

CURRICULUM AREA: Years 7–8

Physical Well-Being and Coordination

Ākonga design and lead physical challenges or obstacle courses for peers. They plan routes, explain rules, and supervise safely. Taha Tinana is demonstrated as students combine leadership, physical fitness, and teamwork.

Tikanga Practices: Mātauranga can be seen through:

- **Rangatiratanga:** Ākonga lead activities responsibly, demonstrating leadership, safety awareness, and respect for others during physical challenges.
- **Kaitiakitanga:** Planning and supervising tasks safely reflects care for others and the learning environment, protecting collective well-being.
- **Mauri Ora – Holistic Well-being and Vitality:** Through movement and teamwork, ākonga experience vitality and balance, recognising the link between physical health and holistic wellbeing.

Kaiako: Questions for Reflection

1. How do you empower students to take responsibility for planning and safety in physical tasks?
2. What opportunities do you provide for leadership through movement-based learning?
3. How do you encourage reflection on how taha tinana links with other dimensions of well-being?



WAIATA: ME PEKE

(Kaitito Ngaroma M. 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; Here I stand.

Jump to the left, to the left, to the left; Here I stand.

Step forward, step back, turn around and here I am.

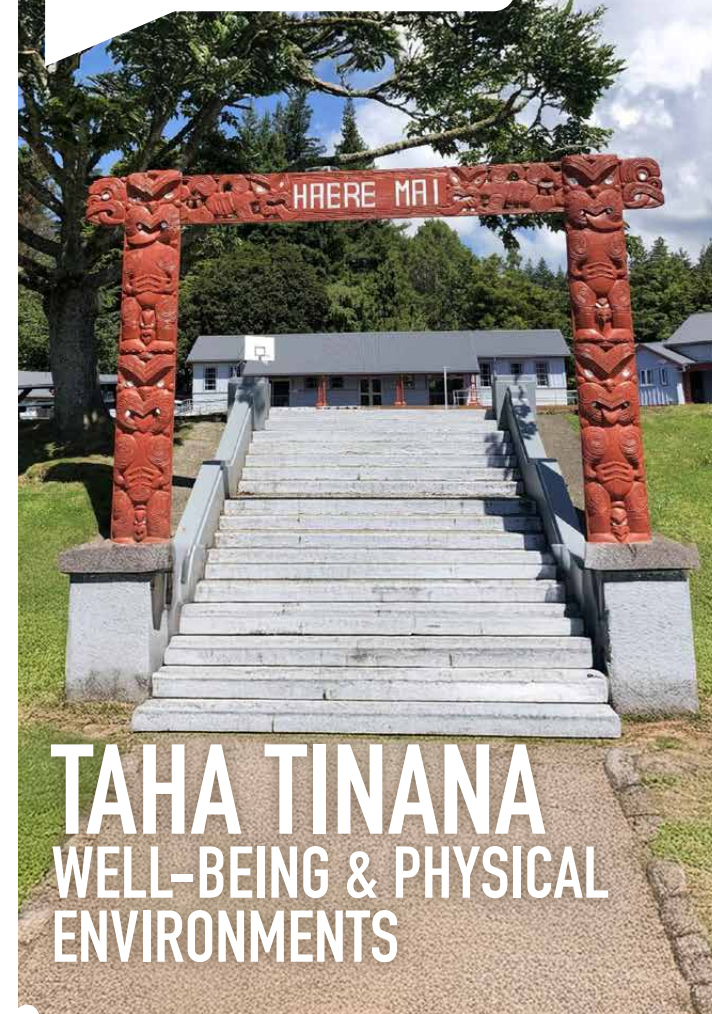


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Ngā Taonga Whakaako

Tikanga Māori – Theory and Practice

Primary School Contexts



TAHA TINANA

WELL-BEING & PHYSICAL ENVIRONMENTS

UC
UNIVERSITY OF
CANTERBURY

Te Kāhui Pā Harakeke
Child Well-being
Research Institute

Ako
AOTEAROA

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TAHA TINANA

WELL-BEING AND PHYSICAL ENVIRONMENTS

Taha Tinana is twofold, encompassing both personal well-being and environmental care. On a personal level, it promotes the importance of nurturing one's physical health through nutritious food and drink, regular exercise, adequate rest, and sleep.

Equally vital is the responsibility to respect and care for the environments in which we live, learn, and play. These spaces must provide safe, hygienic, and well-maintained resources for tamariki. Damaged or unsafe resources should be removed or repaired. This principle aligns closely with kaitiakitanga, as it encourages sustainable practices — composting food scraps, returning water to the gardens, and using leco-friendly cleaning agents, paints, and dyes — to protect and enhance our shared environment.



Scan to find out more about these resources



CURRICULUM AREA: Years 1–3

Physical Well-Being and Coordination

Tamariki participate in simple movement games, climbing, running, and balancing to develop coordination. Kaiako guide and encourage safe, confident participation. Taha tinana is applied as tamariki strengthen their bodies and confidence.

Tikanga Practices:

- **Manaakitanga:** Kaiako encourage safe play and care for others, helping tamariki move confidently while respecting boundaries and supporting each other's wellbeing.
- **Whanaungatanga:** Cooperative games build trust and friendships, showing that physical play strengthens both bodies and relationships.
- **Kia Manawanui – Perseverance:** Tamariki learn persistence through movement, realising that growth and coordination come from trying, repeating, and celebrating progress together.

Kaiako: Questions for Reflection

1. How do you ensure tamariki feel safe and confident to try new movements, while recognising and celebrating their individual progress and effort?
2. What strategies can you use to link physical activity with hauora (well-being), supporting both physical development and emotional connection to learning?
3. How do you encourage cooperative play that values everyone's contribution and builds teamwork, empathy, and a strong sense of belonging?

CURRICULUM AREA: Years 4–6

Physical Well-Being and Coordination

Tamariki engage in traditional Māori games like rākau or poi practice, coordinating movements and learning rhythm. They discuss posture, timing, and teamwork. Taha tinana is enacted as students develop physical skills and cultural connections.

Tikanga Practices:

- **Kotahitanga:** Working together in rākau or poi builds unity and coordination, showing how shared rhythm enhances teamwork and belonging.
- **Ngākau Aroha – Compassion:** Encouraging fairness and care in games teaches empathy, linking physical movement to emotional and social well-being.
- **Whakamana:** Mastering new skills through practice empowers tamariki, growing both physical strength and confidence in their cultural identity.

Kaiako: Questions for Reflection

1. How do you teach coordination and rhythm in culturally meaningful ways, such as poi or rākau, to strengthen identity, pride, and cultural understanding?
2. How can you connect physical movement to teamwork and respect, helping tamariki recognise collective effort and the value of supporting one another?
3. How do you adapt activities to include all learners and build confidence, ensuring each tamaiti experiences success and feels valued in participation?

