki mai i ngā taputapu
  - te raupapa i ngā akoranga
  - te panoni i ngā mahi
  - kia whakamahana i mua, kia whakamātao i muri
  - te neke ki te wāhi, te neke mai i te wāhi.

### ***I te wā o te koringa***

- Kia mārama ngā whakaaturanga, te ako rānei i tētahi ākongā kia mārama tana whakaatu atu. Me āhei ngā tamariki katoa kia kite.
- Me akoako kia neke wawe ki ngā huihuinga māmā noa. Ka whai hua te wā ka pau ki te akoako.
  - Akoako kia huihui me te rāina, porohita, tapawhā, takirua, takitoru, aha atu.
  - Me mārama ngā tohutohu mō ngā hanganga hou: te momo hanganga, tokohia, me anga pēhea, he aha ngā mahi.
  - Mea atu kia kaua rawa tētahi e oraora kia oti rā anō ngā tohutohu.
- Kia rite tonu ngā kupu ka whakamahia e koe – ngā kupu me ngā rerenga kōrero hei tohutohu, whakamārama, whakaatu hoki.
- Kia rite ngā kupu mō ngā momo tohutohu.

Hei tauira : whio = e tū

Timata = me tīmata te mahi.

- Kia noho ko te kori tinana te kaupapa nui:
  - kia korikori te rōpū i te nuinga o te wā, heoi, kia piki, kia heke te kaha o te korikori
  - kia kaua e nui rawa ngā kōrero
  - kia kaua e kaha te whakamahi i ngā mahi hou i roto i te akoranga kotahi
  - whakamahia ngā kaupapa kei te mārama ngā tamariki, he māmā noa rānei te ako ki a rātou.
- Kia nui rawa te whai wāhitanga:
  - hei mua i te puta ki waho, whakaritea ngā rōpū me ngā kaiārahi ki ia rōpū
  - mēnā ka tareka, kia tokoiti ki ia rōpū
  - mēnā ka tareka, kaua e nanao ki ngā tākaro ka 'puta' te tamaiti
  - kimihia he mahi anō mā ngā mea ka 'puta' – hei tauira, pana pōro i te wāhi kotahi, kimi i tētahi atu kua 'puta' ka pekepeke i te wāhi kotahi, te aha atu
  - whakahiato i ētahi tākaro ka taea noatia te whakatū, te tākaro wawe.

# Te tuku kori tinana i ia rā

## Hoea rā!

Anei ētahi pātai hei pātai ki ō ākonga, he tīmatanga mō rātou ki ngā hākinakina me te kori tinana. Whakatenatena i a rātou ki te whakaaro mō ā rātou ake momo kori tinana mā te nanao ki ngā taputapu māmā.

- He aha ngā momo hākinakina me:
  - hopu pōro pakupaku?
  - pana pōro?
  - hahau te pōro me tētahi mea?
  - kua e whakamahi i ngā ringa?
  - whakamahi ko ngā ringa anake?
- He aha ngā mahi ka taea e koe anake?
- He aha ngā mahi ka puhapuha koe?
- He aha ngā mahi ka taea kāore he taputapu?
- He aha ngā mahi me takirua te whakahaere?
- He aha ngā hākinakina me:
  - whai hoa?
  - tokorima ngā kaitākaro?
  - tokowhitu ngā kaitākaro?
  - tekau mā tahi ngā kaitākaro?
  - tekau mā rima ngā kaitākaro?
- He aha ngā hākinakina he nui ngā pekepeke (me ngā taunga)?
- He aha ngā mahi ka taea me ngā taputapu nei:
  - haki pēke?
  - pēke pīni?
  - tāwhiti?
  - rākau?
  - matire?

Tērā ka toko ēnei whakaaro i a rātou:

- te porowhiu i ngā taputapu ki runga, ka hopu ai
- te hahau i te mea rā te takiwā ki te ringa
- te tūpana i te mea rā te takiwā ki te waewae.
- Me pēhea te tini i tētahi mahi kia mātātaki i a koe anō, i tētahi atu rānei? Hei tauira:
  - **Whakaaro:** tērā ka porowhiua e tētahi tamaiti te pēke pīni ki runga ka hopu
    - > **Wero:** kia hia ngā pakipaki ringaringa ka taea e koe hei mua i te hopu?
    - > **Wero:** Ka taea e koe te hopu i te pēke pīni me tētahi atu wāhanga o te tinana, hei tauira, ngā waewae?
- **Whakaaro:** te tūpana pōro ki tētahi atu
- **Wero:** tāpirihia ētahi atu mea, hei tauira, koeko, tāwhiti, rohenga rānei, i waenganui i a kōrua ko tō hoa, ka whiwhi piro mō te tika me te tawhiti o te tūpana.

# Ngā koringa Māori

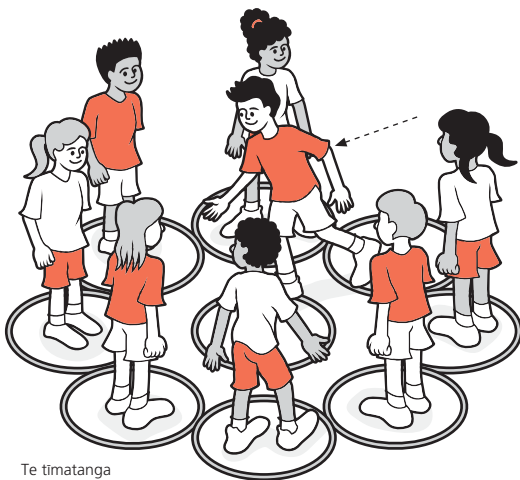
## Pārekareka!

### MŪ TŌRERE

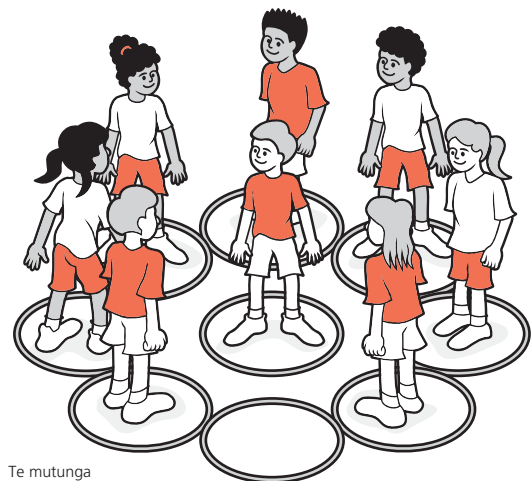
Ka taea tēnei tākarō i waenganui i ngā rōpū e rua, tokowhā ki ia rōpū; ki tētahi papa (āhua e 3 mita x 3 mita). Tuhia ki te tioka, peitahia rānei i tētahi whetū tokowaru ngā kāwai, he pūtahi ki waenganui. Whakatakotoria rānei ngā tawhiti e waru kia taiāwhio i tētahi tawhiti kei te pūtahi.

He rite ngā tikanga ki ngā tikanga o te tākarō papatahi mū tōreke. Ko te whāinga o te tākarō kia nekeneke i ngā mea o tō taha e kore ai e tareka e tō hoa tauwhāinga te neke i āna mea.

- hei ngā wā katoa ka neke te tangata tuatahi ki te pūtahi
- katahi ka hohoko te neke o ia kaitākaro
- ka āhei te kaitākaro te neke ki tētahi kāwai i tōna taha tonu, ki te pūtahi rānei mēnā kei te wātea
- kāore e āhei te peke a tētahi kaitākaro i tētahi atu
- kotahi anake te kaitākaro ki te kāwai, ki te pūtahi rānei i te wā kotahi.



Te timatanga  
o te kēmu



Te mutunga

### Whakarerekētanga

Tāpirihia ētahi atu kāwai me ētahi atu kaitākaro.

### Hei reo āwhina

pūtahi centre

kāwai point (of star)

## MAHI WHAI

He tākaro tuaina te whai, he āwhina mō ngā pūrākau. Ka nanao te kaitākaro ki te tuaina muka me ōna ringa, ringaringa, niho, waewae hoki. Ka raupapa te auaha hoahoa hei whakaatu pūrākau mā te 'whakaahua nekeneke'. Ka whitiwhiti ngā kaitākaro i ngā hoahoa me ngā momo whāwhātanga i waenganui i a rātou.

Whakahuia ngā kaitākaro kia takirua, takiwhā, ... takitekau. Hoatu he tuaina ki tēnā rōpū, ki tēnā rōpū (kia 2 mita te roa) me tētahi atu tuaina roa atu (10–20 mita te roa). Me hoatu he panga nui, mā rātou hei kimi mai i te otinga ki ā rātou hoahoa ā-ringa.

### Whakarerekētanga

Me hoatu te wā me oti i a rātou te auaha te tārua, te hoahoa rānei.

### Mō te roanga atu o ngā whakamārama

Titiro ki te paetukutuku: Kāinga – Te Ao Kori, [http://www.tki.org.nz/r/hpe/te\\_ao\\_kori/index\\_m.php](http://www.tki.org.nz/r/hpe/te_ao_kori/index_m.php)



# Kia tū ai tō kura hei Kura Kori

## He āwhina mā ngā kura

Anei he āwhina e tū ai tō kura hei Kura Kori. Tēnā whakaarotia ēnei:

- me tono kia haere mai he toa tākaro ki te kura ki te kōrero ki te whakatenatena i ngā ākonga
- me whakarite he 'whakamātautau' mō ngā wā tina, kia haere mai ngā kaitākaro o tēnā hākinakina, o tēnā hākinakina ki te whakaatu i ā rātou mahi
- me whakatenatena ngā kaimahi me ngā mātua kia kuhu ki ngā hōtaka whakangungu kaiwhakaako hei whakawhanake i ā rātou tautōhito mō te whakaako hākinakina
- me whakatū hononga ki ngā karapu kia taea ai e te kura te whakamahi i ngā taputapu me ngā rawa, kia taea ai hoki e ngā karapu te whakamahi i ngā rawa o te kura
- me whakapā ki te Kaitiaki Hākinakina ā-Rohe ki te rapu ko wai mā ngā karapu me ngā kaupapa kei te wātea i te takiwā, hei wakamōhio atu ki ngā ākonga me ngā whānau
- me whakatū he 'rā karapu hākinakina' e haere mai ai ngā tāngata hākinakina ki te whakamārama i ā rātou hākinakina, me pēhea hoki te kuhu ki ngā mahi a te karapu.

## HEI ĀWHINA I TE AKOMANGA

Ka tareka e ngā kura me ngā kaiako te huaki tuwheratanga mō te tākaro me ngā koringa tinana tene kāore i te marautanga, mā te whakawātea i ngā whare hākinakina, me ngā taputapu, mā te whakatenatena me te whakahau kia puea he wairua e tautoko ana i ngā koringa.

Anei he whakaaro māmā noa me tō akomanga:

- Puritia he taputapu tākaro i tō taiwhanga.

### Taputapu ki te taiwhanga

- he taura pekepeke
- he pēke pīni, he haki pēke
- 10 ngā tāwhiti
- kotahi te taura roa
- 15–30 ngā pōro pakupaku
- 15 ngā koeko
- ngā pōro rahi
- he poi hau
- he kāmata
- he roro ha
- he ripi.

- Whakatenatena i te tākaro tene me ngā taputapu pērā i te pōro, tāwhiti, hakipeke, ripi hoki.
- Whakaritea he rā tākaro. Koinei ētahi whakaaro:
  - he rā hei ‘mahi i tāu ake tākaro’
  - he rā pekepeke
  - he rā ‘tākaro me te tioka’
  - he karapu hip-hop
  - he ‘ara mātātaki’ ka whakatū i ngā momo ārai.
- Me whakatū tikanga mō te toha me te whakahoki taputapu.
- Me whakairi ki ngā pakitara ngā pānui whakaahua o ngā tāngata kei roto i ngā kaupapa kori tinana.
- Me whakairi ki ngā pakitara he kāri, he mahere kōiriiri.
- Me whakairi ki ngā pakitara he kāri kori poto, mahere kori poto rānei. Ko te tikanga o ēnei mō ngā koringa kotahi meneti, e rua meneti rānei te roa, mō te wā ka huri mai i tētahi wāhanga o te marautanga ki tētahi atu wāhanga o te marautanga, hei taurira, ‘Ina oti tō tuhi i tō pūrākau, me huri ki te kori poto nei hei mua i tō timata ki te pānui.’
- Me whakauru ngā koringa tinana ki ētahi atu wāhanga o te marautanga hei wāhanga tonu o te ako.
- Me whakamahere tō hōtaka kori tinana i ia rā, ka whakatinana anō.
- Me ako i ētahi koringa ka tareka e ngā tamariki me te pūoru ki roto, ki waho rānei. Puritia he kōpaepae tika mō tēnei ki tō akomanga.

#### Kia maumahara:

- me mihi ki ngā mahi a te tamaiti
- kaua e whakamahi i te kori tinana hei whakawhiu, hei whakanui rānei i te tamaiti.

#### He whakaaro anō

Tuhia ōu whakaaro ki konei.

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# Kori ki te kura, kori ki te kāinga

## Te toro atu ki ngā whānau

### HE WHAKAARO MŌ TE KUHU A TE WHĀNAU

- me whakarite hākinakina ā-rōpū, mahi ā-rōpū rānei – he rawe atu te kori tinana me ngā hoa, ngā whānau, tērā i te mahi takitahi
- me kuhu ngā koringa a te Māori pērā i te mau rākau me te titi tōrea
- me tohu ki tētahi o te whānau kia haere mai ki te kōrero mō ngā koringa a te Māori, ka ako ki te kaiako
- me whakatū he pō koringa, kapa haka, kanikani me te korikori rānei mā ngā mātua me ngā whānau, kia mātaki ai, kua kuhu ai rātou ki ngā mahi a ā rātou tamariki
- me whakarite he tākaro a ngā ākonga ki ngā whānau hei ngā wā o te tina – tēra pea he kēmu poi tarawhiti ki ngā mātua kia pārekareka!
- me ngana kia tū he koringa tinana ki te marae tata, ki te wāhi hui ai rānei ngā whānau
- me tono ki ngā kaitākaro Māori o te rohe kia haere mai ki te kauhau, ki te tuku tohu ki ngā tamariki, me te whakatū koringa, whakaaturanga tautōhito i tō kura
- me torotoro i ngā whānau ki te rapu i ngā hākinakina me ngā tauira o te rēhia Māori
- me tono ki ngā tāne me ngā wāhine ahakoa he aha te pakeke
- me whakapā ki te ratonga hauora Māori tata, ka tono mēnā ka tareka e ētahi o rātou te haere mai ki te kura ki te whakahaere koringa tinana me ngā tamariki, whānau hoki
- me whakarite he koringa Māori, mau rākau, haukori Māori, aha atu mō te wā tina i ia wiki, ka whakamōhio i ngā whānau me te hapori mā te tuku pānui, mā roto i ngā marae, mā te reo irirangi Māori ā-rohe hoki.

# Ngā momo hākinakina

I tēnei wāhanga, ka āta titiro ki ētahi momo hākinakina e ono, ka arotahi ki te whakawhanake i ngā tautōhito korikori. E rua ngā wāhanga whakawhanake o tēnā momo hākinakina, o tēnā momo hākinakina:

1. ākonga i ngā tau 1–4: ka arotahi tēnei wāhanga ki te whakawhanake i ngā tautōhito taketake mā roto i te hākinakina
2. ākonga i ngā tau 5–8: ka arotahi tēnei wāhanga ki te whakawhanake i ngā tautōhito ka hāngai ki tēnā momo hākinakina.

