

Te whānake i te reo mā te Korīnga Hihiko

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



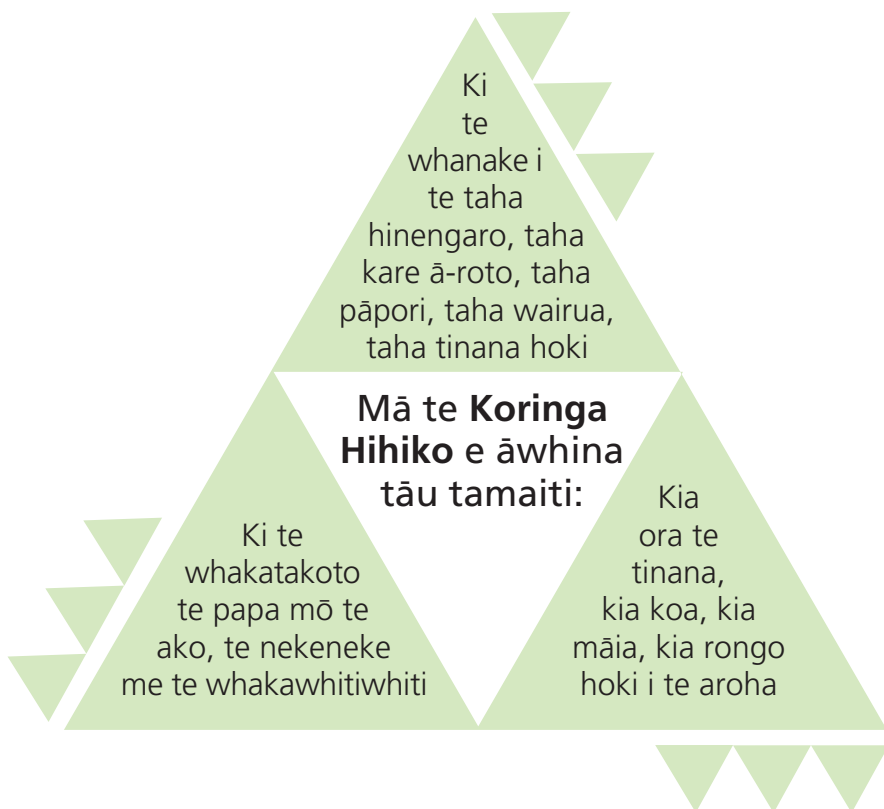
**SPORT
NEW ZEALAND**

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 whanaketanga o te reo?

- ☺ Ki te nui ake ngā whitiwhitinga kōrero me te tamaiti, ka pakari ake tōna reo.
- ☺ Tīmata ai tēnei i mua i te whānautanga mai o te pēpi haere ake ana, ā, puta noa i tōna tamarikitanga.
- ☺ He wā waiwai anō tā te ako i ngā pūkenga hōu, otirā e tūwhera rawa ana te roro ki te ako. Mō te ako reo, ko tōna wā waiwai ko te wā e pēpi ana ia, e kōhungahunga ana ia.

? Mā hea taea ai e te Koringa Hihiko te whakapai ake i te reo?

- ☺ Ka kaha atu tāu kōrerorero ki a ia mō ana korikoringa, ka nui ake tōna māramatanga, ka tipu haere ngā honohono i roto i tōna roro.
- ☺ Me kōrero ki a pēpi mō āna korikoringa i taua wā tonu, ngā wāhi o tōna tinana kei te whakamahia e ia, e anga pēhea hoki ana ia.

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

- ☺ Mā ngā tamariki katoa ēnei ngohe – tama mai, kōtiro mai.
- ☺ Ko te mea nui ko te **raupapa** tika mai o ngā mōhiotanga tinana, **kāpā ko te tau** ka whiwhi te tamaiti i taua mōhiotanga.
- ☺ Kia maumahara, i te wā e ngohe ana ngā tamariki, me noho koe ki tō rātou taha **tiaki ai i a rātou**.

He ngohe mā ngā Pēpi



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



**Ka ako ahau mā
te whakarongo ki
ngā kōrero mō
ngā wāhi o tōku
tinana.**



- I ngā wā e mirimiri ana, e whāwhā ana koe i tōna tinana, me whakaingoa ngā wāhi o tōna tinana, i tōu ringa e pā haere ana.



- Kōrerotia ngā wāhi o te tinana pēnei i te mähunga, puku, waewae, ringa, me ētahi atu wāhi kāore e tino kōrerotia (rekereke, whatiānga raparapa, kūhā, tuarā, tuke).

- Me pīrori he pōro i tōna tinana, ka whakahua haere i ngā wāhi o tōna tinana.

- Ka whakamau ana koe i ōna kākahu, me kōrero mō ngā wāhi kei te kākahutia.



