

MĀAKE TĀTOU



Hōtaka Whakapakari
Pūkenga Eke
Pahikara



Te Kaunihera-ā-Rohe o Ngāmotu
NEW PLYMOUTH
DISTRICT COUNCIL
newplymouthnz.com



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*I really think that every childcare centre would benefit with having this program in their centre.
It was easy to understand, easy to implement and had great results for the different ages that were involved.*

*The following are some comments from the children of Waitara and Districts Community Childcare Centre:
"I didn't know where my brakes were; I need to make sure they work so I don't hit anyone"
"I liked going around the cones, I was good at that".
"I told my brother how to wear his helmet, because he didn't know".
"I like the whole thing, I like my bike now".*

Beth Collins, Waitara and Districts Community Childcare Centre.

"I like that there are "off the bike" activities which are great for little ones"
Chris Foggin, Bike NZ

"We have been keeping track of the children's travel to the centre and there has been an improvement in the number of both children and adults cycling".

Joanne Denny-Newman, Brooklands Kindergarten

"Children have shown an increase in awareness in keeping safe while out riding"
Sally Wooller, Inglewood Kindergarten



Ngā Aronga

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Whakataki	2
Āhuatanga Whanake	2
Tirohanga Whānui, Whakaako, Akoranga	3
Te Whakaīta Tautika	4
Wāhi, Hauora me te Haumarū, Tīwhiri	5

Ara Tuatahi

Whakamou Pōtae Mārō	7
He Whakaio Ekenga	8
He Whakaio Whanake / Tākoha	9

Ara Tuarua

Eke me te Heke Pahikara	10
He Whakaio Ekenga	11
He Whakaio Whanake / Tākoha	12

Ara Tuatoru

Haumarū Pahikara me te Whakatū	13
He Whakaio Ekenga	14
He Whakaio Whanake / Tākoha	15

Ara Tuawhā

Tiaki Pahikara	16
He Whakaio Ekenga	17
He Whakaio Whanake / Tākoha	18

Ara Tuarima

Rā Porotaka	19
He Whakaio Whanake Whānui	20

Āpitihanga

Pepa RAMS	21
Pepa Whakaae	22
Tohu Whakanui	23
Pahikara Aotearoa - Hei Ako ki te Eke	24

Whakataki

Nau mai ki te hōtaka Mā Ake Tātou (LGG).

E ai ki ngā rangahau o te wā iti nei, kua heke te tatauranga o ngā tamariki eke pahikara.

Kua whakahīngia te hōtaka LGG mā ngā Kōpae Tamariki me ngā Kura Tuatahi e manako ana ki te whanake pūkenga eke pahikara i roto i ngā tamariki 3-5 tau te pakeke. Ka āhei ngā tamariki ki te ako, ki te whanake me te whakangahu i ngā aronga matua o te eke pahikara kia mārama pai ai ki ngā pūkenga me ōna māramatanga, oti noa ngā nekehanga kia pakari ake ai te eke pahikara i tāna kotahi.

Ka māia ake te eke pahikara me te tūmanako ia ka hari ake ngā tamariki me ngā whānau i roto i ngā mahi eke pahikara.

Nā ngā pouako kōhungahunga me ngā mātanga whakangūngū kaieke pahikara te hōtaka nei i whakahī hei aro atu ki ngā pūkenga e hāngai ana ki te hunga tamariki.

Ka aro te hōtaka ki te whanake i ngā āhuatanga eke pahikara me ōna kātū whēako katoa.

Āhuatanga Whanake

Whanaketanga Reo

Ka pakari ake te reo o ngā tamariki i a rātou e kōrerorero ana. Kua mataara ake te hinengaro o te tamaiti ki te ako i ngā tau moata. Ka whai hua te kōrero ki ngā tamariki i a rātou e ako ana i tētehi pūkenga hou, ka taunaki tēnei i tōna māramatanga ki te pūkenga e ako ana aia. Kia kaha hoki te kōrero mō te mahinga, ngā wāhanga tinana me ōna aronga.

Whanaketanga Tautika

Mā te tautika e mārama ai ngā tamariki ki tōna wāhi, te noho tau, me te whanake i ngā nekehanga me ngā aronga whatu.

Whanaketanga Tinana Ake

Ka timata te whanake o te tinana o te tamaiti mai runga ki raro, ā, ka whanake whakawaho atu ki ngā torohanga tinana, katahi ki ngā whāwhātanga ā-ringa ko te whanake i te hikumutu. Mā te aro tuatahi ki te whakakaha i te tinana ake, e āhei ai te tinana katoa te whanake pai ake.

