

Te Whakamahi i te Taiao i te Kaupapa Korīngā Hihiko

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



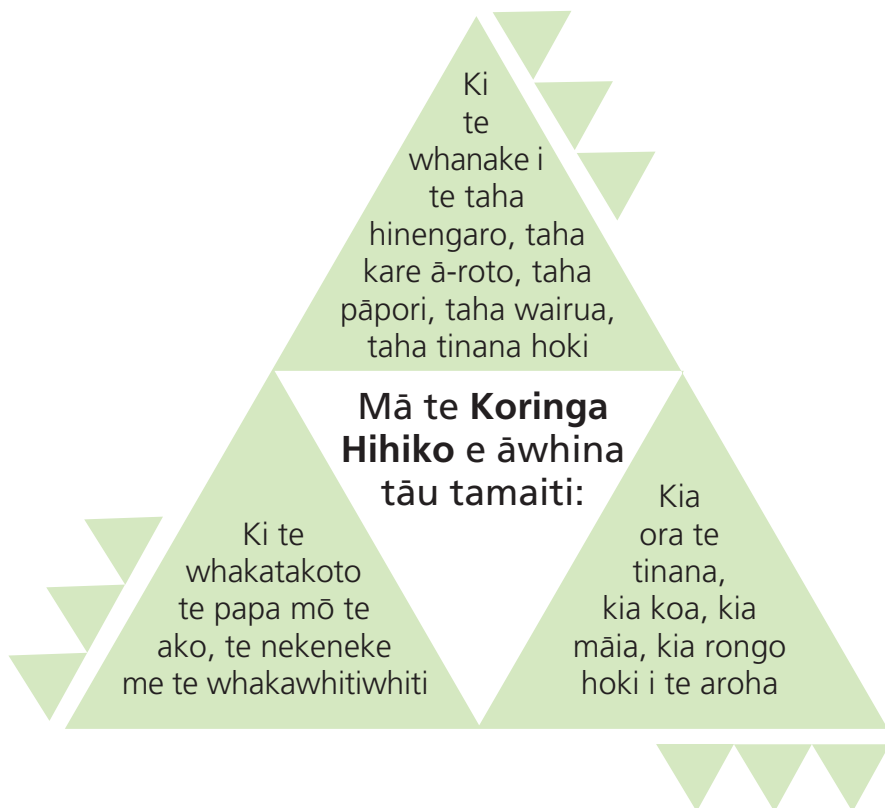
**SPORT
NEW ZEALAND**


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 i nui ai te whakamahi i te taiao?

😊 Mā te kori i waho ka nui atu te hāora me ngā *endorphins* i te toto; mā tēnei e pakari ai ngā tamariki koa, mārama, katakata!

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

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

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

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

He ngohe mā ngā Pēpi



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

**Ka ako au ki te ao me
taku tinana mā te
mātaki me te whāwhā
i ngā mea kei waho.**





- ▶ I te wā e moe ana, heria te perēme ki waho, ki raro i tētahi rākau; kia oho ia ka mātaki ia i ngā rau rākau.



- ▶ Takoto ki raro i tētahi rākau i runga i te tarutaru ka whakapā atu ki ōna waewae, ringaringa, ērā atu wāhanga o tōna tinana, mā te rākau, te rau, te tarutaru roa rānei.



- ▶ Me noho ki te rua kirikiri, ki te kāri rānei, ka ruirui kirikiri, oneone rānei ki runga i ōna waewae, ōna ringa rānei.

He ngohe anō mā ngā pēpi

➤ Tukua a pēpi kia ngōki waewae tahanga i te tarutaru.



➤ Tukua a pēpi kia ngōki i ngā karapuke pakupaku nei.

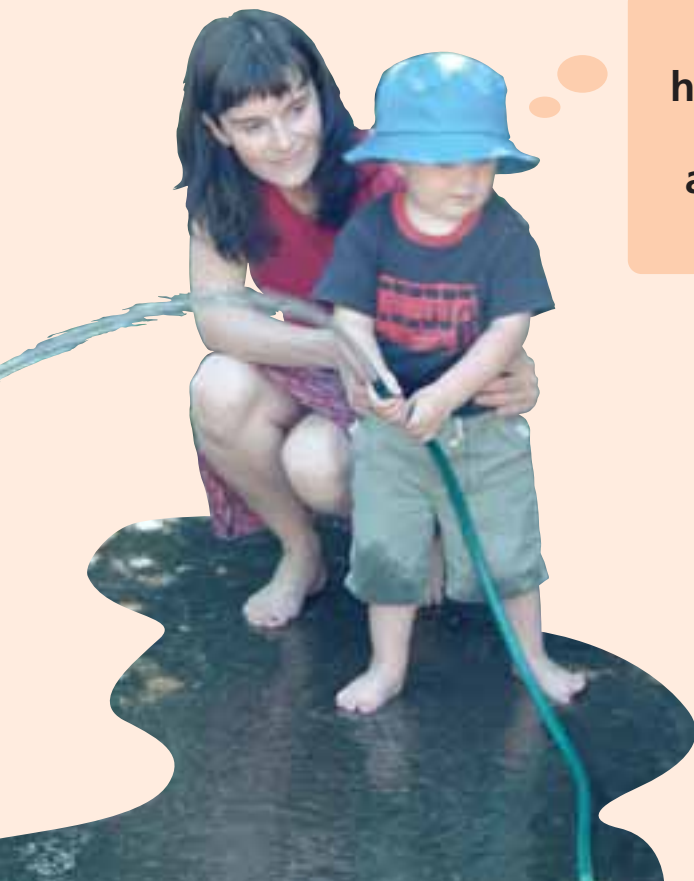


He ngohe mā ngā Tamariki Nohinohi



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

**Pai ki ahau te
haere ki waho me
te whakataki i
ahau anō ki ngā
mea hōu.**



- ▶ la rā, hikoi ki tētahi wāhi ki te whāngai manu, whāngai rakiraki; me mahi ipu kai rānei mā ngā manu ki tō kāri.



- ▶ Hikoi ki runga i tētahi hiwi pakupaku, kātahi ka oma (me tūpatō) ka pīrori rānei ki raro.

- ▶ Kārapu, pekepeke i ngā tōhihi.



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

Ētahi atu ngohe mā ngā tamariki nohinohi

▶ Kohia he ua whatu, he hukarere rānei ki tētahi pākete.

▶ Haere ki tātahi ka peke i ngā ngaru.



▶ I tētahi rā wera, oma ki raro i te ngongo wai.

▶ Haere i tētahi hīkoi ka kohikohi i ngā mea ka kitea e kōrua.



He ngohe mā ngā Kōhungahunga



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

**Ka ako au i ngā
pūkenga hōu mā te
korikori i waho.**





- ▶ Tukua ia kia whakatipu i tōna ake māra kai, māra putiputi rānei.




- ▶ Me peke i ngā rāina i te ara hīkoi.

- ▶ Tārere i te papa tākaro.

- ▶ Kake karapuke, ka oma ki raro.

- ▶ Haerea tētahi ekenga pahikara, ka kohi mea hei mahi pikitia.

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

He ngohe anō mā ngā kōhungahunga

- ▶ Makere he rākau ki roto wai, ka titiro nā wai te rākau ka tae tuatahi ki te wāhi i whakaritea ai. Me noho tētahi pakeke ki te taha ki te mātaki.



- ▶ Me tākaro huna me te kimi.

- ▶ I te mutunga o te raumati, haere ki waho, ki te pāka, ka whana haere i ngā rau rākau.





? 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