

Te Ngōki me te Takahuri



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



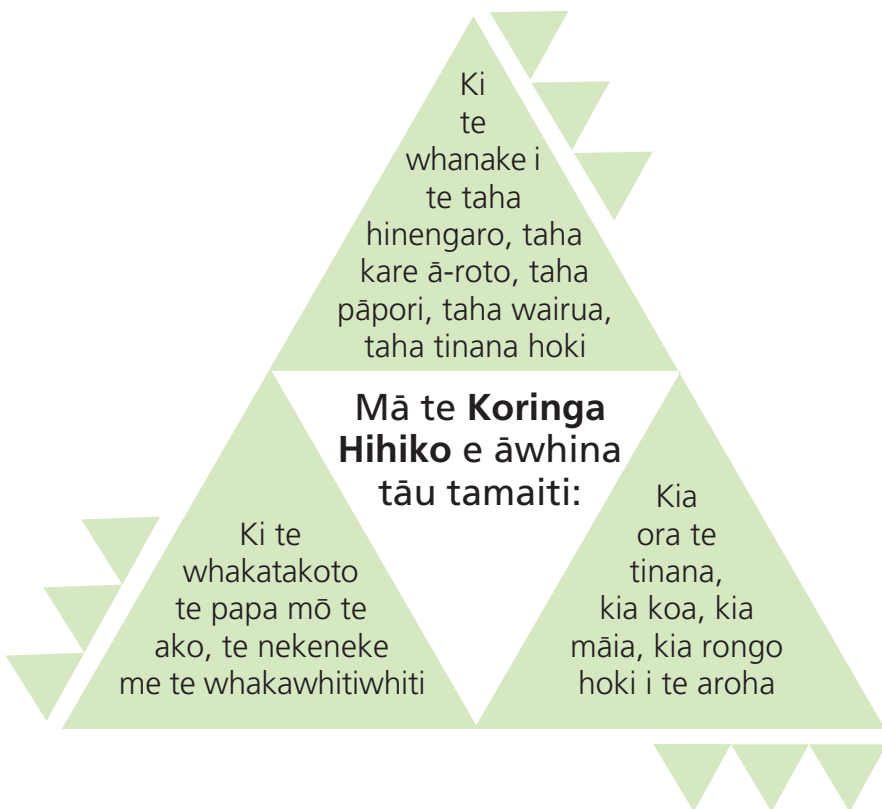
**SPORT
NEW ZEALAND**

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 wā ngōki me te takahuri?

☺ Mā te korikori, te takahuri, te ngōki haere, te noho, te whāwhā, te tū me te hīkoi e āwhina ai te whanaketanga o te roro me te tinana.

- He wāhanga tino hira o te whanaketanga o te tamaiti.
- Ka whai oranga ngā pēpi, ngā tamariki nohinohi me ngā kōhungahunga i ēnei koringa.

☺ **He mea nui kia whakaritea he wā ngōki haere mō tō pēpi i te wā e oho ana ia.**

- Ka whaikaha atu anō ngā ua nui mō te korikori me te hōpara (waewae, ringa, tuarā, kaki).
- I ngā wā katoa ka taea e koe, me whakanohonoho tāu pēpi ki te papa kia pai ai tana kori haere, tana hōpara haere.
- Ki te kore tāu pēpi e pai ki te ngōki haere, kia poto noa iho te wā e tau ana ki tōna puku, me tō whakaware, whakangahau i a ia. (Ka pai kē ki ētahi pēpi kia tau puku ki runga i tōu puku!)

☺ Mā te takahuri e whakawhanake te tūrite, te ngoi me ngā whatu o te tamaiti. Ka ako te nuinga o ngā tamariki ki te takahuri mai te tuarā ki te puku, kātahi ka takahuri mai te puku ki te tuarā.

☺ Ina taea e rātou te whanake i a rātou me te whakatau i tā rātou noho, pārekareka kē ki ngā pēpi kia noho ki runga.

- Ina tareka e ia te hiki i a ia anō, tukua te pēpi kia ngōki, kia noho ki runga.
- Whakanōhia te pēpi i tētahi wāhi e tautokona ana ia, pēnei i te turu teitei, he mea whai here.

? He aha te painga o te ngōki haere?

Ngā pūkenga titiro

Te tū motuhake me te hōpara

Te whitiwhiti kōrero i waenga i ngā taha e rua o te roro

Mā te ngōki e whanake ai

Te whai kaha i ngā ua o ngā ringa, pakihiwi, kakī, waewae, ringaringa

Ka mārama ia ki tōna rahi me te wāhi ki a ia

Te ringaringa nanao – mā te whakamahi tahi i te kōnui me te kōroa (rite te tū a te pēpi ki te tango mea meroiti i te papa o te kāinga)

Te roro – koia nei te wā tuatahi ka whakamahi ia i te momo kori ringa tauaro, waewae tauaro



? He aha ngā mea me mōhio au mō te ngōki haere?

- ☺ Me whakatenatena tāu pēpi kia ngōki, hei aha te neke i runga i te tou, kia whanake ai ōna uaua, kia ako ai ia ki te koringa ringa tauaro, waewae tauaro.
- ☺ I mua i te ngōki a tāu pēpi, tērā ka whakapioioi ia mō ētahi wiki. Kei te tātari ia mēnā ka taea e ia te neke tōna ake taumaha mai i te wāhanga o runga ki te wāhanga o raro o tōna tinana.
- ☺ He rerekē ā tātou tamariki katoa: ka ako rātou i te wā e tika ana mō tēnā, mō tēnā o rātou. Tērā pea ka “ngōki hōia” tāu pēpi mō tētahi wā (ka kukume haere i a ia), kātahi anō ka ara ki ōna ringa me ōna waewae, ka timata tere tonu rānei ki te ngōki haere.