Whanaketanga Makenu Whatu

Ahakoa te mahi ngātahi a ngā whatu, he rerekē ngā tirohanga, nā whai anō me whakawhanake i ngā aronga ā-whatu e tukuna ai aua tirohanga ki te hinengaro. Kei roto i ngā ioio ora o te whatu e kaha ai tōna aro tōtika ki ngā mea katoa ahakoa e nekeneke ana te tinana.

Whanaketanga Huatau

Ahakoa pahake, tātarakihi tonu rānei te tangata, he rongo pai ka ea! Huhua noa atu ngā āhuatanga hei whakararau i te tangata. Ko te eke pahikara tētehi. Ko te nekeneke haere, te ako mā ngā wheako me te māiatanga hei huatau anō mō te tamaiti.

Tirohanga Whānui

Me matua mōhio ia pahake ki te kaupapa matua o te rā, ki tōna ake tūranga, oti noa ngā mahi i ērā atu tūranga.

Whakaakoranga

Ka whakaakongia te hōtaka LGG i roto i ngā akoranga e rima.

He 30 haupū ki te 1 haora te roanga o ia akoranga. Ka ngāwari te nuku haere ki ngā wāhi rerekē. Ko te tikanga ia kotahi te pahake ki ia tamaiti te āwhata, 1:10 te rahinga, heoti ka aro tahi atu ki te tamaiti ake nei e iti ana te āwhata.

Me whai whakaaro ngā kaiako ki ngā tamariki me te manawarau ka pā nei ka tūtaki i te tauhou, ko te kore uru ki ngā mahi peange.

Pitopito Kōrero: kia māmā te akiaki i te tamaiti ki te uru ki ngā akoranga, kaua hei whakatoimaha. Ka whakahē atu te tamaiti, tē aro ki ngā mahi.

Akoranga

E whai ake nei te mahere akoranga:

- Whakataki / Arotake: 5 -10min
- Akoranga: 10 -15min
- Ara Āmio: 20-30min (5 -10min ki ngā tūranga e toru) he wā iti ki te whiti tūranga
- Whakararau Tinana / Whakakapinga: 5 -10min

Mātai Tamaiti

Me whakarōpūngia ngā tamariki ki ngā rōpū e toru, 5-10 tamariki ō roto.

He kano tō ia rōpū, he pepa piri ki te tīhāte, he tuhinga pene whītau rānei ki te ringa. Ka tohu atu tēnei ki te pahake ki te whakahoki atu i ngā tamaiti haereere ki ō rātou rōpū tika.

E whai ake nei ētehi kupu hei akiaki i a koe ki te whakaū i ngā tamariki ki ngā akoranga:

- Me mārama, me ngāwari hoki ngā tohutohu. Kaua e neke atu i te toru tohutohu i te wā kotahi.
- Whakatīnanahia mā rātou.
- Whakanuia me te whakatairanga kia pakari ai.
- Iti te kupu, aro ki te whakangahu.



Te Whakaīta Tautika

Whakamātauhia ngā mahi rerekē katoa mō te whakaīta tautika i te pahikara, ngā pēhanga porotaka me ngā pahikara porotakarua.

Pahikara Oma / Tautika

Ko te ara pai ki te whakaīta pūkenga eke pahikara mā ngā pahikara oma/tautika. Ka māwehenga te urungitau mai te pana ā-waewae kia pai ai te aro a te tamaiti ki te tautika a ōna waewae ki te whenua. Ko tōna tikanga e kaha ana te tamaiti ki te eke i tētehi pahikara tautika i tāna timata ki te whīkoi. Whakahaungia te tamaiti ki te hiki i ōna waewae i a ia e eke pahikara ana. Ka whakaūngia te tautika, nāwai rā ka māia, ka āhei ki te whakaheke i ōna waewae.

Pitopito Kōrero: Ka taea te tango i ngā papa waewae mai ngā pahikara porotakarua kia hua mai ko te pahikara oma/tautika (nei e hāngai ana tōna hanga).

Pēhanga Porotaka

Kāore e hāngai ana ngā pēhanga porotaka mō ngā papa ruturutu. Ko te mea nui ka whakaritea tikahia ngā pēhanga porotaka: me tītaha te hanga o te pahikara. Huhua noa atu ngā mātua ka whakarite i ngā pēhanga porotaka kia pā ki te papa, nei ka pēnei ka paheke te porotaka o muri o te pahikara i te papa. Ka rongo nei he tarahikara rahi rawa i ngā porotaka kua tīna, he mōrearea rawa.

I ngā tamariki e whakaīta ana i te pana waewae, i te urungi me te whakatū pahikara, me whakaritea anōtia ngā pēhanga porotaka. Kia kaua e mahi i mua i te tamaiti, kei whakahē aia. Ka wairangi ake te pahikara, ā, mā te tamaiti anō hei whakatautika mā te whakangahu.