Kei tēnā momo hākinakina, kei tēnā wāhanga whakawhanake ēnei wāhanga:

- te arotahi ki ngā tautōhito e 2–3 (hei tauira, te hopu, te whiu, te aha atu)
- hei whakaaturanga (whakamārama i te tautōhito)
- hei tohu ako
- hei mahi
- te whakaritenga
- hei whakamārama
- he tohutoro.

## Hei āwhina

Me arotahi ki te whakawhanake i ngā tautōhito whānui, kāpā te whakatenatena i ngā ākonga kia whakawhāiti wawe i ō rātou tautōhito.

# Kirikiti



## Te whakawhanake koringa taketake mā roto i te kirikiti mā ngā ākonga tau 1–4

Te arotahi ki ngā tautōhito taketake: te nanao pōro, te hopu me te maka tāwhai.

### TE NANAO PŌRO

#### Hei whakaaturanga

Kia waia ki te āhua me ngā momo nekeneke o te pōro.

#### Hei reo āwhina

#### Learning cues

Keep hands ready and relaxed.

Watch the ball closely right into the hands.

Catch the ball with soft hands – imagine catching a raw egg without breaking it.

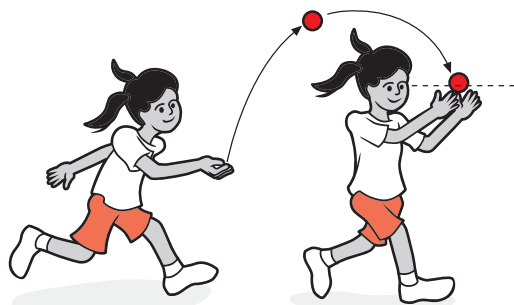
#### Hei tohu ako

Kia rite, kia māmā ngā ringaringa.

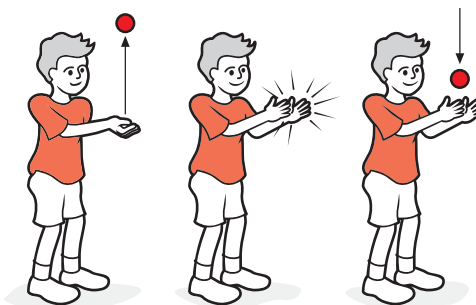
Titiro ki te pōro kia hopukina rā anō.

Hopukina te pōro me ngā ringaringa māmā – pohewa kei te hopu hēki mata me te kore e pakaru.

#### Activity – lob and catch



#### Hei mahi – te tīkoke me te hopu



#### Set up

One ball per player.

#### Te whakaritenga

Kotahi te pōro ki ia kaitākaro.

#### Explanation

Lob and catch: player to lob the ball into the air and to catch it at eye level.

Throw, clap and catch: player to hold the ball in one hand, throw it up, clap hands, then catch it in two hands. Add variation by catching the ball in one hand or by increasing the number of claps before catching it.

#### Hei whakamārama

Te tīkoke me te hopu: ka tīkoke i te pōro, ka hopu i te taumata o ngā karu.

Ka whiu, ka pakipaki, ka hopu: puritia te pōro ki tētahi ringa, ka whiu ki runga, ka pakipaki, ka hopu ki ngā ringa e rua. Hei tāpiri, ka hopu i te pōro ki te ringa kotahi, kia maha atu rānei ngā pakipaki hei mua i te hopu.

## TE HOPU

### Hei whakaaturanga

Te hopu maka tāwhai.

### Hei reo āwhina

#### Learning cues

Move quickly to get in line with or under the path of the ball.

Secure a wide base of support.

Cup the hands together with the little fingers overlapped, palms facing upwards, fingers spread and pointing forwards and watch the ball into the hands.

Pull the ball into the body – 'give' with the ball.

#### Hei tohu ako

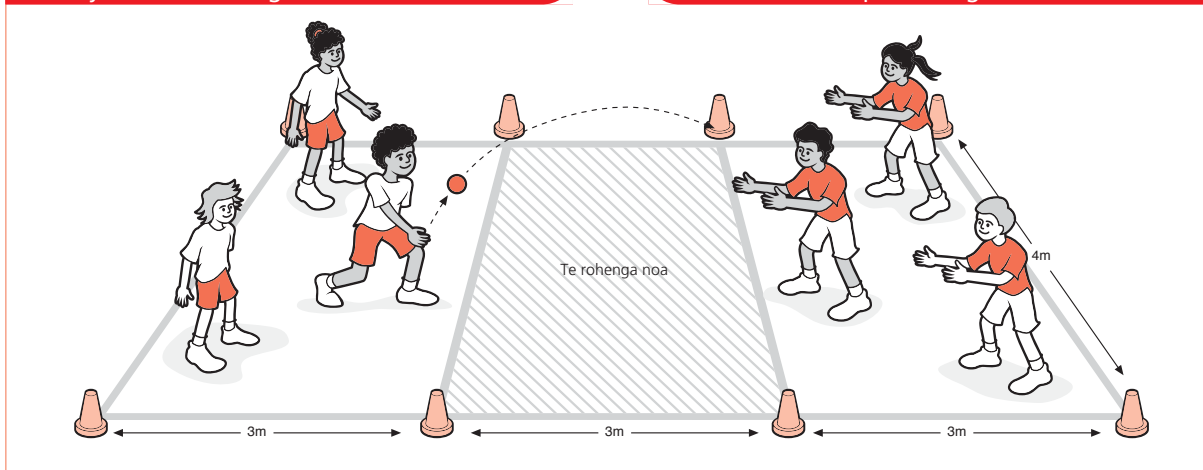
Neke wawe kia whakarārangi ki raro i te ara ka haere te pōro.

Kia tau te tū.

Kapuhia ngā ringaringa ko ngā kōiti e whakawhiti ana, ko ngā kapunga e anga whakarunga ana, ko ngā matimati kei te hora, kei te tohu whakamua, ka mātaki i te pōro kia mau rā anō.

Kūmea te pōro ki te tinana, arā, kia atawhaingia ki te tinana.

#### Activity – zone catching



#### Hei mahi – te hopu rohenga

#### Set up

One ball per six players, 8 x cones (4 x koeko and 3 x players in two end-zones).

#### Te whakaritenga

Kotahi te pōro ki ngā kaitākaro tokoono, e 8 x koeko (e 4 x koeko me ngā kaitākaro e 3 kei ngā rohenga-pito e rua).

#### Explanation

A player from zone A lobbs the ball underarm into zone E where the players try to catch it before it lands, before lobbing it back into zone A.

Each group scores a point by:

- a catch being dropped or the ball bouncing in their opponent's zone
- a catch being caught
- a ball that is lobbed out of zone by their opponents.

The group with the most points in the allotted time wins.

#### Hei whakamārama

Ka maka tāwhai tētahi o ngā kaitākaro mai i te rohenga A i te pōro ki roto i te rohenga E. Ka hopukina te pōro e ngā kaitākaro o rohenga E i mua i te takanga ki te papa, ka maka tāwhai anō ki te rohenga A.

Ka whai piro he rōpū mehemea:

- ka taka te pōro, ka tūpana rānei te pōro ki roto i te rohenga o te hoariri
- ka hopukina te pōro
- ka whiua te pōro ki waho i te rohenga e ngā hoariri.

Ka toa ko te rōpū ka whiwhi i te nuinga o ngā piro i roto i te wā kua whakaritea.

**TE MAKĀ TĀWHAI****Hei whakaaturanga**

Te maka tāwhai kia hāngai.

**Hei reo āwhina****Learning cues**

Turn side on – weight on the rear foot.

Eyes on the target.

Step forward on opposite foot to throwing arm.

Follow through.

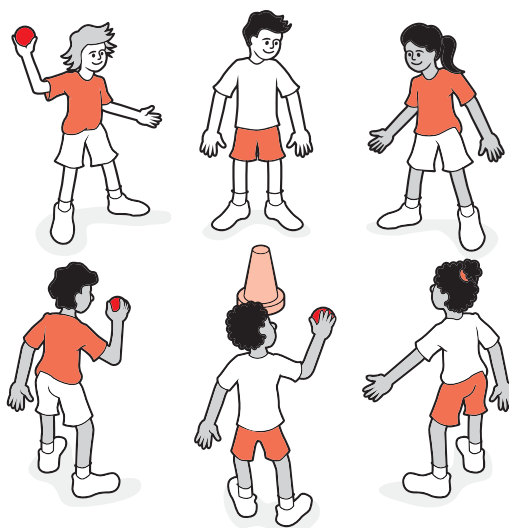
**Hei tohu ako**

Kia autaha te tū, ko tō taumaha ki te waewae kei muri.

Kia hāngai te titiro ki te tākete.

Ahu whakamua mā te waewae ehara i te taha o te ringa whiu.

Ka whai atu ko te tinana.

**Activity – target throwing****Hei mahi – te whiu tākete****Set up**

One x ball per pair, 1 x batting tee [target], 1 x cone placed in a circle 10–15 metres apart.

**Te whakaritenga**

Kia kotahi te pōro ki te tokorua, 1 x tīrau hahau [tākete], 1 x koeko ki roto i tētahi porohita 10–15 mita te tawhiti.

**Explanation**

Each player to stand behind a cone facing his/her partner across the circle.

Each player to throw the ball overarm attempting to hit the target. Partner to field the ball.

Continue throwing for the allotted time counting the number of hits.

The pair with the most hits wins.

**Hei whakamārama**

Me tū ia kaitākaro ki muri i tētahi koeko, ka anga ki tōna hoa kei tērā taha o te porohita.

Ka porowhiua e tēnā kaitākaro, e tēnā kaitākaro te pōro kia hahau i te tākete. Ko te hoa ka tiki i te pōro.

Me haere tonu te mahi kia eke te wā, kātahi ka kaute e hia ngā hahau.

Ko te tokorua ka whiwhi i te nui rawa o ngā hahau ka toa.

# Kirikiti

Te whakawhanake tautōhito nekeneke ka hāngai pū ki te kirikiti mā ngā ākonga i ngā tau 5–8

Ngā koringa ka hāngai pū ki te hākinakina: te epa, te hahau tūmāhoehoe, te hahau huapae.

## TE EPA

### Hei whakaaturanga

Te pai me te haumarua o te epa pōro kirikiti, me te ringa torotika.

### Hei reo āwhina

#### Learning cues

Run in straight, head steady, eyes level and arms in close to the body.

Jump into the delivery stride and turn so the back foot lands side on.

Reach the front arm high, lean the body backwards, fix eyes on the target from behind the front arm.

Rotate the arms – pulling the front arm down, swing the bowling arm over straight, brush the ear.

Release the ball and follow through.

#### Hei tohu ako

Kia tika te oma mai, kia tau te ūpoko, kia tautika ngā karu, kia piri tata ngā ringa ki te tinana.

Ka tae ana ki te hōkai epa, ka huri kia autaha te tau o te waewae o muri.

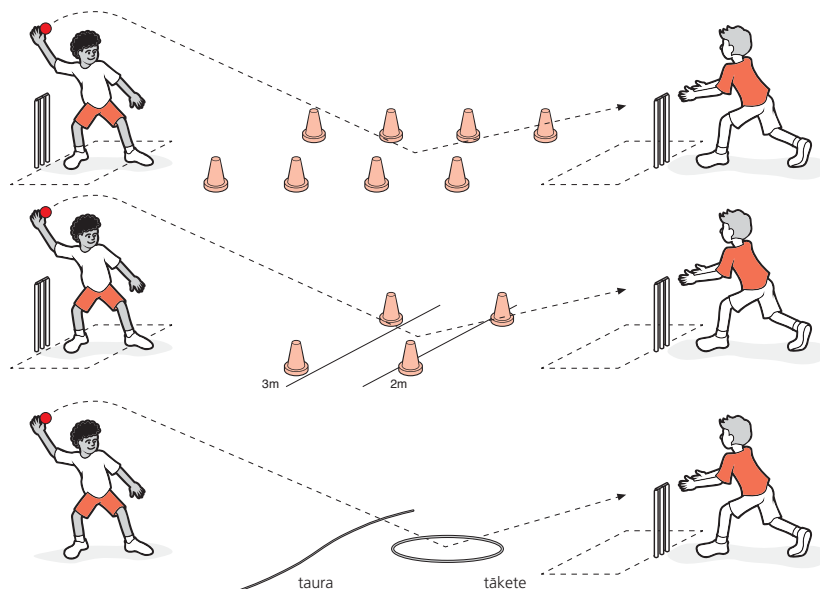
Me toro whakarunga te ringa o mua, ka tītaha whakamuri te tinana, ka hāngai te titiro ki te tākete mai i muri i te ringa o mua.

Hurihia ngā ringa – ka kukume whakararo i te ringa o mua, ka tuku i te ringa whiu kia huri, kia pā ki te taringa.

Ka tuku i te pōro, ko te tinana ka whai.

#### Activity – bowling for direction (line) and distance (length)

#### Hei mahi – kia tika te ahunga me te roa o te epa





**Set up**

Eight x cones or 2 x 4 metre lengths of rope, 2 x sets of stumps 20 metres apart, 1 x cricket ball per pair.

**Option 1 – line:** set up pairs of cones into a 50cm wide channel facing the wicket.

**Option 2 – length:** set up two lengths of rope or a hoop across the pitch three and four metres from the wickets.

**Explanation**

Player A bowls, player E stops the ball, and returns it to player A. Rotate after six bowls.

The player landing the most deliveries in the channel in option 1, or in the zone in option 2, is the winner.

**Variations**

For line drills adjust the width of the channel to match the accuracy of the bowler.

For length drills adjust the width of the ropes to match the accuracy of the bowler.

**Te whakaritenga**

E waru x koeko, 2 x ngā taura e 4 mita te roa, 2 x 4 ngā tumu e 20 mita te tawhiti tētahi i tētahi, 1 x pōro kirikiti ki ia tokorua.

**Kōwhiringa 1 – te ahunga:** whakaritea ngā koeko e rua kia noho he awa e 50cm te whānui ka anga ki te tumu.

**Kōwhiringa 2 – te roa:** me tāpae kia rua ngā taura, he tāwhiti rānei ki te papa e toru mita, e whā mita mai i ngā tumu.

**Hei whakamārama**

Ko kaitākaro A hei kaiepa, ko kaitākaro E ka pare, ka whakahoki i te pōro ki a kaitākaro A. Kia oti ngā epa e ono ka tini i ngā tūranga.

Ko te kaitākaro ka tau te maha rawa o āna epa ki te awa i te kōwhiringa 1, ki te rohenga i te kōwhiringa 2, ko ia ka toa.

**He whakarerekētanga**

Mō ngā whakangungu ahunga, whakarerekēhia te whānui o te awa i runga i te pai o te epa o te kaitākaro.

Hei whakangungu i te roa, whakarerekēhia te whānui o ngā taura i runga i te pai o te epa o te kaitākaro.

## TE HAHAU TŪMĀHOEHOE

### Hei whakaaturanga

Te hahau pōro me te rākau tūmāhoehoe.

### Hei reo āwhina

#### Learning cues

Stand side on with the head still, eyes level and focused on the ball.

Swing bat back straight, keeping hands close to the body and cocking the wrists, dip front shoulder and step forward to the line of the ball.

Swing straight bat forward to hit the ball beneath the eyes and follow through in the intended direction.

