

Tikanga Māori Mātāpono Tikanga Māori Principle

Te Whaioranga or wellbeing that focuses on **Kori Tinana**, exercising outdoors. Te ara taupare or obstacle courses can support children's physical activity. Kaiako can provide good physical foundations that start in early years education. The Ministry of Health recommend the following:

Kia au te moe – sleep is central for ngā pēpi me ngā pēpi nohinohi (infants and toddlers) in order to meet their physical and emotional needs.

Kia nui te neke – moving well by:

- Ngaoki – crawling
- Tū ana – standing
- E ruriruri ana – walking unsteadily
- Horapa kau ana – exploring.

Kia iti te noho – sit less. Ākina –to encourage:

- Korikori –movement
- Hōpara te tū –explore standing
- Hōpara te hīkoi whaitoko –explore assisted walking

Tamaiti kōhungahunga – the young child

Kia au te moe, tekau ki te tekau mā toru hāora ia rā.

10-13 hours sleep time every day.

Mōu te ao tamariki mā ka nui te neke: The world is yours – give everything a go.

Kia iti te noho –sit less. He pai te ara taupare: obstacle courses encourage physical activity.

Waiata Me Peke

Nā Ngaroma Williams

Me peke ki te taha matau, matau, matau

Anei rā ahau

Me peke ki te taha mauī, mauī, mauī

Anei rā ahau

Haere whakamua

Hoki muri e

Huri rauna e

Kei konei ahau.

Jump to the right, to the right, to the right

And here I am

Jump to the left, to the left, to the left

And here I am

Go forward

Go backward

Turn around

And here I am



<https://ako.ac.nz/ki-te-hoe-indigenising-practice>

Ki te hoe Indigenising Practice

Te reo me ngā tikanga Māori
Rauemi mā ngā kaiako

Te Ara Taupare Obstacle Course



Created by Ngaroma M. Williams
and Kari Moana Te Rongopatahi

Ngā Huinga Reo - Vocabulary

- Whiua: throw
- Oma: run
- Hopu: catch
- Whiu: pass
- Keri: dig
- Peke: jump
- Piu: skip
- Piki: climb
- Pīrori: roll
- Karo: dodge
- Rerea: leap
- Hūpeketia: jump up and down repeatedly
- Nekenekea: move about
- Takahurihurihia: roll over and over
- Porotēteke: handstand
- Torona: stretch out
- Noho hītekiteki: squat



Rakiwhiua haere ki roto te taea –
Go through the tyre.

Ngā rerenga kōrero – Phrases

- Awarua whiua te pōro ki a Te Meihana.
Awarua throw the ball to Te Meihana.
- Whakarongo mai tamariki mā, kua reri koutou, tahi, rua, toru haere atu.
Listen children are you ready, 1, 2, 3 away you go.
- He aha te ingoa o tēnei taputapu tamariki mā?
What is the name of this equipment children?
- Āe, ka pai Awarua he turapa tēnei.
Yes, well done Awarua it is a trampoline.
- Ka taea e koutou tamariki mā ki te mahia porotēteke.
You are all able to do handstands.
- Titiro atu ki a Raria kei te takahurihuri ana.
Look at Raria she is rolling over and over.



Ngā rerenga kōrero: Everyday Phrases

1. Mā wai e timata?
What goes first?
2. Ka anga atu ki hea?
Which way shall we go?
3. Me whai tonu i tēnei huarahi.
Stay on this track.
4. He tangata kaha koe, he tangata whai mana anō hoki.
You are strong and powerful.
5. He uaua kia taurite te tū.
It is hard to balance.
6. Ka whai atu au i te kaikōkiri.
I am following the leader.
7. He aha e whai ake nei?
What's next?
8. Ka haere ki hea ināianei – me pēhea tātou e mōhio?
Which way do we go now – how do we know?
9. Ki te manawa kiore ahau, ka āta haere kia okioki ai.
When I want to give up just slow down and pause.
10. Kia kaha, haere tonu koe.
You can do it keep going.