Whiti ki Porotakarua

Ka whiti te tamaiti ki te porotakarua ki te kaha tōna tautika, te pana ā-waewae me te whakatū. Ko tētehi āhuatanga e tohu mai ana kua rite te tamaiti, ko tōna māia ki te eke pahikara tautika me te kore whakaheke i ōna waewae.

Kia tīmata ngā tamariki ki te porotakarua, kāore e kore ka pīrangi āwhina. Kaua e pupuru ki ngā kakau, e kore te tamaiti e mou te rongo urungi me tōna tautika. He pai kē atu te pupuru ki muri o te tūru (kei te nuinga o ngā pahikara hou tētehi kakau i reira). Ka rongo koe i te kaha o te takahuri me te āwhina i rātou, oti noa te rongo hei ā whea tukuna ai te pahikara.



Wāhi

Me tū te akoranga ki tētehi papatākaro, whare takaporepore, papa poitarawhiti, urunga waka rānei. Ko ngā wāhi papa mārō, papatahi, kore tāngata, papa waka rānei ngā wāhi pai.

Hauora me te Haumaru

Te Arotake Haumaru me ngā Pūnaha Whakahaere (RAMS).
Ka kitea i te Āpitihanga 1 tētehi pepa RAMS hei whakamahere me te arotake i ngā āhuatanga whakaio haumaru pērā ki te whakangūngū pūkenga eke pahikara.
Nā Outdoor Safety Institute ngā RAMS i whakahi.

Tiwhiri

Kurakori

He rerekē ngā Kurakori ki ngā Kinikātene. Tuatahi, he rerekē ngā tau o ngā tamariki (0-5). Me whakaritea he papamahi mā ngā tēina i ngā wā tū ai ngā akoranga nei.

Me noho wehe ngā tēina kia kaua rātou e whakararu i ngā tuākana nei kāore e āhei ana te whai i ngā tohutohu. He 1:3 te āwhata mō ngā pahake i rō kurakori, ā, he pai kē atu i tō te kinikātene 1:10.

Ko te whakaaro ia kia tū ai ngā akoranga mā ngā kurakori ki wāhi kē atu, pērā ki ngā hōro. He pakari ake te hanganga o ngā akoranga nei ki tō ngā akoranga o ia rā. He ngāwari ake mā ngā tamariki te ū ki te akoranga nei i waho atu o te kura.

E āhei ana ngā wāhi he maha ngā rōpū iti te tōpū tahi mō ngā wiki e rima. Me tū ngā akoranga nei i waho i ngā wā ako o te kurakori, tā te mea he rerekē ngā wā me ngā rā ako mō ia kura.

Kura Tuatahi

Ahako kua waihangatia te hōtaka nei mō ngā tamariki 3-5 tau te pakeke, e āhei tonu ana ngā tamariki pakeke ake te whai wāhi hoki. Mā rātou hei whakaatu atu ki ngā tēina. Āpitihia ngā wero ki ngā mahi whakaio e whakahau ai i rātou ki te āta eke me te kore whakaheke i o rātou waewae, ā, tukuna rātou ki te whai i ngā mahi whakaio ake.

Mahere 5 Wiki

Ara ā-Wiki	Whakaionga Hāngai	Whakaionga Ake
Wiki 1 Whakamou Pōtae Mārō	Tautika Ara Matua Papa wero Pou Tītahataha	He papa wero i te tautika o tētehi pēke-pīni ki te ūpoko.
Wiki 2 Eke me te Heke Pahikara	Āmio porotaka Mirumiru Tautika Ara Matua	Huri-U
Wiki 3 Haumaru Pahikara	Whakatū Āmio porotaka Wero Titi	Āmio porotaka Whakamahia ngā rama huarahi ki te whakatū (whero), ki te āta-haere (karaka), ā, kia mā ake. (kākāriki).
Wiki 4 Tiaki Pahikara	Pou Tītahataha Whakatū Ngongo hau pahikara	Wero āmio
Wiki 5 Te Whakatairanga Rā Porotaka	Kōwhiringa ā te kaiako (tirohia Ara Tuarima)	



Ara Tuatahi - Whakamou Pōtae Mārō

Akoranga

Ka āhei ngā tamariki ki te whakamou tika i o rātou ake pōtae mārō.

Kua whakaturengia te mou pōtae mārō i te wā e eke pahikara ana. Ka whakahaere te hinengaro i te katoa o te tinana. Ko ngā marū ūpoko te tino pūtake o ngā mate, nā whai anō me tiakina te ūpoko.