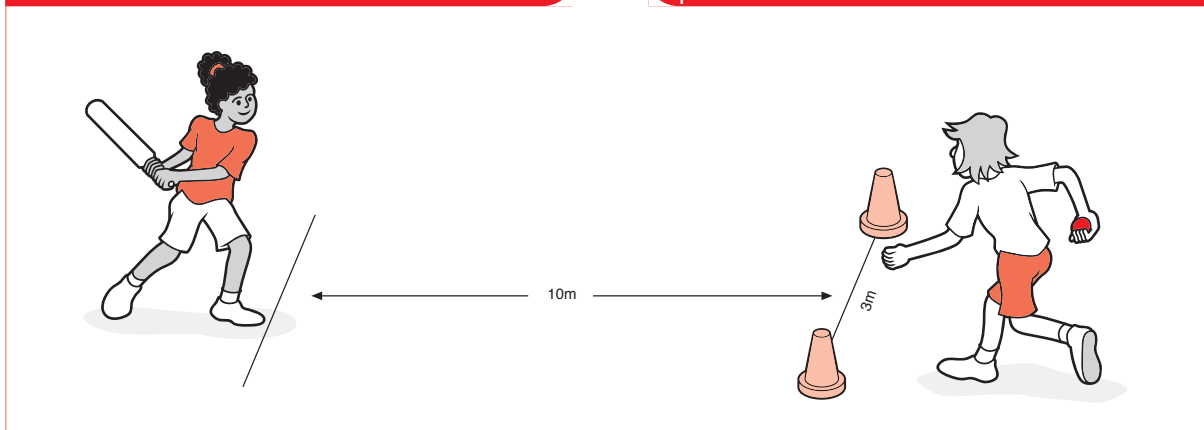
#### Hei tohu ako

Ka autaha te tū, kia tau te māhunga, kia taurite ngā karu e arotahi ana te titiro ki te pōro.

Me torotika te hoki whakamuri o te rākau, kia piri tata ngā ringa ki te tinana, ko ngā kawititanga kei te reri, ko te pakihwi o mua ka taiheke paku nei, ka hōkai whakamua ki te rāina o te pōro.

Me tuku te rākau kia torotika te haere whakamua ka hahau i te pōro i te wāhi i raro tonu iho o ngā karu, ka whai ko te tinana ki te wāhi e manakotia ai kia rere te pōro.

#### Activity – rolled ball front foot drives



#### Hei mahi – te hahau wae mua me te pōro pīrori

#### Set up

One x bat, 3 x cones, 1 x ball per pair. One player [batter] stands at a cone facing their partner [bowler] 10 metres away. The other two cones are placed 3–4 metres apart.

#### Te whakaritenga

Kotahi x rākau, 3 x koeko, 1 x pōro ki ia tokorua. Ko tētahi kaitākaro (kaihahau) ka tū i tētahi koeko ka anga ki tērā atu kaitākaro [kaiepa] 10 mita te tawhiti atu. Ka noho mai ngā koeko e rua kia 3–4 mita te tawhiti tētahi i tētahi.

#### Explanation

The bowler throws the ball underarm to the batter who attempts to drive/hit the ball between the two cones to score a point.

The player landing the most hits in the zone is the winner.

#### Hei whakamārama

Ka maka tāwhai e te kaiepa te pōro ki te kaihahau, ka ngana te kaihahau ki te hahau i te pōro i waenganui i ngā koeko e rua, kia whiwhi ai ki tētahi piro.

Ko te kaitākaro ka tau te nui rawa o ngā patu ki te rohenga, ko ia ka toa.

## TE HAHAU HUAPAE

### Hei whakaaturanga

Te hahau i te pōro ki te rākau huapae.

### Hei reo āwhina

#### Learning cues

Stand side on with the head still, eyes level and focused on the ball.

Swing the bat back straight, keeping hands close to the body and cocking the wrists, move the back foot forwards to get the head in line with the ball.

Pivot on the back foot moving the front leg to the leg side and swing the bat horizontally to hit the ball in front of the body with the arms fully extended.

Roll the wrists and follow through.

#### Hei tohu ako

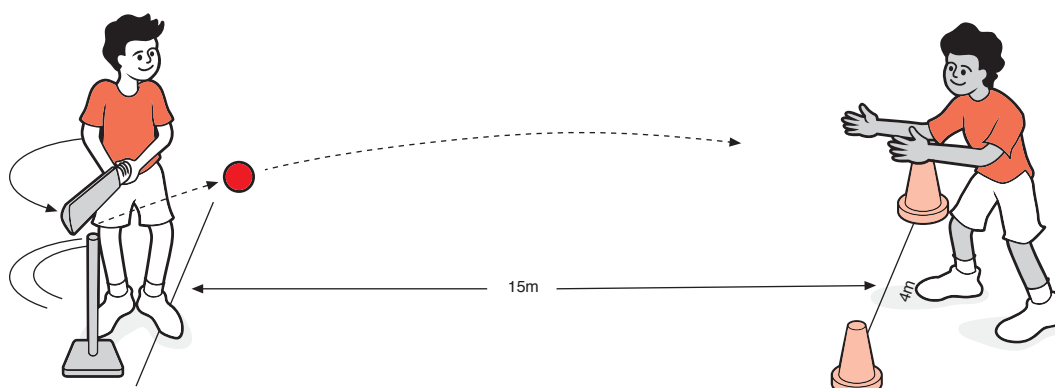
Ka autaha te tū, kia tau te māhunga, kia taurite ngā karu e arotahi ana te titiro ki te pōro.

Me torotika te hoki whakamuri o te rākau, kia piri tata ngā ringa ki te tinana, ko ngā kawititanga kei te reru, ko te waewae o muri ka haere whakamua kia hāngai ai te māhunga o te kaitākaro ki te rāina o te pōro.

Ka kaurori i te waewae o muri, ka neke i te waewae o mua ki te taha, ka tuku i te rākau kia hahau huapae i te pōro ki mua i te tinana, ko ngā ringa e toro ana.

Hurihia ngā kawititanga, ka tuku i te tinana kia whai atu.

#### Activity – stationary ball pull shots



#### Hei mahi – te hahau kume i te pōro tau

#### Set up

One x bat, 1 x tee, 2 x cones, 1 x ball per pair. One player [batter] stands at a cone facing their partner [bowler] 10 metres away. The two cones are placed 3–4 metres apart.

#### Te whakaritenga

Kotahi x rākau, 1 x tīrau hahau, 2 x koeko, 1 x pōro ki te tokorua. Kotahi te kaitākaro [kaihahau] ka tū i tētahi koeko, ka anga ki tērā kaitākaro [kaiepa] 10 mita te tawhiti atu. Ka whakanoho i ērā o ngā koeko kia 3–4 mita te tawhiti tētahi i tētahi.

#### Explanation

Player A hits the ball off the high batting tee to player E and scores a point each time it goes between the two cones.

Player E stops the ball and returns it to player A who places it on the batting tee.

#### Hei whakamārama

Ka hahau a kaitākaro A i te pōro i te tīrau hahau ki a kaitākaro E, ka whiwhi he piro i ia wā ka rere te pōro i waenganui i ngā koeko e rua.

Ka aukatia e kaitākaro E te pōro ka whakahoki ki a kaitākaro A, ko ia ka whakahoki i te pōro ki te tīrau hahau.

**He tohutoro**

*MILO Have-A-Go Cricket Coaching Manual for Children 6–8 Years* – New Zealand Cricket  
([www.blackcaps.co.nz](http://www.blackcaps.co.nz))

*MILO Kiwi cricket coaching manual for children 7–10 Years* – New Zealand Cricket  
([www.blackcaps.co.nz](http://www.blackcaps.co.nz))

*Coaching a cricket team* – New Zealand Cricket

*New Zealand cricket skills challenge* – New Zealand Cricket

*Backyard cricket fun* – New Zealand Cricket

*Developing fundamental movement skills and Kiwidex* – SPARC ([www.sparc.org.nz](http://www.sparc.org.nz))

# Poi tarawhiti



## Te whakawhanake koringa taketake mā roto i te poi tarawhiti mā ngā ākonga tau 1–4

Te arotahi ki ngā tautōhito taketake: te maka me te hopu, te peke me te tau.

### TE MAKA ME TE HOPU

#### Hei whakaaturanga

Te tuku me te whiwahi i te pōro.

#### Hei reo āwhina

#### Learning cues

Two hands on ball with thumbs and fingers in 'W' shape.

Step forward and transfer weight to front foot and push ball with both hands.

Follow through by pointing fingers at receiver.

Receivers catch the ball with two hands.

#### Hei tohu ako

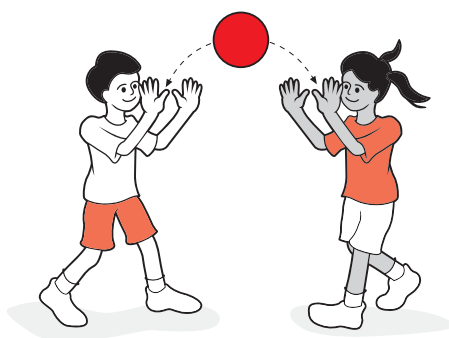
Kia rua ngā ringa e mau ana ki te pōro, ko ngā kōnui me ngā matimati kia 'W' te āhua.

Kotahi te hiko whakamua, ka neke te taumaha o te tinana ki te waewae o mua, ka pei i te pōro ki ngā ringa e rua.

Ka haere whakamua tonu, ko ngā ringaringa e tohu ana ki te kaiwhiwahi i te pōro.

Kia rua ngā ringa a te kaiwhiwahi kia hopu i te pōro.

#### Activity – one step back



#### Hei mahi – kotahi hiko whakamuri

#### Set up

Children in pairs with 1 x ball, two giant steps apart.

#### Te whakaritenga

Me mahi takirua ngā tamariki, 1 x pōro, e rua ngā hōkai nui ka wehe i a rāua.

#### Explanation

Pass backwards and forwards.

If two successful throws in a row, one child takes a step back.

On a missed throw, one child takes a step forward.

#### Hei whakamārama

Whiu atu, whiu mai.

Ki te pai ngā whiu e rua, ka hoki whakamuri te tamaiti mā te hiko kotahi.

Ki te kore e mau, ka ahu whakamua te tamaiti mā te hiko kotahi.

## TE PEKE

### Hei whakaaturanga

Te whakawhiti i te taumaha o te tinana mai i te waewae kotahi, kia tau ai ki te papa i ngā waewae e rua.

### Hei reo āwhina

#### Learning cues

Use arms to drive upwards.

Bend knees prior to take off.

Use both left and right foot take offs.

Stretch and reach using arm and leg extensions.

#### Hei tohu ako

Whakamahia ngā ringa hei pana whakarunga.

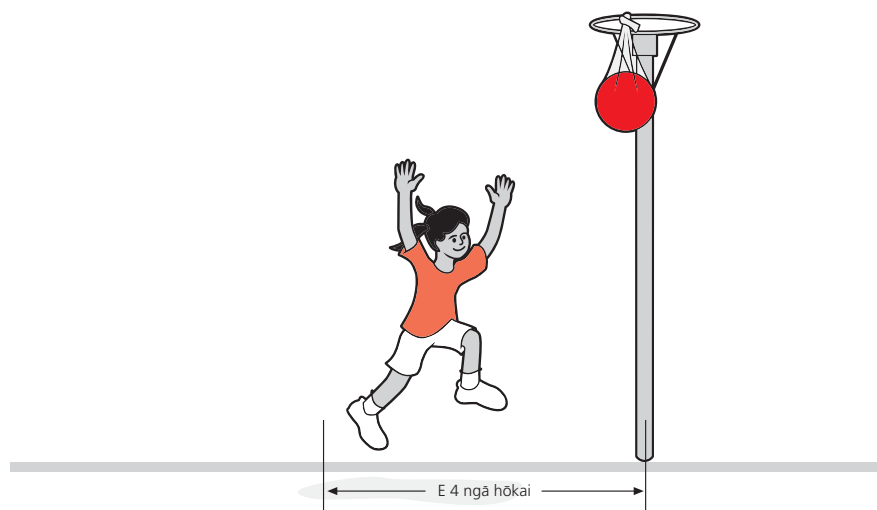
Me piko ngā turi i mua i te rerenga.

Mahia ngā rerenga mai i te waewae matau me te waewae mauī.

Me whātoro, me hopu mā te whakamahi i ngā ringa me ngā waewae.

#### Activity – lead and tap

#### Hei mahi – te ārahi me te pā



#### Set up

Hang a stocking with a ball in it from a goalpost ring.

#### Te whakaritenga

Me whakairi mai i te tarawhiti piro he tōkena he pōro kei roto.

#### Explanation

Stride (from 0–4 strides) along the baseline, then jump off one foot and try to tap the ball with two hands on either side of the stocking.

#### Hei whakamārama

Hōkai (0–4 ngā hōkai) i te rāina purei, ka peke i te waewae kotahi, ka ngana kia pā ki te pōro me ngā ringa e rua i ngā taha o te tōkena.

## TE TAU

### Hei whakaaturanga

Kia māmā, kia pai te taunga.

### Hei reo āwhina

#### Learning cues

Bend knees and land softly with knees over toes.

Body upright.

Land on two feet, shoulder width apart.

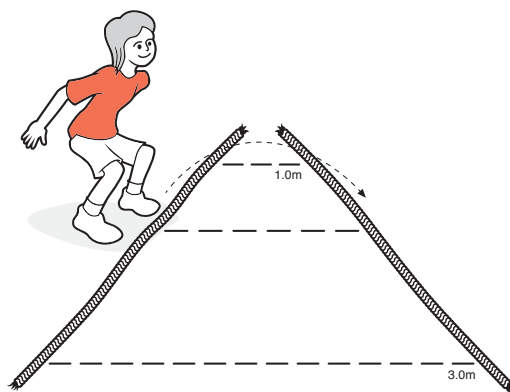
#### Hei tohu ako

Ka piko i ngā turi, ka māmā te taunga, ko ngā turi ki runga ake i ngā matimati.

Kia tū tika te tinana.

Ka tau ki ngā waewae e rua, me te rite anō o ngā waewae ki te whānui o ngā pakihivi.

#### Activity – over the river



#### Hei mahi – whakawhiti i te awa

#### Set up

Two diverging long ropes from 1 metre to 3 metres apart.

#### Te whakaritenga

Kia rua ngā taura roa tuwhanga, kei tētahi pito he 1 mita te tawhiti o tētahi pito taura ki tētahi, kei tētahi he 3 mita te tawhiti i waenganui.

#### Explanation

Jump across the river and land softly with two feet on the other side.

Start at the narrow end and increase to the widest point you can jump without falling over.

#### Hei whakamārama

Peke i te awa kia tau māmā ai ngā waewae e rua i tērā taha.

Timata i te pito whāiti ka whakawhānui atu, ka whakawhānui atu, tae rawa ki te wāhi whānui rawa e tareka ai e koe te peke, me te kore e hinga.

# Poi tarawhiti

Te whakawhanake tautōhito ka hāngai pū ki te poi tarawhiti mā ngā ākonga i ngā tau 5–8

Te arotahi ki ngā tautōhito taketake: te maka tīkoke, te pekerangi me te hiteki, te tau me te kaurori.

## TE MAKA TĪKOKE

### Hei whakaaturanga

Te maka pōro i runga ake i te mähunga o tētahi kaitākaro kia tae ai ki te hoa tākaro.

### Hei reo āwhina

#### Learning cues

Two handed pass with thumbs and fingers in 'W' shape.

Step forward and transfer weight to front foot.

Emphasise long arms pointing upwards on release for follow through.