- Me waiata i ngā waiata mō te tinana, ka korikori i taua wāhi ina waiatatia. Ka pakeke haere tāu tamaiti, me waiata i ngā waiata e whakakori ana i ētahi wāhi o tōna tinana i te wā kotahi.

He ngohe mā ngā Tamariki Nohinohi



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



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

Ka ako ahau mā te whakarongo ki ngā kupu whakamārama he aha ngā rongonga o tōku tinana.



➤ Me kōhi ētahi mea, he paparanga rerekē ō rātou, ki tētahi pouaka – ētahi mea tāpā, māeneene, ngohengohe, aha atu. Tangohia tētahi mea i te pouaka ka miri ki ōna ringa, ōna waewae rānei. Me kōrerorero mō tāna e rongō ai.



➤ Haere ki te kāri, ki te pāka rānei ka kohikohi rārā, rau rākau, kōhatu, putiputi, me ētahi atu mea ka whakaoho i a ia. Kōrerorero kōrua mō te āhua o ngā mea rā ki te titiro, ki te āhua hoki ki te pā o te ringa.

➤ Ka tango koe i a ia i te kauranga, kōrero mō te maroke me te māku. Titiro, tohu ki te papa. Kei te māku, kei te maroke rānei? Kei te māku te papa o te uwhiuwhi, kei te maroke rānei?



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

Ētahi atu ngohe mā ngā tamariki nohinohi

➤ Mahia he whakaahua whakapiripiri tāpā/māeneene. Me kōhi ētahi mea mō taua whakaahua, me kōrerorero ki a ia mō te pā ki tōna kiri.

➤ Me tunu kai kōrua, ka kōrerorero mō te whakaranu. Haria ngā kai i tunua e kōrua hei kai pikiniki.



➤ Me miri he tio ki ōna waewae me ōna ringa. Me kōrerorero kōrua mō te makariri me te māeneene.

➤ Hīkoi ki tātahi kāore he hū. Kōrero mō te āhua o te kirikiri. Ka taea hoki tēnei ngohe i tōu papa pātiti.



He ngohe mā ngā Kōhungahunga



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



Ahakoā nohinohi rawa ia ki te tatau, ka ako ia ki te rongoi ia i a koe e tatau ana.

**Ka ako ahau mā
ngā kōrero
whakamārama kei
hea au.**





► “Ka pēhea e kīia ai 'a runga' o tōku ūpoko, 'a runga' anō o tōku waewae, ko 'runga' tonu rāua tahi?” Mā te rahi o ngā ngohe me ngā kōrero i te taha, ka whai māramatanga ngā kōhungahunga mō te rerekē o te tikanga o te kupu kotahi i ngā horopaki rerekē.



► I ngā wā e tākaro ana ia i te papa tākaro, i roto i te kāinga rānei, whakaatu atu ki a ia mēnā kei te haere ia mā raro, kei te kuhu ia ki roto, kei te huri amio, arā atu.

► Tikina he pōro, ka tono ki tāu kōhungahunga kia meatia i te pōro ki raro i tōna waewae, ki te taha o tōna turi, ki waenganui i ōna waewae, ki muri i tōna tuarā, arā atu.

► Tuhia he porowhita ki te ara hīkoi, ka tono ki a ia kia huri amio, hīkoi i roto, kotahi waewae ki roto, kotahi waewae ki waho, arā atu.

► Me whakarārangi ngā tōkena i te papa, ka peke i waenganui, ka hōkai ki runga, ka huri amio i ngā tōkena.

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

Ētahi atu ngohe mā ngā kōhungahunga

Ka ako ahau ki te
tatau mā te
whakarongo ki ngā
tāngata e tatau ana
i ngā mea ka kite
ahau, ka rongorānei
ahau.





▶ Me hora he tāora, kia rua ngā tāora rānei ki te takapau (ki tētahi atu papa rānei kāore i te mania). Tono ki a ia kia tū i te tāora, i waenganui i ngā tāora, i te taha o te tāora, huri amio i te tāora, arā atu. Me tākai ngā tāora kia tapatoru, tapawhā rānei.

▶ Me tatau i ngā tōhihi ka peke kōrua i ngā rā ka heke te marangai.



▶ Me tatau ngā raupua i ngā putiputi o tōu kāri.

▶ Me hora he rārangi kōhatu ka tatauria.



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

Ētahi atu ngohe mā ngā kōhungahunga

- ▶ Me tatau ngā matihao me ngā matimati.
- ▶ Me tatau ngā kerēpe maroke kei runga i tētahi pereti.
- ▶ Me tatau ngā pouaka mēra i te huarahi i a kōrua e hīkoi haere ana.
- ▶ Me tatau ngā huawhenua i te waruwarunga.
- ▶ He nui ngā tākaro matihao me te tatau. Hei tauira ko “Tahi, rua, toru, whā”.





? 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