Ētehi atu akoranga

- Me mou ngā tamariki i ngā hū e uwhi ana i ngā matiwaie i a rātou e eke pahikara ana.
- Kōrerohia tētehi pakiwaitara mō ngā mamae ka pā ki ngā waewae i te kore mou hū. Anei tētehi, “I tētehi rangi i eke au i taku pahikara i te huarahi, kāore au i mou hū, ka paheke atu taku waewae i te papa pana. I tuki au i taku matiwaie ki te papa mārō. Te mamae hoki! Ināianei, ka mou au i aku hū ārai matiwaie i ngā wā katoa i angeau e eke pahikara ana.”
- Me muramura ngā mai i a koe e eke pahikara ana i te huarahi.



Takatū Mahi Whakaio

Me timata ā-rōpū, ā, tukuna ngā tohutohu me ngā pātai tīmatanga. Kia uru atu ngā tamariki ki ngā rōpū iti, me tirohia te tīnā o ngā pōtae mārō.

Hei Tirohanga

(tirohia ngā pikitia i te pepa tākoha)

- Tirohia te pōtae mārō nei kua ngawhā, kua pakaru rānei.
- Me tika tonu te anga o te pōtae mārō.
- Whakaritea te pōtae mārō kia tika te noho ki te rae, kaua ki ngā karu. Kia rua matimati te āputa i waenga i te pōtae me ngā pewa.
- Me ‘V’ te āhua o ngā kawekawe i ngā taha o te ūpoko, ko ngā taringa kei waenganui.
- Tūhonongia te pito o ngā kawekawe. Me tīna rawa kia kotahi matimati te āputa i waenga i ngā kawekawe me te kauae.
- Whakamārama atu ki ngā tamariki me ruiruia e rātou ō rātou ake ūpoko kia kitea te iti o te neke o te pōtae mārō.

Kua waihangatia ngā pōtae mārō kia kotahi anahe tōna tuinga. Me ka tukia, ka taka rānei te pōtae mārō, me tikina atu he mea hou.

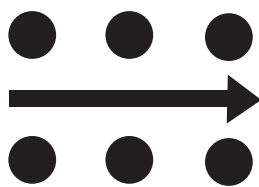
Pātai Matapaki

He aha ngā kātū pōtae mārō?

A. *BMX, motopaika, pahikara, heke hukapapa, mirihau.*



Mahi Whakaio Tuatahi - Tautika Ara Matua



Whāinga:

Kia whanake ai ngā tamariki i tō rātou tautika me te māia ki te eke i te ara tōtika.

Taputapu:

- Whakaritea ngā koeko e ai ki tā runga.
- He tioka hei tuhi i te ara mā ngā tamariki hei whai atu.

Tohutohu:

Pahikara Tautika

- me ngana ngā tamariki te hiki i ngā waewae i te papa kia tautika ai i te ara.

Pahikata pana ā-waewae

- me pōturi te haere o ngā tamariki me te kore whakaheke i ō rātou waewae.

Haumaru:

He tere ake ētehi tamariki i ērā atu, nā whai anō e tika ana te haere takitahi.

He whakarere whakaio:

Ngā Purapura:

Whakawhānui ake te papa mahi, ā, whakapotohia te ara haere.

Ngā Pihi:

Whakawhāitihia te papamahi, ā, whakaroangia te ara haere.

Pātai Matapaki:

He māmā ake te pōturi, te tere haere rānei?



Mahi Whakaio Tuarua - Ara Namunamu



Whāinga:

Kia whanake ai ngā tamariki i tō rātou āhei ki te nekeneke i te ekenga pahikara me te whakawhitiwhiti haere i te ara.

Taputapu:

- Whakaritea ngā koeko e ai ki tā runga.
- He tioka hei tuhi i te ara mā ngā tamariki hei whai atu.

He whakarere whakaio:

Ngā Purapura:

Tangohia ētehi koeko, ā, whakaroangia ngā āputa.

Ngā Pihi:

Āpitihia he koeko anō, ā, whakatatangia ngā koeko. Kia kua ngā waewae e pā ki te papa.



Mahi Whakaio Tuatoru - Papa Wero

Whāinga:

Kāore e whakamahia ana te pahikara i tēnei mahi whakaio, heoti he aronga matua, arā, he whakapakari tautika.

Taputapu:

Taiepa poto
Taura piu
Koeko
Ara piki
Kurupae

Takatū Mahi Whakaio:

Ka whakamahia ngā tini taputapu hei papa whakapakari i te pūkenga peke, te whīkoi mai te rekereke ki ngā matiwaē, te huri i te aronga me te tautika.

Tohutohu:

Tukuna ngā tamariki ki te kori Whāia te lhu i te papa wero.

Haumaru:

Ka hinga ngā tamariki i ētehi wā, kia āta haere ngā mahi kei whara tētehi. Whakamahia te pātītī nei e wātea ana te papa.

He whakarere Whakaio:

Ngā Purapura:

Kia āta haere.

Ngā Pihi:

Āpitihia he pēke pīni, ka tautika ki te ūpoko o te tamaiti i a rātou i te papa wero.