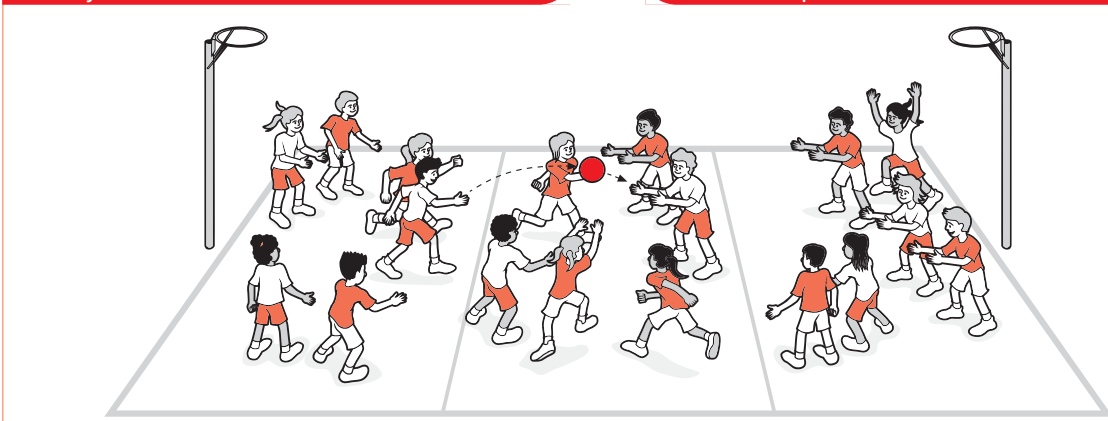
#### Hei tohu ako

Te maka me ngā ringa e rua, ko ngā ringaringa ka rite ki te 'W' te āhua.

Kotahi te hōkai whakamua, ka whakawhiti i te taumaha o te tinana ki te waewae ki mua.

Arotahia te tukunga kia whātoro whakarunga ngā ringa i te rerenga o te pōro.

#### Activity – third ball



#### Hei mahi – pōro tuatoru

#### Set up

Nine x players per team, 3 x players in each netball third.

#### Te whakaritenga

Tokoīwa x kaitākaro ki ia rōpū, 3 x kaitākaro ki ia hauroru o te papa poi tarawhiti.

#### Explanation

Lob pass the ball to score points.

Score two points if ball goes through the hoop and 1 if it hits rim but does not go through hoop.

When a point is scored the other team have a baseline throw in.

Rotate players around different thirds.

#### Hei whakamārama

Maka tīkoke i te pōro kia whiwhi piro.

Ki te kuhu te pōro mā te tāwhiti e rua piro; he piro kotahi ki te pā te pōro ki te tapa o te tāwhiti engari kāore e kuhu.

Ki te whai piro tētahi taha, ka hoatu te pōro ki tērā taha kia maka i te rāina purei.

Hurihia ngā kaitākaro i tēnā hauroru, i tēnā hauroru.



## TE PEKERANGI ME TE HĪTEKI

### Hei whakaaturanga

Kia kua e titaka i ngā momo peke.

### Hei reo āwhina

#### Learning cues

Look for balance on landing.

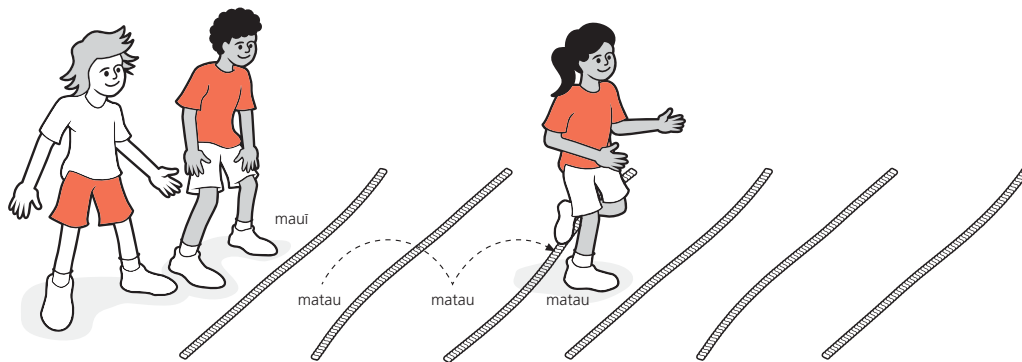
Look for ability to both leap and hop.

#### Hei tohu ako

Kia kua e titaka i te taunga ki te papa.

Titiro ki te kaha ki te pekerangi me te hīteki.

#### Activity – fly



#### Hei mahi – rere

#### Set up

Six ropes in parallel lines half a metre apart.

#### Te whakaritenga

Whakarārangi i ngā taura e ono kia whakarara, he hāwhe mita te tawhiti, tētahi taura i tētahi.

#### Explanation

The leader moves through ropes e.g. left right left right left right or changes the pattern e.g. left right left left right right.

The rest follow and copy.

The leader can change one of the middle ropes making them further apart or closer together.

Change leader regularly.

#### Hei whakamārama

Ka neke te kaiārahi mā roto i ngā taura, hei tauira, mauī matau mauī matau mauī matau, ka whakarerekē rānei i te nekenga, hei tauira, mauī matau mauī mauī matau matau.

Ka whai ngā hoa i te tauira kua takoto.

Ka āhei te kaiārahi ki te whakarerekē i te takoto o tētahi o ngā taura i waenganui kia tawhiti atu, kia tata mai rānei.

Kia rite te tohu tamaiti atu hei kaiārahi.

## TE TAU ME TE KAURORI

### Hei whakaaturanga

Ka hopu pōro ka tau ki te papa i ngā waewae e rua, ka kaurori i tētahi waewae, kātahi ka hiko me te maka.

### Hei reo āwhina

#### Learning cues

Land softly on two feet together.

Choose and pivot around on one foot looking for a free team mate.

Try and make an accurate chest pass to free player.

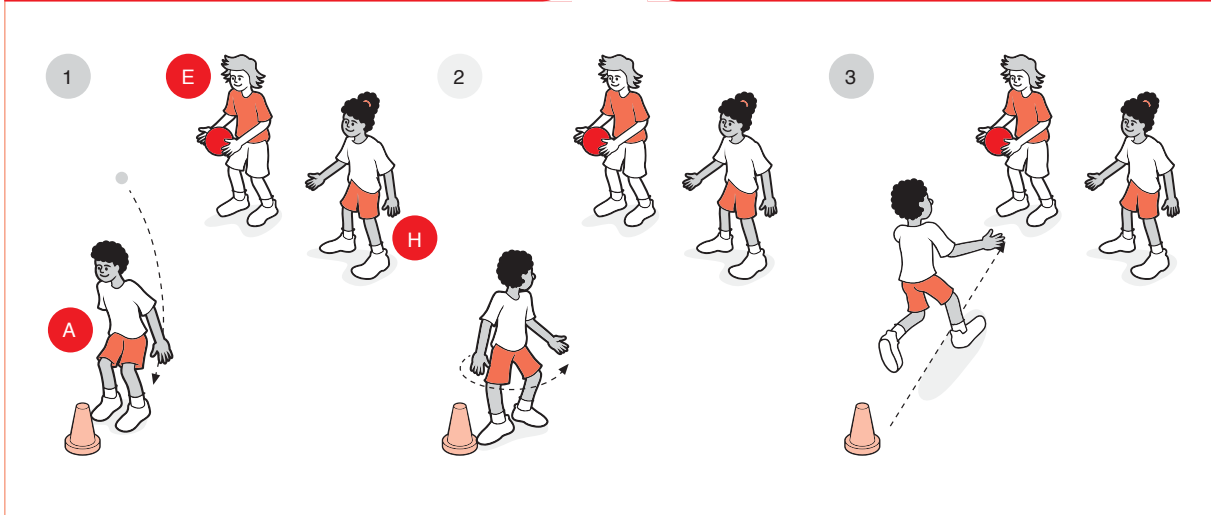
#### Hei tohu ako

Āta tau ki te papa ko ngā waewae e rua kei te piri.

Ka kaurori haere i tētahi waewae ki te kimi hoa tākaro kei te wātea.

Me ngana kia torotika te maka uma ki tētahi kaitākaro kei te wātea.

#### Activity – pivot and pass relay



#### Hei mahi – tūāoma kaurori me te maka

#### Set up

Players line up A, E, H, etc. facing a cone.

#### Te whakaritenga

Ka whakarārangi ngā kaitākaro A, E, H, aha atu, e anga ana ki te koeko.

#### Explanation

Player A runs at  $\frac{3}{4}$  speed to cone, jumps onto two feet, pivots on one foot to face player E, runs back toward player E.

Player A receives a pass from player E then passes ball to player H and goes to back of line.

Player E runs to the cone jumps onto two feet, pivots on one foot to face player H, runs back toward player H.

Process continues.

#### Hei whakamārama

Ka  $\frac{3}{4}$  te tere o te oma a kaitākaro A ki te koeko ka peke me ngā waewae e rua, ka kaurori i te waewae kotahi kia anga te titiro ki a kaitākaro E, ka oma ki a kaitākaro E.

Ka whiwhi a kaitākaro A i te pōro ka makā mai e kaitākaro E, kātahi ka whiu i te pōro ki a kaitākaro H, ka oma ki te hiku o te rārangi.

Ka oma a kaitākaro E ki te koeko ka peke i ōna waewae e rua, ka kaurori i te waewae kotahi kia anga ki a kaitākaro H, ka oma ki a kaitākaro H.

Ka haere tonu.

### Hei tohutoro

Ready to play netball – Fun Ferns Netball New Zealand ([www.netballnz.co.nz](http://www.netballnz.co.nz))

Developing fundamental movement skills and Kiwidex – SPARC ([www.sparc.org.nz](http://www.sparc.org.nz))

# Poikiri



## Te whakawhanake koringa taketake mā roto i te poikiri mā ngā ākonga tau 1–4

Te arotahi ki ngā tautōhito taketake: te tuku ā-waewae, te pei haere ki te waewae me te oma.

### TE TUKU Ā-WAEWAE

#### Hei whakaaturanga

Te tuku ā-waewae i te pōro.

#### Hei reo āwhina

#### Learning cues

Contact the ball using the inside of the foot.

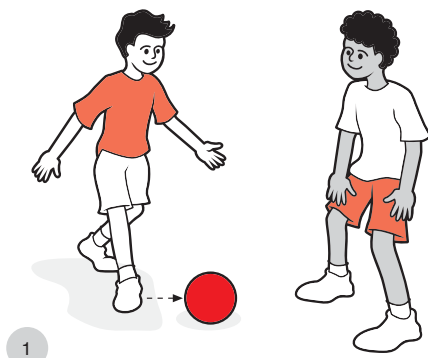
Focus on accuracy and the weight of the pass.

#### Hei tohu ako

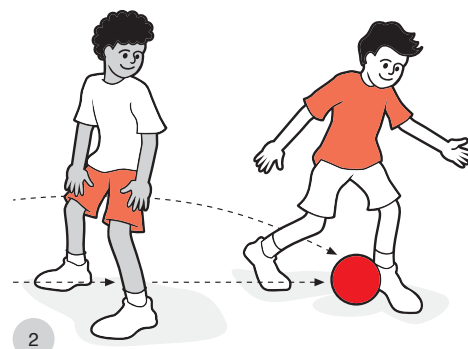
Me whakapā ki te pōro mā te taha whakaroto o te waewae.

Ka arotahi ki te torotika me te taumaha o te tuku.

#### Activity – tunnels



#### Hei mahi – arapoka



#### Set up

One ball between two children.

#### Te whakaritenga

Kotahi te pōro ki ia tokorua.

#### Explanation

Player A kicks ball between player E's legs then runs to the opposite line to stop it.

#### Hei whakamārama

Ka whanaia e kaitākaro A te pōro ki waenganui i ngā waewae o kaitākaro E, ka oma ki te whakatū hei mua i te whitinga o te pōro i te rāina.

Repeat six times then partners change over.

Kia ono ngā mahinga ka huri ngā mahi a ngā kaitākaro.

## TE PEI HAERE KI TE WAEWAE

### Hei whakaaturanga

Te neke me te tiaki i te pōro me ki waewae.

### Hei reo āwhina

#### Learning cues

Use the inside of both feet and the outside of the dominant foot.

Keep head up.

Stop the ball with the sole of the foot.

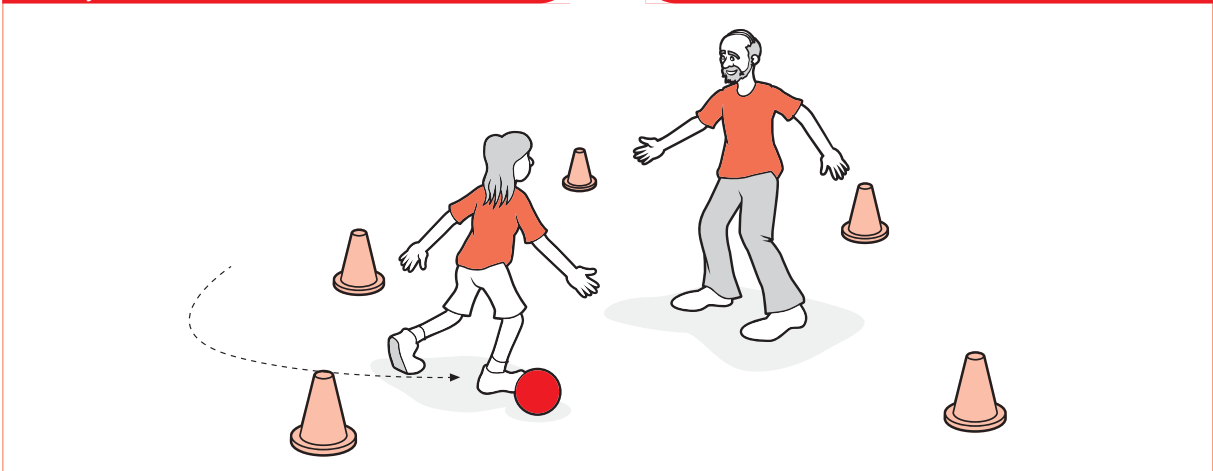
#### Hei tohu ako

Whakamahia ko te taha whakaroto o ngā waewae e rua me te taha whakawaho o te waewae kaha.

Kia kaua e titiro whakararo.

Whakatū i te pōro ki te raparapa o te waewae.

#### Activity – taniwha river



#### Hei mahi – te awa taniwha

#### Set up

Place a baby taniwha (cone) and a mother/father taniwha (another cone) in the area. Each child has one ball.

#### Te whakaritenga

Me waiho he punua taniwha (koeko) me tētahi whaea/matua taniwha (tētahi atu koeko) ki te takiwā. Kia kotahi te pōro ki ia tamaiti.

#### Explanation

Children try to cross the river staying with their waka (ball) avoiding the baby and adult taniwha.

#### Hei whakamārama

Ka whakawhiti ngā tamariki i te awa me tō rātou waka (pōro), ka karokaro i ngā taniwha – punua mai, pākeke mai.

**TE OMA****Hei whakaaturanga**

Te oma tere taiawhio i te papa me te kore e mau i tētahi atu kaitakaro.

**Hei reo āwhina****Learning cues**

Look for changes of direction.

Quick acceleration.