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

- ☺ Mā te mātaki i tāu pēpi kei te tau puku, kia pai ai tana noho.
- ☺ 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 mā te tau
ki taku puku.**





➤ Takoto i tō tuarā ko tāu pēpi kei te tau i runga i tōu puku, kei te titiro ki a koe.



➤ Kanikani me tāu pēpi, ka pupuri, ka tautoko i a ia ki tōna puku.

➤ Takoto i tōu tuarā ka whakatakoto tāu pēpi ki ōu waewae i tōna puku. Āta hiki i a ia, ka āta tuku ki raro.



➤ Pānui pukapuka i a ia e tau puku ana.

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

Ētahi atu ngohe mā ngā pēpi


- ▶ Ina mutu ana tana kaukau, whakatakotoria ia ki tōna puku, ka mirimiri i tōna tinana.
- ▶ Me pana he pōro ki a ia i te wā e tau ana ia ki tōna puku, kia hiki ake tōna māhunga ki te mātaki.
- ▶ Me tuku mirumiru kia pai ai tana huri ki te mātaki.





**Ka ako au mā te
ngōki ki roto mea,
ki waho mea, ki
runga mea.**



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

Ētahi atu ngohe mā ngā pēpi

▶ Ngōki haere i ngā tūru, tēpu, aha noa.

▶ Ngōki haere i te tarutaru i waho.

▶ Ngōki i runga i ngā paparanga rerekē.

▶ Me waiho ētahi taonga tākaro ki kō paku atu o tana whātoronga, kia ngana ia ki te neke whakamua.



▶ Me ngōki i tētahi rōnakitanga – āta pupuri ki tōna hope. Mēnā he paku rōnakitanga tarutaru kei tētahi wāhi tata, me whakamahi hei wāhi ngōki ki runga, ki raro.

▶ Me whai haere i a ia e ngōki ana i te rūma; me tuku hoki māna koe e whai.





▶ Tākaro kēmu me te ngōki mā roto o ētahi pouaka.

▶ Tukua ia kia ngōki mā raro i tō ringa kua torona.



▶ Mahia he ana mā raro i ngā tūru hei ngōki māna.



He ngohe mā ngā Tamariki Nohinohi



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



Ka ako au mā te takahuri.

➤ Me whakatakoto tāu pēpi i tōna tuarā ka āta hiki i tētahi o ōna waewae (kia kaua e teitei rawa). I a koe ka pupuri i tētahi o ōna waewae ki raro, āta huri porohitatia tētahi waewae. Ka mutu ka huri ki tērā waewae.



➤ Me whakatakoto tāu pēpi i tōna tuarā ka āta hiki i tētahi o ōna waewae (kia kaua e teitei rawa). I a koe ka pupuri i tētahi waewae ki raro, me āta whakawhiti te waewae i runga kia whiti i te waewae ki raro, kia tau rā anō te pēpi ki tōna puku.



➤ Me whakatakoto tāu pēpi i tētahi takotoranga āhua rōnaki paku nei. Me tuku ia kia āta pīrori ki raro. Ka tīmata anō, engari ka pīrori mā tētahi taha kē.



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

Ētahi atu ngohe mā ngā tamariki nohinohi



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



Ka ako au mā
te ngōki ki
roto mea, ki
waho mea, ki
runga mea.

▶ Me whakatakune he kararehe koe, e whā ōu waewae – he ngohe whakangahau mā te whānau katoa.

▶ Me tākaro mā te ngōki mā roto pouaka kua whakatakotoria ki mua i a rātou (me kuhu ki roto, me haere mā waenganui, mā te taha).



▶ Kake ki runga i tētahi arawhata (ko te ngōki whakarunga tēnei!).

He ngohe mā ngā Kōhungahunga



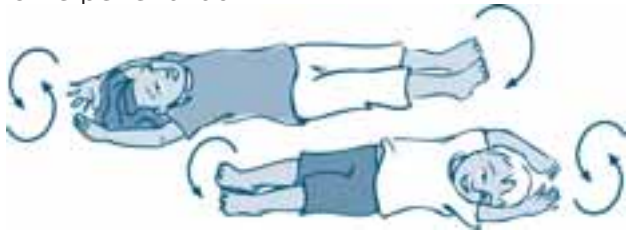
Ka taea hoki te whakamahi ēnei ngohe i waenganui i ngā tamariki nohinohi.

**Ka ako au mā
te pīrori.**





- Ka rawe ki ētahi tamariki āhua pakeke ake, kia pīroria rātou i roto i tētahi paraikete, āta heke ana i tētahi karapuke, te pīrori rānei mai tētahi taha o te rūma ki tētahi anō he pene rākau.



- Mēnā he karapuke kei tō papa tākaro, he rawe ki ngā tamariki te pīrori ki raro, tae rawa ki ngā tamariki pakeke ake.



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

Ētahi atu ngohe mā ngā kōhungahunga



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

**Ka ako au mā te
ngōki ki roto mea,
ki waho mea, ki
runga mea.**





- ▶ Mēnā he rōpū koutou, me tākaro pā. Ki te pāngia ko koe, me ngōki haere koe, kia tukua rā anōtia koe e tētahi atu.



- ▶ Hangā he whare he nui ngā ana hei hōpara haere. Mahia ngā ana mā ngā tūru ka ūhia ki te paraikete.



? 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