Huatau Whakaio:

Peke mā roto ngā mōwhiti.
Haere mā raro i te taura piu.
Whāia te ara me te anga mā mua, mā muri, mā ngā tahataha rānei.

Tākoha (Whakaputaina ngā pepa nō te ipurangi)



Wiki Tahī

I tīmata ngā tamariki i te Hōtaka Pūkenga o Mā Ake Tātou.
E whai ake nei ngā hua o te akoranga.

Tirohanga Pōtae Mārō

- Tirohia te pōtae mārō nei kua ngawhā, kua pakaru rānei. Me ka raru te pōtae mārō, tikina he pōtae mārō hou.
- Kia hāngai te rahinga o te pōtae.
- Whakaritea te pōtae mārō kia tika te noho ki te rae, kaua ki ngā karu.
- Kua tīna te kawekawe V ki raro i te taringa.
- Kua ōrite te whakarite i ngā kawekawe, kua tūhonongia i raro i te kauae, ā, kua tīna rawa kia uru te matimati kotahi i waenga i te kawekawe me te kauae.



Ara Tuarua - Eke me te Heke Pahikara

Akoranga

Ka āhei ngā tamariki te piki me te heke i o rātou pahikara.

Whakahaere Rōpū

Whakamāramahia ki te rōpū ngā tikanga o te eke me te heke i te pahikara. Mā te pahake e whakaatu atu, heoti ki te kore āhei e ia me tukuna mā tētehi tamaiti pakari hei whakaatu atu.

Hei Tirohanga

- Me tau te kumu ki te tūru, me mou ngā ringa ki ngā kakau, ā, me tau ngā waewae ki te whenua.
- Aitū ana ngā pahikara rahi rawa.
- Kia kotahi te tere o te pahikara, ā, ka āhei ngā papa pana ā-waewae te whakatū i te pahikara.

Eke Pahikara

- Ka ekengia te pahikara mā te hiki i te waewae i runga ake i te pahikara. Nei e poto ana i waenganui o te pahikara, he māmā ake te hiki i te waewae i konei. Me mou ki te kakau whakatū pahikara i te wā ka eke i te pahikara.
- Me eke mai te taha mauī kia karo atu i te mekameka huri porotaka. Ka whai hua nui tēnei i a rātou ka whanake ake ki te eke i runga i te huarahi.
- Kia papatahi ngā waewae i runga i te whenua, ā, kia tōtika ngā waewae.
- Hurihia te papa pana ā-waewae i te taha matau kia 45 te koki e anga whakarunga ana.
- Panaia te papa ā-waewae o runga ki raro.
- Āta whatīa ngā tuke o ngā ringa.
- Kei te anga whakamua te ūpoko.

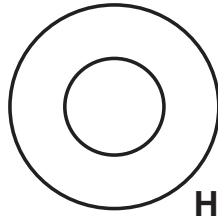
Heke Pahikara

- Āta whakatū i te pahikara.
- Me whakahau i te tamaiti ki te whakamahi i ngā kakau me ngā papa pana ā-waewae ki te whakatū i te pahikara.
- I mua i te tūnga o te pahikara, me āta paheke i te tūru, ā, ka whakatū te waewae.
- Me heke i te taha i eke ai koe.





Mahi Whakaio Tuatahi - Āmio Porotaka



Whāinga:

Kia whanake ai ngā tamariki i te pūkenga huri kokonga ki ngā taha e rua.

Taputapu:

- Whakatakotoria ngā koeko hei porotaka.
- He tioka hei tuhi i te ara mā ngā tamariki hei whai atu.

Tohutohu:

Te Huri Tika:

- Me aro tō titiro ki te taha e huri ai koe.
- Āta whakatū i te pahikara i mua i te kokonga.
- Me whānui te anga.
- Kaua hei anga koi atu.

Haumarū:

Tohutohungia ngā tamariki kia kaua rātou e hipa i ngā hoa, kei tutuki peange. Me māwehetia te hunga pōturi me te hunga tere, ā, ka whai wā motuhake ia rōpū te eke i ngā wā rerekē.

He Whakarere Whakaio:

Ngā Purapura:

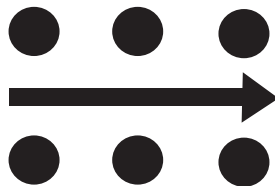
Kia whakawhānuihia te porotaka (ka whāiti ake te koki o te huringa).

Ngā Pihi:

Kia whakawhāitihia te porotaka (ka whānui ake te koki o te huringa).



Mahi Whakaio Tuarua - Tautika Ara Matua



Whāinga:

Kia whanake ai ngā tamariki i tō rātou tautika me te māia ki te eke i te ara tōtika

Taputapu:

- Whakaritea ngā koeko e ai ki tā runga.
- He tioka hei tuhi i te ara /mā ngā tamariki hei whai atu.