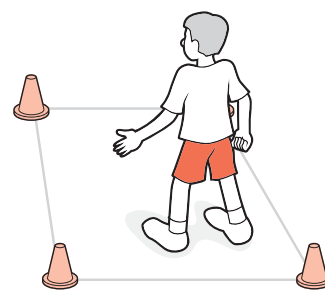
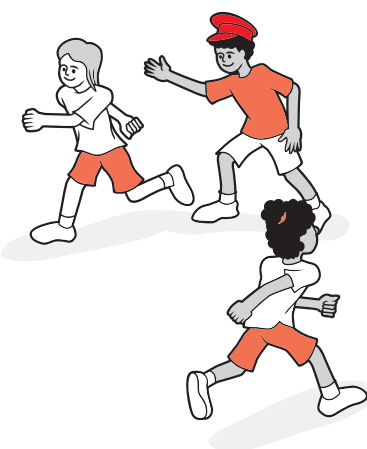
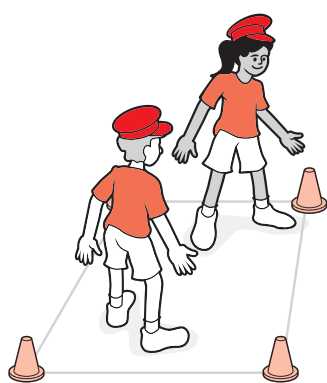
High knees and fast arms.

**Hei tohu ako**

Me ngana kia huri pēnei, huri pērā.

Me hihiko kia tere atu te oma.

Kia teitei ngā turi, kia tere ngā ringa.

**Activity – cops and robbers****Hei mahi – pirihihana me te kuruki****Set up**

Goal areas – police station and jail.

Divide group of six children into 3 x cops and 3 x robbers.

**Te whakaritenga**

Ngā wahi hei whai – te teihana pirihihana me te whare herehere.

Me wehe ngā tamariki tokoono kia 3 x pirihihana, kia 3 x kuruki.

**Explanation**

Cops catch the robbers in the quickest time.

Robbers have two lives and must be tagged twice by different cops to be sent to jail.

Only one cop is out of the station at one time and they must make two tags before they can let another cop join in the chase.

**Hei whakamārama**

Ka hopu wawe ngā pirihihana i ngā kuruki.

Kia rua ngā hopukanga i te kuruki e ētahi pirihihana rerekē e rua katahi anō ka mau ki te whare herehere.

Kotahi anake te pirihihana kei waho i te teihana pirihihana i te wā kotahi, ka mutu, kia rua ngā pānga katahi anō ka āhei tētahi atu pirihihana ki te āwhina ki te whai i ngā kuruki.

# Poikiri

Te whakawhanake tautōhito nekeneke ka hāngai pū ki te poikiri mā ngā ākonga i ngā tau 5–8

Te arotahi ki ngā tautōhito taketake: te whana ki te waewae, te oma me te pōro, te whiwahi me te maka.

## TE WHANA KI TE WAEWAE

### Hei whakaaturanga

Kia kaha tonu te pā o te waewae ki tētahi mea kia pai tonu te mahi tahi a ngā karu me ngā waewae.

### Hei reo āwhina

#### Learning cues

Strike the ball underneath its centre.

Run-up, plant the non-kicking foot beside the ball.

Follow through with the kicking foot, leg moving upwards.

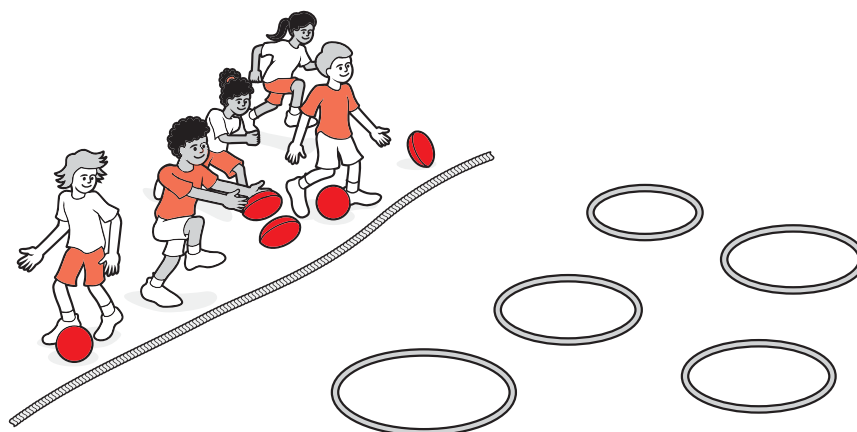
#### Hei tohu ako

Me pana te pōro i raro mai i tōna pūtahi.

Ka oma atu, me te tau o te waewae kāore i te whana ki te taha tonu o te pōro.

Me haere tonu te waewae whana, ahu whakarunga ana.

#### Activity – kicking at a target



#### Hei mahi – te whana ki tētahi tākete

#### Set up

Use a variety of balls for kicking plus hoops, cones, and a rope for kicking line.

Children in groups of five or six stand behind the kicking line, with a ball each and hoops spread out in a target area in front of them.

#### Te whakaritenga

Whakamahia ētahi momo pōro hei whana me ngā tāwhiti, koeko, taura hoki hei rāina whana.

Ka tū ngā rōpū tamariki tokorima, tokoono rānei ki muri i te rāina whana, kotahi te pōro ki ia tamaiti, ko ngā tāwhiti kua waiho ki roto i te rohe tākete kei mua i ō rātou aroaro.

**Explanation**

Kick the ball so it goes over the line and lands in one of the hoops in the target area.

Each group gets a point each time the ball lands in a hoop on the full.

Balls must be kicked in the air.

Children retrieve their ball when everyone has kicked the ball.

Keep practising until the group gets 10 points.

**Hei whakamārama**

Ka whana i te pōro kia whakawhiti i te rāina, ki roto i tētahi o ngā tāwhiti i te rohe tākete.

Ka whiwhi piro te rōpū ka tautika atu ana tana pōro ki roto i te tāwhiti.

Me whana rawa te pōro ki te takiwā.

Ka whana ngā tamariki katoa āna pōro kātahi anō rātou ka haere ki te tiki.

Me haere tonu ngā mahi kia whiwhi rā anō te rōpū i ngā piro 10.

## TE OMA ME TE PŌRO

### Hei whakaaturanga

Te neke haere ko ngā waewae kei te whakahaere i te pōro kia tata.

### Hei reo āwhina

#### Learning cues

Use the inside of both feet and the outside of the dominant foot.

Keep head up.

Stop the ball with the sole of the foot.

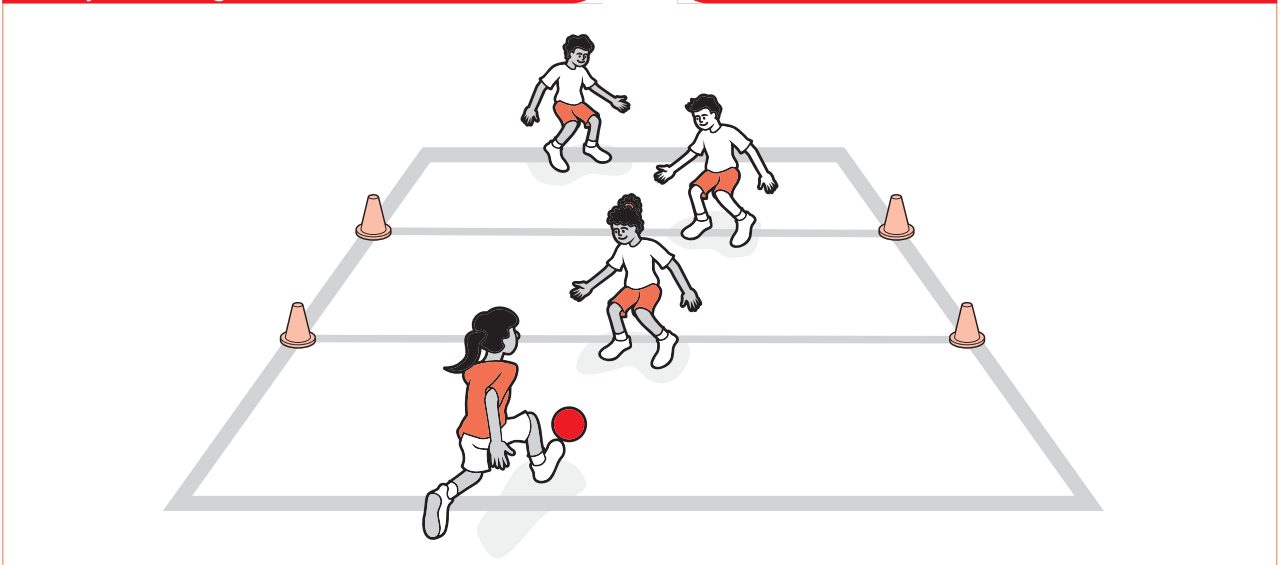
#### Hei tohu ako

Whakamahia ko te taha whakaroto o ngā waewae e rua me te taha whakawaho o te waewae kaha.

Kaua e titiro whakararo.

Whakatū i te pōro ki te raparapa o te waewae.

#### Activity – run the gauntlet



#### Hei mahi – te oma i te awaawa kino

#### Set up

One ball per attacking player.

Defenders stand between two cones and can only defend by moving side to side.

#### Te whakaritenga

Kotahi te pōro ki ia kaikōkiri.

Ka tū ngā kaiwawao e rua i waenganui i ngā koeko e rua, kāore ā rāua nekenga i tua atu i te taha-ki-taha.

#### Explanation

The dribbler tries to dribble past defenders to reach the top of the area.

A point is scored for every defender passed.

#### Hei whakamārama

Ka ngana tētahi o ngā kaitākaro ki te tūpana i te pōro ki ana waewae kia hipa i ngā kaiwawao, kia tae ki te pito whakarunga o te rohe.

Ka whiwhi piro mō ia kaiwawao ka whakahipangia.



**TE WHIWHI ME TE MAKA****Hei whakaaturanga**

Te whiwhi pai me te tuku ki kaitakaro ke.

**Hei reo āwhina****Learning cues**

Cushion the ball, and shield the ball.

Pass with all foot surfaces.

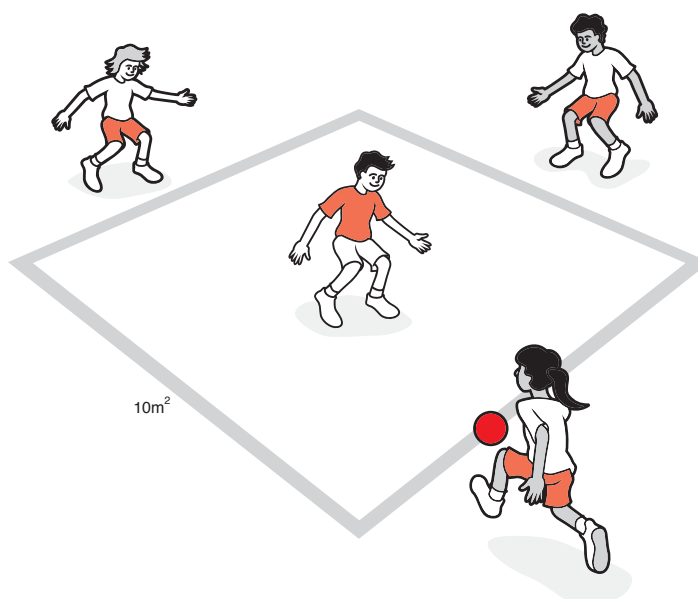
Accurate and correct weighting of pass.

**Hei tohu ako**

Me atawhai, me āta tiaki te pōro.

Tuku i te pōro ki ngā taha katoa o te waewae.

Kia torotika, kia tika te taumaha o te tuku.

**Activity – passing square****Hei mahi – te maka tapawhā****Set up**

One defender inside and 3 x attackers outside a 10m square area.

**Te whakaritenga**

Kotahi te kaiwawao ki roto me ngā 3 x kaikōkiri i te rohenga 10m pūrua.

**Explanation**

Attackers try to make 10 consecutive passes without going into the square.

Defender tries to intercept without going outside the square.

**Hei whakamārama**

Ka ngana ngā kaikōkiri kia 10 ngā tuku raupapa, me te kore e kuhu ki te tapawhā.

Ka ngana te kaiwawao ki te haukotu i te pōro, me te kore e puta i te tapawhā.

**Hei tohutoro**

Coaching resources for Small Whites ([www.smallwhites.co.nz](http://www.smallwhites.co.nz))

Developing fundamental movement skills and Kiwidex – SPARC ([www.sparc.org.nz](http://www.sparc.org.nz))

# Rīki



## Te whakawhanake koringa taketake mā roto i te rīki mā ngā ākongā tau 1–4

Te arotahi ki ngā tautōhito taketake: te oma, te maka me te whiwhi.

### TE OMA

#### Hei whakaaturanga

Te neke haere me te pōro, kāore rānei me te pōro, i ngā wā kāore ngā waewae e rua i te papa.

#### Hei reo āwhina

#### Learning cues

Keep eyes up, look ahead, and lean body slightly forward.

Move arms in opposition to leg action.

If carrying a football, hold in two hands.

The balls of the feet should contact the ground first.

#### Hei tohu ako

Me hiki ngā karu, me anga whakamua, ka paku nei te tītaha whakamua o te tinana.

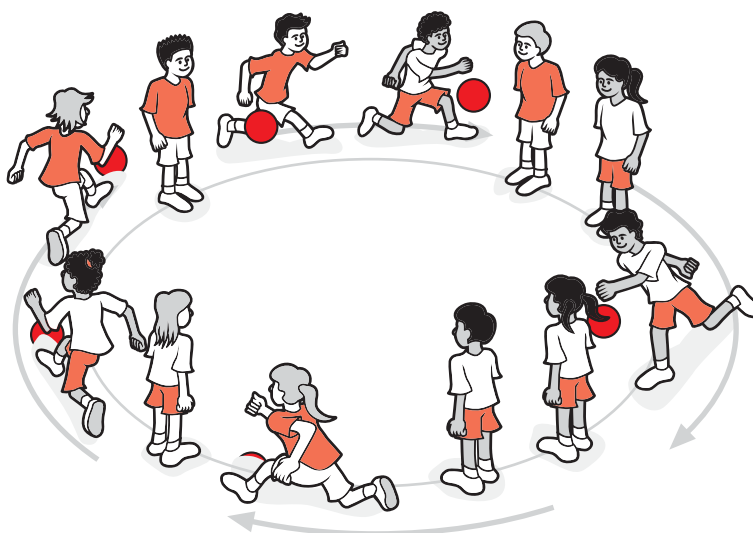
Ka neke pēnei ngā waewae, me neke pērā ngā ringa.

Mēnā kei te mau te pōro, me mau ki ngā ringa e rua.

Me pā tuatahi ki te papa ko te taha mua o ngā raparapa o ngā waewae.

#### Activity – birds nests

#### Hei mahi – ngā kōhanga manu



**Set up**

Children form a circle, each is given a football.

Children are given the name of a bird e.g. kiwi, tūi, kea, etc. (up to six birds).

**Explanation**

Teacher calls a bird(s) name and children with that name run with their football around the group back to their original space – their 'nest'.

**Variations**

1. Teacher blows the whistle and children change direction to return to their nests.
2. Change the circle into a figure 8 where the children go around the figure 8 to get to their nest.

**Te whakaritenga**

Me whakatū porowhita ngā tamariki, ka hoatu whutupōro ki tēnā, ki tēnā.

Ka hoatu ingoa manu ki tēnā, ki tēnā tamaiti, arā, kiwi, tūi, kea, aha atu (tae rawa ki te ono manu).

**Hei whakamārama**

Ka karanga te kaiako i (t)ētahi manu ka oma taiāwhio (t)ērā tamaiti/tamariki me tana/ā rātou whutupōro i te rōpū, ka hoki atu ki tōna/ō rātou 'kōhanga'.

**He whakarerekētanga**

1. Ka tangi te whio a te kaiako, ka huri kōaro ngā tamariki ka hoki ki ō rātou kōhanga.
2. Ka panoni i te porowhita ki te āhua o te '8', ka whai ngā tamariki i taua hanganga kia tae ki ō rātou kōhanga.

## TE MAKA

### Hei whakaaturanga

Te maka i te pōro mai i tētahi ki tētahi i te wā e oma ana.

### Hei reo āwhina

#### Learning cues

Hold the football with thumbs on the upper panels and pointing toward centre; fingers spread on under panels and around back of football; nose of football pointed down at the ground.

Eyes on the target – the receiver's waist.

Foot furthest from the receiver is forward.

Dip shoulder closest to receiver and swing arms across the body releasing the football just before the arms become parallel to the ground.

Arms and fingers should end up pointing at the target.

#### Hei tohu ako

Puritia te whutupōro ko ngā kōnui ki runga e anga atu ana ki te pūtahi; ko ngā matimati roha kei raro paku iho, kei muri hoki i te whutupōro; ko te ihu o te whutupōro kei te anga ki te papa.

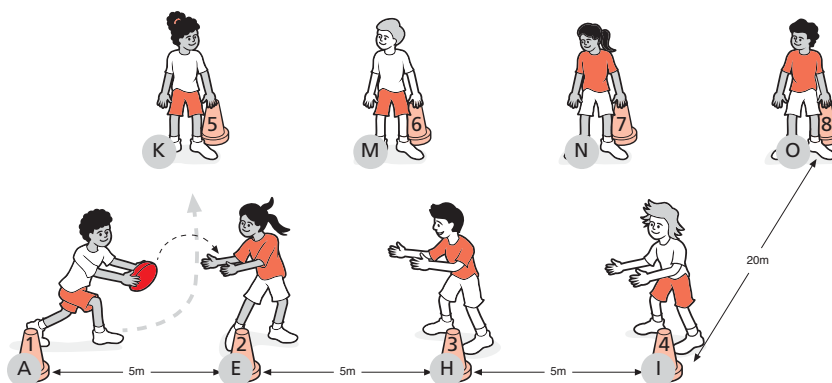
Hāngai i ngā karu ki te tākete, arā, te hope o te kaiwhiwhi.

Ko te waewae tawhiti rawa i te kaiwhiwhi kei te anga whakamua.

Ka taiheke te pakihwi tata rawa ki te kaiwhiwhi, ka piu ngā ringa ki mua i te tinana, ka maka i te pōro i mua i te whakarara o ngā ringa ki te papa.

I te otinga, ka anga ngā ringa me ngā matimati ki te tākete.

#### Activity – line running



#### Hei mahi – te oma rāina

#### Set up

Players in groups of four are spread 5m apart.

#### Te whakaritenga

Kia tokowhā ki ia rōpū, e 5 mita te tawhiti tētahi kaitākaro i tētahi.

#### Explanation

Player A runs and passes to player E and runs to cone 5.

Player E passes to player H and runs to cone 6.

Player H passes to player I and runs to cone 7.

Player I hands football off to player K.

Player K passes to player M and runs to cone 4 etc.

When players return to their starting position each player moves one position to the right i.e. A to E, E to H and so on.

#### Hei whakamārama

Ka oma, ka maka a kaitākaro A i te pōro ki a kaitākaro E, ka oma ki koeko 5.

Ka maka a kaitākaro E i te pōro ki a kaitākaro H, ka oma ki koeko 6.

Ka maka a kaitākaro H i te pōro ki a kaitākaro I, ka oma ki koeko 7.

Ka hoatu a kaitākaro I i te pōro ki a kaitākaro K.

Ka makā e kaitākaro K te pōro ki a kaitākaro M, ka oma ki koeko 4, haere tonu.

Ka hoki ngā kaitākaro ki ō rātou ake wāhi tū, ka kotahi te nekehanga whakatematau, arā, A ki te E, E ki te H, te aha atu.

**TE WHIWHI****Hei whakaaturanga**

Te whiwhi i te pōro kua makā e 3–5 mita te tawhiti.

**Hei reo āwhina****Learning cues**

Eyes on the football, elbows tucked to sides.

Foot furthest from receiver is forward; upper body slightly turned towards passer.

Hands extended toward the football with fingers spread and thumb tips pointed upward.

Catch with two hands and allow the hands to 'give' towards the body.

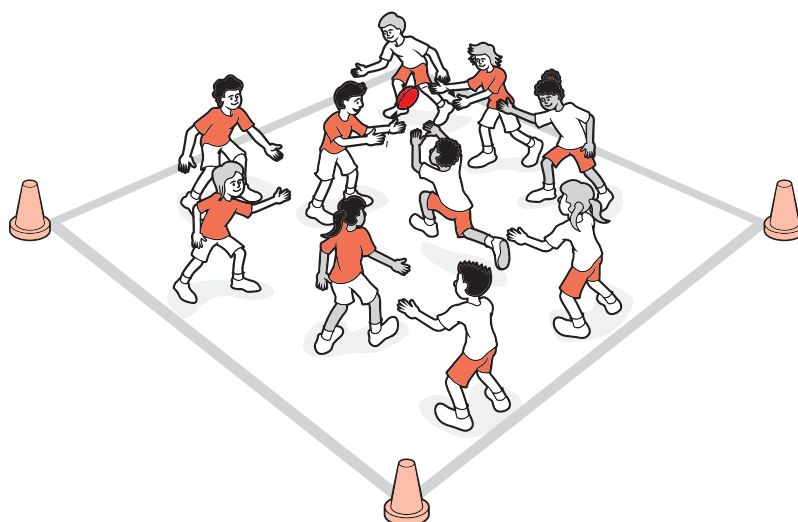
**Hei tohu ako**

Hāngai te titiro ki te whutupōro, ko ngā tuke ki ngā taha o te tinana.

Kei te anga whakamua te waewae tawhiti rawa i te kaiwhiwhi, ko te taha whakarunga o te tinana kei te huri paku ki te kaimaka.

Kei te toro ngā ringa ki te whutupōro, ko ngā matimati roha, ko ngā kōnui kei te anga whakamua.

E rua ngā ringa ki te hopu i te pōro, ka 'atawhai' ki te tinana.

**Activity – five passes****Hei mahi – ngā maka e rima****Set up**

Grid approx. 10mx10m.

Players divided into two teams.

**Te whakaritenga**

Kia 10m pūrua te rohenga.

Kia rua ngā rōpū tamariki.

**Explanation**

Team in possession aims to make five passes to score a point.

Team not in possession tries to intercept or knock the football down.

The ball can not be passed back to the previous passer.

Change of possession occurs when a pass is incomplete or a player in possession runs out of the grid.

**Hei whakamārama**

Kia rima ngā maka a te rōpū kei a ia te pōro, e whiwhi ai ki te piro kotahi.

Ka ngana tērā o ngā rōpū ki te haukotu, ki te pare rānei i te pōro.

Kāore e whakaaetia te maka i te pōro ki te tangata kātahi anō ka maka.

Ki te kore e tutuki he maka, ki te puta rānei te kaitākaro ki waho o te rohenga, ka whiti te pōro ki tērā rōpū.

# Rīki

## Te whakawhanake koringa taketake ka hāngai pū ki te riki mā ngā ākonga tau 5–8

Te arotahi ki ngā tautōhito taketake: te rutu, te rato pōro me te whana taka.

### TE RUTU

#### Hei whakaaturanga

Te rutu i te kaitākaro kei a ia te pōro mā te hopu i ōna waewae, ka porowhiu ki te papa.

#### Hei reo āwhina

#### Learning cues

Eyes on the target – below hip and above knee.

Keep eyes up and open; head to the side of the runner and tight to runner's hip region on contact.

Arms wrap tightly around runners legs.

Fall back with the momentum of player to bring them to the ground. NB: Foot on the shoulder side taking the tackle is slightly back so as to 'give' with the runner's weight.

#### Hei tohu ako

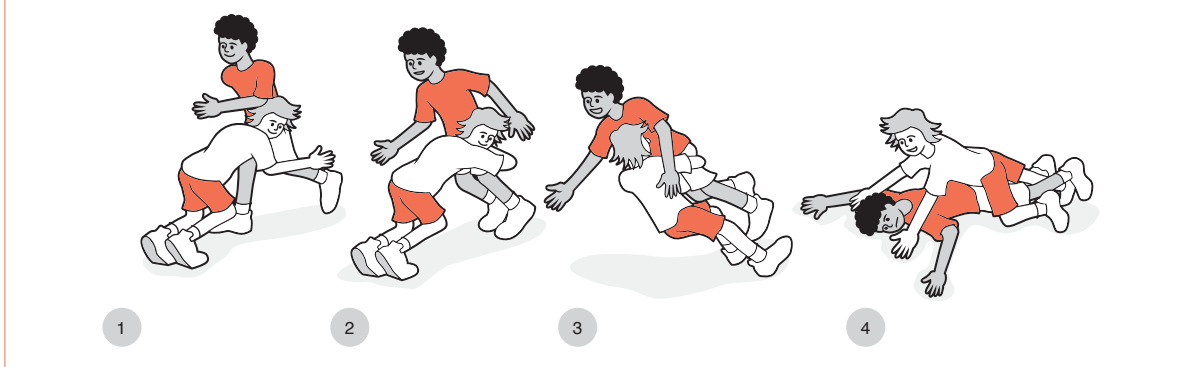
Hāngai i ngā karu ki te tākete – kei raro iho i ngā hope, kei runga ake i ngā turi.

Kaua e titiro whakararo, me huaki ngā karu; ko te māhunga ki te taha o te kaioma, piri tata ana ki tōna hope i te tuinga.

Kia ita te awahi o ngā ringa ki ngā waewae o te kaioma.

Ka taka whakamuri ki te papa me te kaioma. Kia mahara: Kei muri paku nei te waewae i te taha o te pakihwi ka awahi i te kaioma, e 'tuku' wawe ai ki raro me te taumaha o te kaioma.

#### Activity – tackling drill



#### Hei mahi – te whakangungu rutu

#### Set up

Players 3m apart.

#### Te whakaritenga

E 3m te tawhiti o ngā kaitākaro, tētahi i tētahi.

#### Explanation

Progression:

Tackler kneeling – ball carrier walking.

Tackler crouching – ball carrier jogging.

Tackler standing – ball carrier ¼ pace.

The tackler is stationary when the tackle is made.

#### Hei whakamārama

Te raupapa:

Tūturi te kairutu – kei te hikoi te kaioma.

Tuohu te kairutu – kei te toitoi te kaioma.

Tū ana te kairutu – ¼ te oma a te kaioma.

Kia whakapahoho te kairutu i te rutunga.

## TE RATO PŌRO

### Hei whakaaturanga

Hei timata anō whaimuri i te rutu. Ko te tikanga kia matika ki runga te kaitākaro kua rutua ka rato wawe i te pōro.

### Hei reo āwhina

#### Learning cues

Player rolls onto right hip and draws right leg up under body.

Simultaneously place left hand on ground and swing left leg forward.

Take weight on right forearm and rise to feet.

Place the football (with both hands) on the ground and roll football back with the right foot.

#### Hei tohu ako

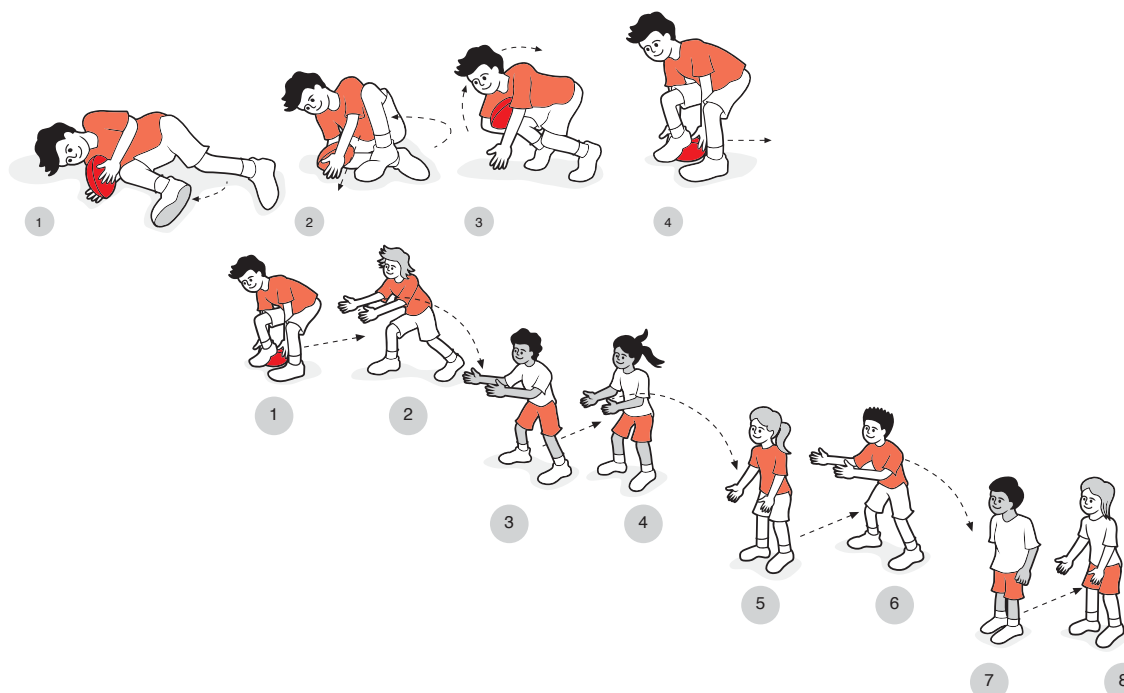
Ka pīrori te kaitākaro ki tōna hope matau ka pēpeke i te waewae matau ki raro i te tinana.

I taua wā tonu, me pā te ringa mauī ki te papa ka piu whakamua te waewae mauī.

Ko tō taumaha ki te tuke matau ka matika ki runga.

Ka waiho i te whutupōro (me ngā ringa e rua) ki te papa, ka pīrori whakamuri ki te waewae matau.

#### Activity – zig zag footy



#### Hei mahi – te whutupōro kōpikopiko

#### Set up

Eight players with 4 x markers spaced 5m apart and 5m back.

#### Explanation

Player 1 falls on ground gets up and plays the ball to player 2. (1 moves to 2).

Player 2 passes to player 3 (then runs to 3).

Player 3, falls on ground, gets up and plays the ball to 4.

Continue until player 8 gets the football and runs to 1.

#### Te whakaritenga

Tokowaru ngā kaitākaro, e whā ngā koeko e 5m te tawhiti kei waenganui, e 5m te hokinga whakamuri.

#### Hei whakamārama

Ka taka a kaitākaro 1 ki te papa, ka matika ki runga, ka rato i te pōro ki a kaitākaro 2 (ka neke a kaitākaro 1 ki te tūranga o 2).

Ka maka a kaitākaro 2 i te pōro ki a kaitākaro 3 (kātahi ka oma a 2 ki te tūranga o 3).

Ka taka a kaitākaro 3 ki te papa, ka matika, ka rato i te pōro ki a kaitākaro 4.

Haere tonu kia tae ki a kaitākaro 8, ka oma ia me te pōro ki te tūranga o 1.

## TE WHANA TAKA

### Hei whakaaturanga

Kia torotika, kia tawhiti te whana i te pōro.