Tohutohu:

Pahikara Tautika

- Me ngana ngā tamariki te hiki i ngā waewae i te papa kia tautika ai i te ara.

Pahikara Pana ā-waewae

- Me pōturi te haere o ngā tamariki me te kore whakaheke i ō rātou waewae.

Haumarū:

He tere ake ētehi tamariki i ērā atu, nā whai anō e tika ana te haere takitahi.

He Whakarere Whakaio:

Ngā Purapura:

Whakawhānui ake te papa mahi, ā, whakapotohia te ara haere.

Ngā Pihi:

Whakawhāitihia te papamahi, ā, whakaroangia te ara haere.



Mahi Whakaio Tuatoru - Mirumiru

Whāinga:

Kāore e whakamahia ana te pahikara i tēnei mahi whakaio, heoti ka aro tēnei ki te whakawhanake i te aro mātai o ngā whatu.

Taputapu:

Mirumiru.

Haumaru:

Mā ngā rōpū iti tēnei hei mahi i rō whare.

Tohutohu:

Mā ngā pakeke hei pupuhi mirumiru, ā, mā ngā tamariki hei pahū ki o rātou matimati tuhi.



Tākoha (*Whakaputaina ngā pepa nō te ipurangi*)



Wiki Rua

I ako ngā tamariki i ētehi anō āhuatanga o te eke haumaru i te pahikara. Me ngana ki te whakangahu i tō rātou taha.

Eke

- Me eke mai te taha mauī kia karo atu i te mekameka.
- Ka whai hua nui tēnei i a rātou ka whanake ake ki te eke i runga i te huarahi. Hurihia te papa pana ā-waewae i te taha matau kia 45 te koki e anga whakarunga ana.
- He tūranga “Kaha Ake” tēnei.

Heke Pahikara

- Āta whakatū i te pahikara. I mua i te tūnga o te pahikara, me āta paheke i te tūru, ā, ka whakatū te waewae. Me heke i te taha i eke ai koe.



Ara Tuatoru - Haumarū Pahikara me te Whakatū

Akoranga

Ka āhei ngā tamariki ki te whakahua i ngā āhuatanga haumarū o te pahikara e hāngai ana ki a rātou i tō rātou reanga.

Takatū Mahi Whakaio

Ka tatū ngā mahi me ngā patapatai ā-rōpū.

Hei Tirohanga

Me eke ngā tamariki ki te taha o ngā pahake i ngā wā katoa.

Pou Rama

Kākāriki = Mā ake, Karaka = Kia āta haere, Whero = Tū

Ara Whakawhitinga Tāngata

Me tatari koe i te ara whīkoi kia hipa katoa ngā waka, kia tatū rānei ngā waka i ō taha e rua.

Tirohia ngā taha e rua mō ngā waka.

Me whīkoi tahi i te pahikara i te wā whakawhiti i te huarahi.

Tohu Tū

Me tū te katoa i te wā kitea ai ngā tohu nei, oti noa me tū ngā pahikara anō hoki.

Tirohia ngā taha e rua.

(He tohu pikitia hei tā kei runga i te ipurangi))

Pātai Matapaki

Kei whea te wāhi tika hei ekenga mā ngā tamariki?

WH. I te ara whīkoi, i te wāhi haumarū waka kore rānei.

Whakamahia hokitia ngā ara whīkoi e ngā tāngata hoki, me pēwhea tā mātou whakamōhio atu e pātata atu ana mātou?

WH. Mā te whakamahi i te pere, mā te hāmama pai atu me ka kore whiwhi pere.

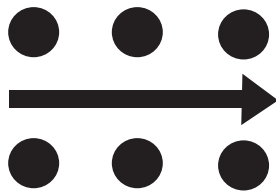
He aha ētehi atu āhuatanga hei tirohanga mā mātou i a mātou e eke pahikara ana i te ara whīkoi?

WH. Me tirohia ngā waka e tomo ana, e puta hoki ana i ngā ara waka o ngā kāinga. Whakamaumaharatia ngā tamariki kia whītingia ngā tātua. Ka taea hoki e rātou te rongō i ngā waka i ngā wā tē kitea.





Mahi Whakaio Tuatahi - Whakatū



Whāinga:

Kia whanake ai ngā tamariki i tō rātou āhei ki te whakaterere me te whakatū tika i te pahikara.

Taputapu:

- Whakaritea ngā koeko e ai ki tā runga.
- He tioka hei tuhi i te ara mā ngā tamariki hei whai atu.
- He tohu Tū.

Tohutohu:

Ka tū ake tētehi ki te pupuru i te tohu Tū, me te whakatū i ngā tamariki i ngā wā rerekē i a rātou e tere haere ana i te papa eke.

Haumarū:

Whakaritea he wāhi anō hei wāhi āwhina i te tamaiti tē taea te whakatū i a ia anō.
Me haere takitahi.

Ngā Hapa:

Te neke i ngā taputapu me te kore whakatū ā ngā tamariki i te pahikara i te wā tika.

He Whakarere Whakaio

Ngā Purapura:

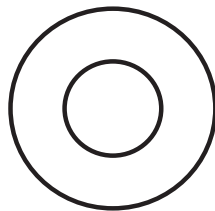
Me whai wā roa ake ki te whakatū. Kia roa ake te wāhi whakatū.

Ngā Pihi:

Whakaroahia te pana ake kia tere ake te haere a te tamaiti.



Mahi Whakaio Tuarua - Āmio Porotaka



Whāinga

Kia whanake ai ngā kaieke i te pūkenga āmiomio mai i ngā taha e rua.

Taputapu:

- Koeko.
- He tioka hei tuhi i te ara mā ngā tamariki hei whai atu.
- Tohu whakahaere waka.

Tohutohu:

Ka tū tētehi ki waenga i te porotaka e mou ana i te tohu whakahaere waka. Tohutohungia ngā tamariki ki te āta haere i a rātou e haerere ana.

- āta haere (karaka), tū (whero), ā, mā ake (kākāriki).

Haumarū:

Tohutohungia ngā tamariki kia kaua rātou e hipa i ngā hoa, kei tutuki peange. Me māwehetia te hunga pōturi me te hunga tere, ā, ka whai wā motuhake ia rōpū te eke i ngā wā rerekē.

Ngā Hapa:

Te nuku i ngā taputapu.

He Whakarere Whakaio:

Ngā Purapura:

Whakawhānuitia te porotaka (ka whāiti ake te koki huri).

Ngā Pihi:

Whakawhāitihia te porotaka (ka whānui ake te koki huri).



Mahi Whakaio Tuatoru - Wero Titi



Whāinga:

Kāore e whakamahia ana te pahikara i tēnei mahi whakaio, oti noa e whakapakari ana tēnei i ngā pūkenga whakatū me te whakahaere ā-ringa i te pahikara.

Taputapu:

- Titi.
- Ipu aihikirīmi.

Tohutohu:

Raua ngā titi ki runga i te tēpu, ā, mā ngā tamariki hei whakamou i ngā titi ki a rātou anō, ki te ipu rānei.

Haumarū:

Kia āhua rahi tonu ngā titi kei raora i rō waha.

He Whakarere Whakaio:

Ngā Purapura:

Kia whai wā roa ake ki te whakatutuki i te mahi whakaio, ā, whakamahia ngā titi rahi ake.

Ngā Pihi:

Whakamou Titi – Me whakarerea e ngā tamaiti ā rātou titi katoa mā te whakamou atu ki ngā mai o ērā atu kaitākato.

Pātai Matapaki:

E whia ngā titi kua mou atu e koe ki te ipu?

He aha ngā kano o ngā titi kua raua ki rō ipu?

Tākoha (Whakaputaina ngā pepa nō te ipurangi)



Wiki Toru

I aro mātou ki ētehi o ngā tino tikanga o te haumarū pahikara.

Haumarū Pahikara

- Mō ngā tāngata hoki ngā ara whīkoi.
- Karangahia ngā tāngata e pātata mai ana mā te whakamahi i te pere, mā te karanga “kei te haere mai!”
- Me titiro, me whakarongo hoki ki ngā waka, oti noa me mataara ki ērā waka e puta ana i ngā ara waka ki ngā kāinga.

Whakatū

- I āhei ngā tamariki te whakatū tika i ngā pahikara me te kore neke.
- Ka rerekē te hanga whakatū i te pahikara i ngā wā mākū.
- Me āta whati i ngā ringa roa i te wā whakatū pahikara.



Ara Tuawhā – Tiaki Pahikara

Akoranga

Ka ako ngā tamariki ki te aromātai i o rātou pahikara kia haumarū ai i mua i te eke pahikara.

Whakahaere Rōpū

Whakamāramahia ngā tirohanga ā-rōpū i mua i te aromātai ā ngā tamariki i o rātou ake pahikara..

Hei Tirohanga

A mō te hau - Whakamātauahia ngā porotaka o te pahikara ki te kite nei e papatahi ana mā te whakakōtē i ngā porotaka.

Whakamārama atu ki ngā tamariki, nei e papatahi ana ngā porotaka kia kaua rātou e eke.

Whakamārama atu he toimaha te eke pahikara i te wā huri ai te aro o te porotaka o mua e papatahi ana. Whakamāramahia anōtia ka kino ake te pahikara nei e ekengia ana te porotaka papatahi.