### Hei reo āwhina

#### Learning cues

Hold the football as you would for passing.

Point the football towards the ground at 45 degrees, hold the football over the knee of the kicking foot.

Extend arms but keep elbows flexed.

Eyes on the football; drop football to foot; extend ankle on contact and follow through.

Keep head down.

#### Hei tohu ako

Puritia te pōro ānō nei kei te makā.

Me anga te whutupōro ki te papa i te 45 tākiri, ko te whutupōro kei runga ake o te turi o te waewae whana.

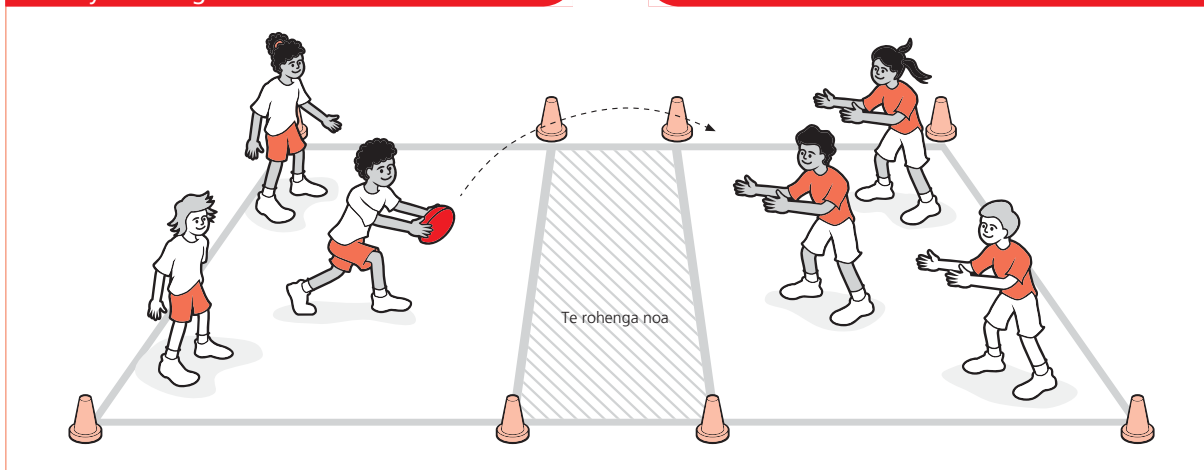
Ka whātoro i ngā ringa, heoi ko ngā tuke kei te whakawhena.

Me anga ngā karu ki te whutupōro; whakatakangia te whutupōro ki te waewae; i te whana, me toro te pungapunga, ka haere tonu.

Me tuohu tonu te mähunga.

#### Activity – kicking tennis

#### Hei mahi – te whana tēnehi



#### Set up

Two teams on opposing courts.

#### Te whakaritenga

Kotahi te rōpū kei tēnā papa tēnehi, kei tēnā papa tēnehi.

#### Explanation

Kick the ball to land in the opponent's court.

Award points if the ball lands in the opponent's court (point to kicking team) or outside the opponent's court (point to catching team).

#### Hei whakamārama

Whana i te pōro kia tau ki te papa o te hoariri.

Me whakawhiwhi he piro ki te tau te pōro ki te papa o te hoa tauwhāinga (piro ki te rōpū whana), ki waho rānei o te papa o te hoa tauwhāinga (piro ki te rōpū hopu).

#### Variations

This activity can be designed using different kicks e.g. grubber kick that must land in neutral zone, chip kick that must go no higher than 3m.

#### He whakarerekētanga

Ka taea tēnei mahi me ngā momo whana, hei tauira, he whana ripi me tau ki te rohenga noa; he whana aweawe kāore i kō ake i te 3m te teitei.

#### He tohutoro

*You coach them* and *Teaching rugby league skills* – Contact NZRL (<http://www.nzrl.co.nz>)

*Developing fundamental movement skills* and *Kiwidex* – SPARC ([www.sparc.org.nz](http://www.sparc.org.nz))



# Whutupōro



## Te whakawhanake koringa taketake mā roto i te whutupōro mā ngā ākonga tau 1–4

Te arotahi ki ngā tautōhito taketake: te maka me te hopu, te karo, te whana ki te waewae.

### TE MAKA ME TE HOPU

#### Hei whakaaturanga

Te maka ki tētahi hoa me te hopu pōro.

#### Hei reo āwhina

#### Learning cues

Hold the ball in two hands and look at the receiver.

Swing arms across the body and pass at chest height in front of receiver.

Follow through in the direction of the pass.

Chin up, eyes open.

Move in straight direction onto the ball.

Extend spread fingers towards the ball.

Watch the ball into hands – ‘give’ with the ball.

#### Hei tohu ako

Ka pupuri i te pōro ki ngā ringa e rua, e titiro atu ana ki te kaiwhiwhi.

Ka piu i ngā ringa kia whiti i te tinana, ka maka ki te teitei o te uma o te kaiwhiwhi.

Ka haere tonu, ka whai te tinana i te aronga o te maka.

Kauae ki runga, kia tuwhera ngā karu.

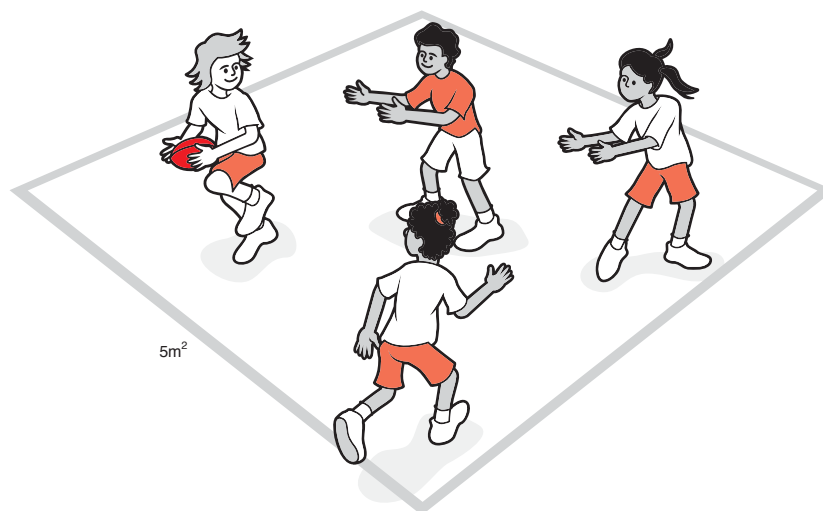
Haere torotika ki te wāhi kei reira te pōro.

Me toro ngā ringaringa ki te pōro.

Mātaki i te pōro e haere mai ana, ka ‘atawhai’ ki roto.

#### Activity – how many passes?

#### Hei mahi – kia hia ngā maka?



#### Set up

Four players inside 5m square grid area.

#### Te whakaritenga

Tokowhā ngā kaitākaro kei roto i tētahi rohenga tapawhā e 5m pūrua te rahi.

**Explanation**

One player nominated as the interceptor.

The interceptor tries to pressure the other players into making bad passes or dropping the ball.

If the ball is dropped or intercepted, the player who made the error and the interceptor change roles and the activity continues.

**Hei whakamārama**

Ka tohu ki tētahi kaitākaro hei kaihawkoti.

Ka ngana te kaihawkoti kia whakararu i ērā kaitākaro kia hē te maka, kia taka rānei te pōro.

Mēnā ka taka te pōro, ka hawkotia rānei, ka tahuri te kaitākaro nāna te hapanga kia tū hei kaihawkoti, ko te kaihawkoti ka tango i tōna tūranga hei kaitākaro; ka haere tonu te mahi.

**TE KARO****Hei whakaaturanga**

Te karokaro ki te haukoti i ngā kaitākaro me te rutu pā-kore.

**Hei reo āwhina****Learning cues**

Keep eyes on opponent's hips.

Body position – legs bent; back straight; head up.

Arms should be held above hips.

Place each hand on side of the hips of the opponent with the ball or reach for the flag.

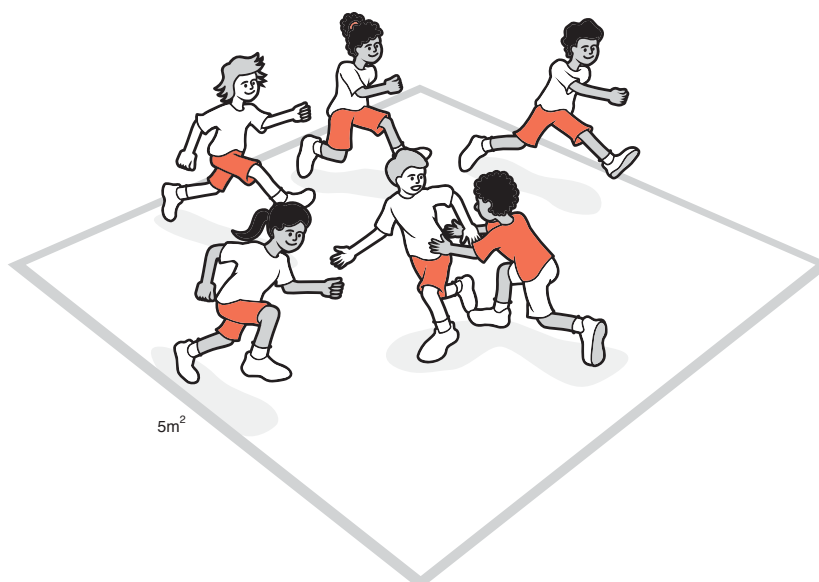
**Hei tohu ako**

Kia whakamau ngā karu ki te hope o te hoa tauwhāinga.

Te tinana – kia piko ngā waewae, kia torotika te tuarā, te māhunga ki runga.

Ki runga ake ngā ringa i te hope.

Me mau ngā ringa ki te hope o te hoa tauwhāinga e pupuri ana i te pōro, whātoro rānei ki te haki.

**Activity – rats rush****Hei mahi – te kōkiri kiore****Set up**

Players line up on one side of a 5m square grid, with one player selected as the defender in the middle.

**Te whakaritenga**

Ka whakarārangi ngā kaitākaro ki tētahi taha o tētahi tapawhā e 5m pūrua te rahi, ka tohu ko tētahi kaitākaro hei kaiwawao ka tū ki waenganui.

**Explanation**

Players run from one line to the opposite line without being tackled by the selected defender.

To tackle the defender places two hands on the opponent's hips or rip the flag.

Once tackled, that player joins the defending team. This continues until the last attacking player is declared the winner.

One defender at a time attempts to tackle any one player.

**Hei whakamārama**

Ko te whāinga kia oma ngā kaitākaro mai i tētahi taha ki tētahi, kia kaua e rutua e te kaiwawao.

Ka rutua te kaiwawao mā te whakapā i ōna ringa ki ngā hope o te hoa tauwhāinga, mā te huhuti rānei i te haki.

Ina rutua, ka haere tērā kaitākaro hei hoa kaiwawao. Ka haere tonu tēnei mahi kia noho kotahi anake te kaikōkiri; kiā ai ko ia te toa.

Kotahi anake te kaiwawao ka rutua i te kaikōkiri kotahi.

## TE WHANA KI TE WAEWAE

### Hei whakaaturanga

Te whana i tētahi mea ki te wae wae.

### Hei reo āwhina

#### Learning cues

Hold ball with point downwards.

Step forward onto non-kicking foot.

Drop ball on to kicking foot.

Swing foot through line of the ball.

Contact ball at the top of instep.

Follow through.

#### Hei tohu ako

Pupuri i te pōro, ko te pito kei te anga whakararo.

Kotahi te hōkai whakamua me te wae wae ehara ko te wae wae pana.

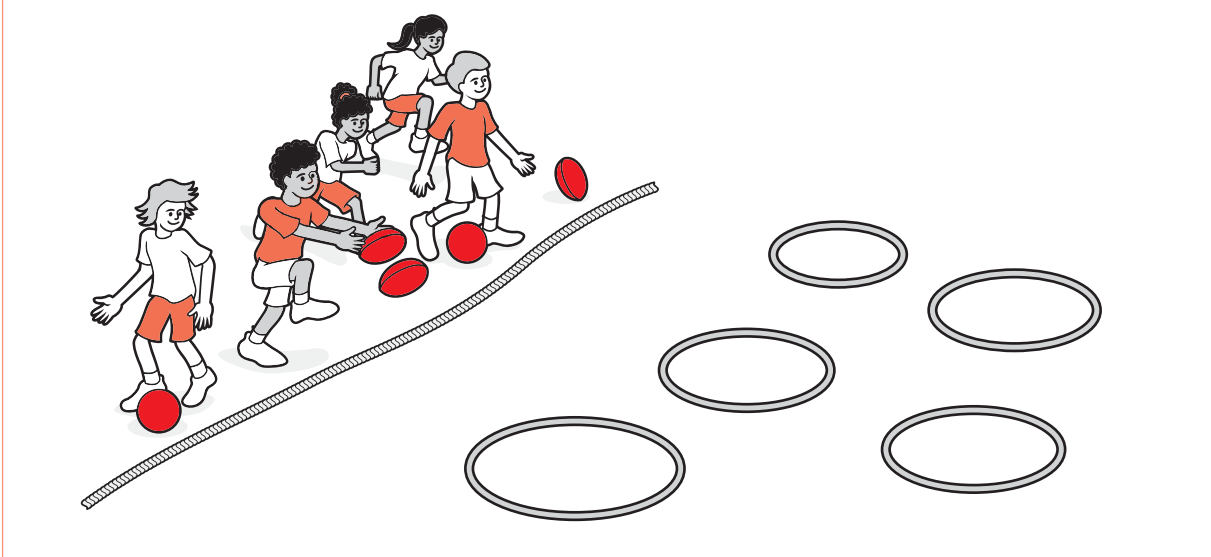
Whakataka i te pōro ki te wae wae pana.

Me piu te wae wae mā te rāina o te pōro.

Me pā te wae wae ki te pōro i te taha whakarunga o te kapuwae.

Ka whai ko te tinana.

#### Activity – hoop target



#### Hei mahi – te tākete tāwhiti

#### Set up

A variety of balls for kicking plus hoops, cones, and rope for kicking line.

Put children in groups of five or six to stand behind the kicking line, with a ball each and hoops spread out in a target area in front of them.

#### Te whakaritenga

Ngā momo pōro hei pana me ētahi tāwhiti, koeko, taura hoki hei rāina whana.

Whakarōpū i ngā tamariki kia tokorima, tokoono rānei, ka mea atu kia tū ki muri i te rāina whana, he pōro kei tēnā, kei tēnā; he tāwhiti kua horahia ki te rohenga tākete kei mua i tō rātou aroaro.

#### Explanation

Kick the ball so that it goes over the line and lands in one of the hoops in the target area.

Each group gets a point for each time the ball lands in a hoop on the full.

Balls are kicked in the air.

Children retrieve their ball when everyone has kicked the ball.

Keep practising until the group gets 10 points.

#### Hei whakamārama

Whana i te pōro kia hipa i te rāina, kia tau ki roto i tētahi o ngā tāwhiti i te rohenga tākete.

Ka whai piro he rōpū ki te tau tika te pōro ki roto i te tāwhiti.

Ka whanaia ngā pōro ki te takiwā.

Kia oti te mahi nei i ngā tamariki katoa, ka haere rātou ki te tiki.

Me whakangungu kia eke rawa ngā piro ki te 10.

# Whutupōro

Te whakawhanake tautōhito nekeneke ka hāngai pū ki te whutupōro mā ngā ākonga i ngā tau 5–8.

Ngā koringa ka hāngai pū ki te hākinakina: te maka mai i te papa, te karo me te whana taka.

## TE MAKA MAI I TE PAPA

### Hei whakaaturanga

Kia maka wawe i te pōro mai te papa i ngā wāhi kei te mātotoru ngā kaitākaro.

### Hei reo āwhina

#### Learning cues

Foot beside the ball.

Wide base.

Sweep the ball.

#### Hei tohu ako

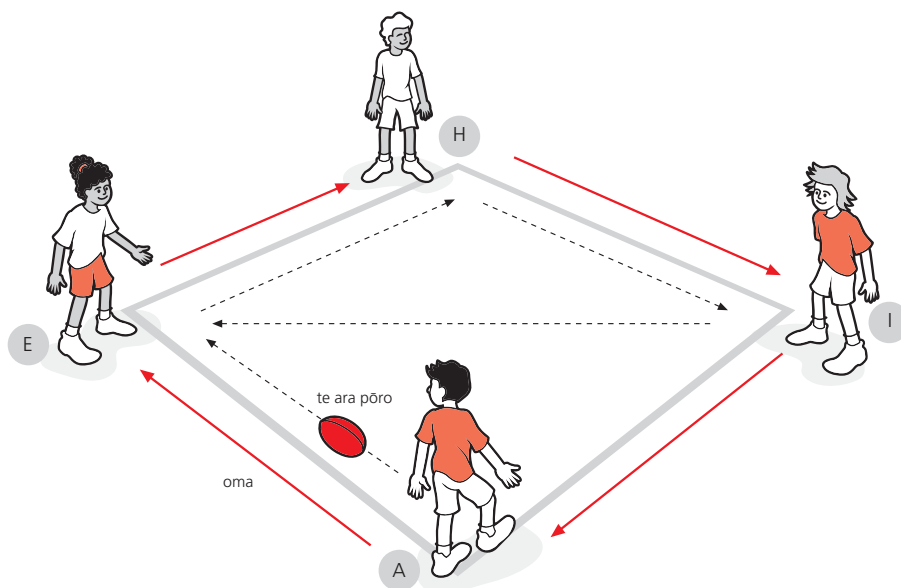
Waewae ki te taha o te pōro.

Kia whānui te pūtake.

Tahia te pōro.

#### Activity – half back pass

#### Hei mahi – te maka poutoko



#### Set up

4 students in 8 x 8 metre grid.

Players stand on the corners of the grid. One ball per grid.

#### Te whakaritenga

E 4 ngā ākonga i tētahi rohenga tapawhā e 8m pūrua te rahi.

Kia tū kotahi te kaitākaro ki ia kokonga o te tapawhā.

Kotahi te pōro ki ia tapawhā.

**Explanation**

Player A places their right foot beside the ball and throws a pass to the left (anti-clockwise).

The receivers place the ball in front of them.

The passer runs to the ball and passes to the next receiver (anti-clockwise).

After the third receiver places the ball the passer throws a diagonal pass across the grid to player E and returns to their original position.

Player E places the ball on the ground and begins the process again.

**Hei whakamārama**

Ko te waewae matau o kaitākaro A ki te taha o te pōro ka maka whakatemauī (tē whakatekaraka).

Ka waiho te pōro e ngā kaiwhiwhi ki mua i a rātou.

Ka oma te kaimaka ki te pōro ka maka ki te kaiwhiwhi ka whai (tē whakatekaraka).

Kia oti te waiho a te kaiwhiwhi tuatoru i te pōro, ka porowhiu te kaimaka i tētahi maka kauroki ki a kaitākaro E, ka hoki ki tōna tūranga ake.

Ka waiho a kaitākaro E i te pōro ki te papa, kua haere anō.

**TE KARO****Hei whakaaturanga**

Te oma me te karo i te hoa tauwhāinga.

**Hei reo āwhina****Learning cues**

Ball in two hands.

Run towards defender.

Change pace and/or direction of movement.

Position ball away from defender.

Accelerate into the space.

**Hei tohu ako**

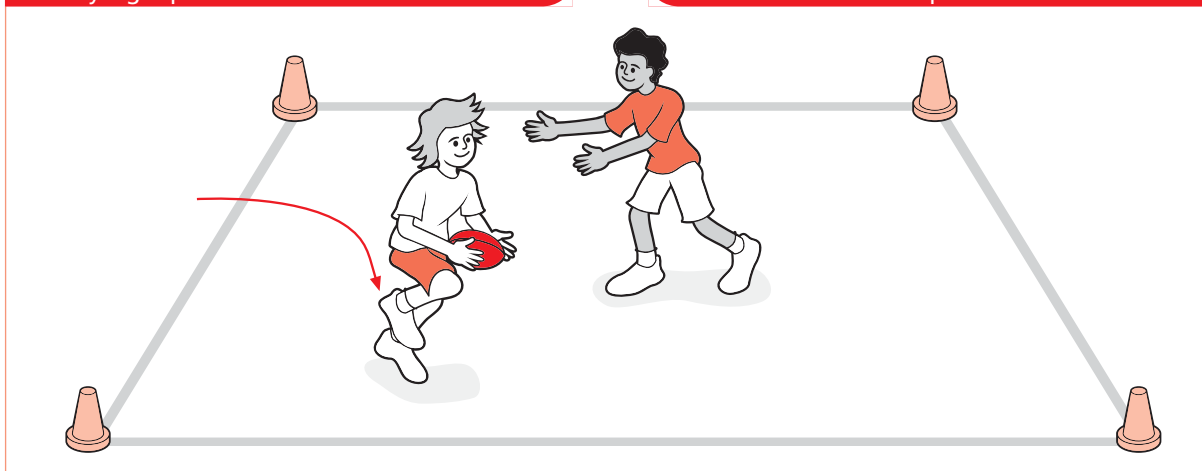
E rua ngā ringa e mau ana ki te pōro.

Ka oma ki ngā kaiwawao.

Ka whakarerekē i te tere o te oma, te ahunga rānei.

Me pupuri i te pōro kia kore ai e taea e te kaiwawao.

Kia tere tonu ki te wāhi wātea.

**Activity – get past****Hei mahi – te whakahipa atu****Set up**

The attacker starts on one side of a 10mX10m grid.

Defender is in the middle of the grid.

**Te whakaritenga**

Ka timata te kaikōkiri ki tētahi taha o te rohenga 10mx10m te rahi.

Kei waenganui pū te kaiwawao i te rohenga.

**Explanation**

Attacker aims to beat the defender whilst staying between the two lines.

Attacker uses sheer pace, change of pace, side-step, swerve, or fend.

**Hei whakamārama**

Ka ngana te kaikōkiri kia whakahipa i te kaiwawao me te noho tonu ki waenganui i ngā raina e rua.

Ko ngā rautaki a te kaikōkiri: ka tere rawa atu te oma; ka tere, ka āta haere; ka karo taha, ka oma tītaha, ka pārai hoki.

## TE WHANA TAKA

### Hei whakaaturanga

Ko tēnei momo whana hei timata i te tākaro, hei haere whakamua, hei whai piro hoki.

### Hei reo āwhina

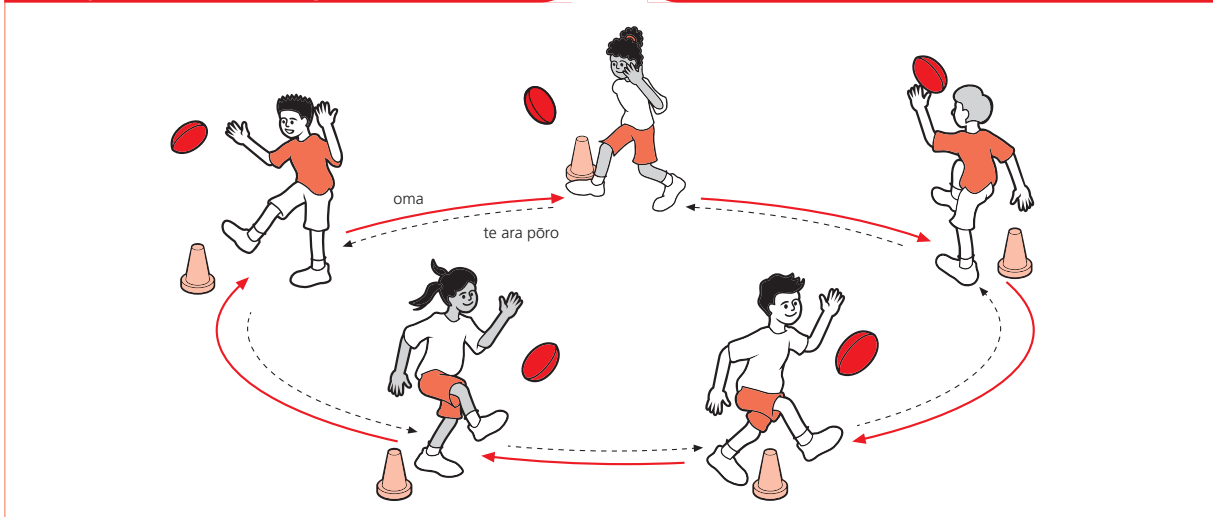
#### Learning cues

Hold ball with point downwards.  
Eyes on ball.  
Step forward onto non-kicking foot.  
Drop ball onto point.  
Swing through line of the ball.  
Contact ball at the top of instep.  
Follow through.  
Raise opposite arm for balance.

#### Hei tohu ako

Pupuri i te pōro ko te pito kei te anga whakararo.  
Ko ngā karu kei te mātaki i te pōro.  
Kotahi te hōkai me te waewae ehara ko te waewae whana.  
Ka whakataka i te pōro i tōna pito.  
Me pui te waewae pana ki te raina o te pōro.  
Ka pā te taha whakarunga o te kapuwae ki te pōro.  
Ka whai atu te waewae.  
Ka hiki i te ringa tauaro kia tautika ai.

#### Activity – rotational kicking



#### Hei mahi – te whana takahuri

#### Set up

Players stand in a circle equally spaced, 'kicking' distance apart.

All players stand by a cone with a ball.

#### Te whakaritenga

Ka tū ngā kaitākaro ki tētahi porowhita, kia rite te tawhiti i waenganui i a rātou, me ki, ko te tawhiti o te wana.

Ka tū tēnā kaitākaro, tēnā kaitākaro ki te taha o tētahi koeko me te mau pōro.

#### Explanation

On teacher's call "Kick", players kick accurately to the next cone on their right.

Each player immediately runs in a clockwise direction to catch a ball that has been kicked.

Once the kicked balls have been recovered, the players return to the cone and the drill continues.

#### Hei whakamārama

Ka karanga "Whana" te kaiako, ka whana ngā kaitākaro ki te koeko tata kei te taha matau.

Ka oma wawe ngā kaitākaro me he karaka ki te hopu i te pōro kua whanaia.

Oti ana te tiki i ngā pōro kua whanaia, ka hoki ngā kaitākaro ki te koeko, ka haere tonu te mahi.

### He tohutoro

Coaching toolbox ([www.coachingtoolbox.co.nz/](http://www.coachingtoolbox.co.nz/)) – New Zealand Rugby Union

Developing fundamental movement skills and Kiwidex – SPARC ([www.sparc.org.nz/](http://www.sparc.org.nz/))



# He pou herenga waka

## For more information

### SPARC/IHI AOTEAROA

Active Schools

[www.sparc.org.nz/education/get-ready](http://www.sparc.org.nz/education/get-ready)

### HE ORANGA POUTAMA

[www.sparc.org.nz/partners-and-programmes/he-oranga-poutama/overview](http://www.sparc.org.nz/partners-and-programmes/he-oranga-poutama/overview)

### TE TĀHUHU O TE MĀTAURANGA

Physical activity for healthy confident kids. Guidelines for sustainable physical activity in school communities

[www.tki.org.nz/e/community/health/PDF/pahck-guidelines.pdf](http://www.tki.org.nz/e/community/health/PDF/pahck-guidelines.pdf)

*Te Kaupapa Marautanga o Aotearoa*

[www.tki.org.nz/r/marautanga/index\\_m.php](http://www.tki.org.nz/r/marautanga/index_m.php)

### REGIONAL SPORTS TRUSTS

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[www.sparc.org.nz/partners-and-programmes/regional-sports-trusts/regional-sports-trusts-lists/contacts](http://www.sparc.org.nz/partners-and-programmes/regional-sports-trusts/regional-sports-trusts-lists/contacts)

## He rārangi pukapuka

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Department of Education (1972). *Games and dances of the Māori: A guide book for teachers*. Wellington: Department of Education.

Naden, Ngarangi (1990). *Te reo kori resource kit*. Volume 1. Auckland: Kohia Resource Centre.

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Shennan, J. (1984). *The Māori action song*. Wellington: NZCER.

Te Taura Whiri i te Reo Māori (2006). *He kōrero mō te hākinakina: talking about sport*.

Te Whanganui-a-Tara: Te Taura Whiri i te Reo Māori.

The Hillary Commission (1992). *Kiwidex te Pūrongo*. Wellington: Learning Media (item 97202).

# He kupu taka

## Hei reo tautoko

He mea nui kia mārama te reo tohutohu i ngā koringa tinana. Anei ētahi rerenga kōrero me ētahi kupu hei timatanga māu.

Vocabulary	He kupu hou
ball	pōro
bat [cricket]	whiro
batter	kaipatu
batting tee	tīrau hahau
bowelled [as in out]	hinga
bowl	epa
bowler	kaiepa
catch	hopu
cock [as in cock the wrist]	whakakeu(-a)
cone	koeko
contact	pā
defender	kaiwawao
dribbling	tūpanapana
fend	pārai
hoop	tāwhiti
jump	peke
kick	whana
landing	tau
leap	peke
lob	titoke
overarm throw	maka tāwhai
pass	maka; whiu
penalty	tautuku
pivot	kaurori
point	piro
rotate	takahuri
running	omaoma
score	piro
stump/s	tumu
stumped (to be)	taka
tackle	rutu
target	pironga, tākete
throw	maka
underarm throw	maka kaku
wicket-keeper	tautopenga
wrist	kawititanga o te ringaringa; whatiānga ringa

Vocabulary	He kupu hou
This is an activity to do in pairs (threes/fours).	He mahi takirua (takitoru/takiwhā) tēnei.
Find a partner (about your own size).	Rapua he hoa (kia rite ki a koe te hanga).
Face your partner.	Anga atu ki tō hoa.
Stand beside the cone.	E tū ki te taha o te koeko.
Line up beside the cone.	Rārangi mai ki te taha o te koeko.
Line up one behind the other.	Rārangi mai, tētahi ki muri i tētahi.
Line up on the line.	Whakarārangi i te raina.
Spread out along the line.	Tū wātea i te raina.
Form a circle round me, move out, drop hands.	Me whai porowhita ko au kei waenganui, e neke whakawahō, ka whakataka i ngā ringa.
Run to the first cone.	E oma ki te koeko tuatahi.
Jump to the second cone.	E peke ki te koeko tuarua.
Start here.	Timata ki konei.
Sit at the back of the line.	E noho ki te mutunga o te rārangi.
The child at the front of the line goes.	Ka haere te tamaiti i te timatanga o te rārangi.

Tuhia āu ake kupu me ngā kōrero

A large rectangular area with horizontal dashed lines for writing.



Level 4, Dominion Building, 78 Victoria Street,  
PO Box 2251, Wellington, New Zealand  
Phone: +64 4 472 8058 Fax: +64 4 471 0813

[www.sparc.org.nz](http://www.sparc.org.nz)