Whakaatuhia te whakaheke i te kaha o te porotaka me te whakarongo ki tōna tangi.

I te wā kua heke rawa te kaha o te porotaka, whakamārama atu me pēwhea te whakakaha anō mā te whakakī ki te hau.

B mō te whakatū – Whakaatu atu ki ngā tamariki me pēwhea te aromātai i te pahikara mā te mou i ngā kakau, ā, ka ngana ki te pana whakamua.

Tohutohungia ngā tamariki ki te aromātai i ngā kuku porotaka mā te mou i ngā kakau whakatū.

Me whakamāmara atu ki ngā tamariki ngā tikanga whakawāhi i o rātou pahikara, oti noa te hua o te waiho i ngā pahikara ki rō whare waka atu i ngā kaitāhae me te ua anō hoki.

Matapakingia ngā āhuetanga o te mekameka waikura me te whati peange o ngā kuku porotaka.





Mahi Whakaio Tuatahi – Pou Tītahataha



Whāinga:

Kia whanake ai ngā tamariki i o rātou pūkenga hurihuri i te pahikara, i ngā kokonga, i ngā ara namunamu hoki.

Taputapu:

- Whakaritea ngā koeko e ai ki tā runga.
- He tioka hei tuhi i te ara mā ngā tamariki hei whai atu.

Takatū Mahi Whakaio:

Whakaritea ngā koeko e ai ki tā runga.

He Whakarere Whakaio:

Ngā Purapura:

Kia rahi ngā āputa i waenga i ngā koeko, oti noa kia iti iho ngā koeko.

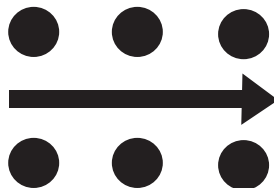
Ngā Pihi:

Kia tata ake ngā koeko, āpitihia he koeko anō.

Kia kua ngā waewae e pā ki te papa.



Mahi Whakaio Tuarua – Whakatū



Whāinga:

Kia whanake ai ngā tamariki i tō rātou āhei ki te whakaterere me te whakatū tika i te pahikara.

Taputapu:

- Whakaritea ngā koeko e ai ki tā runga. He tioka hei tuhi i te ara mā ngā tamariki hei whai atu.
- He tohu Tū.

Tohutohu:

Ka tū ake tētehi ki te pupuru i te tohu Tū, me te whakatū i ngā tamariki i ngā wā rerekē i a rātou e tere haere ana i te papa eke.

Haumaru:

Whakaritea he wāhi anō hei wāhi āwhina i te tamaiti tē taea te whakatū i a ia anō. Me haere takitahi.

Ngā Hapa:

Te neke i ngā taputapu me te kore whakatū ā ngā tamariki i te pahikara i te wā tika.

He Whakarere Whakaio:

Ngā Purapura:

Me whai wā roa ake ki te whakatū.

Ngā Pihi:

Whakaroahia te pana ake kia tere ake te haere a te tamaiti.



Mahi Whakaio Tuatoru - Ngongo Hau Pahikara

Whāinga:

Kia whakaatu atu ki ngā tamariki ngā āhuatanga o te whakakaha i te porotaka mā te ngongo hau.

Taputapu:

- Pahikara
- Ngongo hau pahikara

Takatū Mahi Whakaio:

Tukuna te hau kia puta i te porotaka, ā, whakamārama atu ki ngā tamariki nei ka rangona te tangi nei, me aromātaihia ngā porotaka.

Haumaru:

Mā te pahake hei tiaki i te taupoki hau ki tētehi wāhi haumaru, kei rāoa.

He Whakarere Whakaio:

Ngā Purapura:

He māmā ake te whakakaha i te porotaka nei e pāpaku ana te hau o roto. Me aro ki te tika o te mahi, kaua ki te tere o te mahi.

Ngā Pihī:

He toimaha ake te whakakaha i te porotaka e kī ana ki te hau, nō reira kia iti te whakaputa i te hau. Tohutohungia rātou kia tere ake te ngongo.

Pātai Matapaki:

Kia hia ngā ngongo hau hei whakakaha i te porotaka?

Tākoha (Whakaputaina ngā pepa nō te ipurangi)



Wiki Whā

I aro mātou ki te tiaki pahikara.

- Aromātaihia ngā kuku porotaka me ngā kakau whakatū porotaka i mua i te eke.
- Me hāngai te kaha o te porotaka ki tā ngā tuhinga i te taha o te porotaka.
- Nei e papatahi ana te porotaka, kaua e eke.
- Raua he hinu ki te mekameka, ā, horoia te paruparu i ngā wā katoa.
- Whakamarokehia te pahikara ki tētehi taora taratara, waiho rānei mā te hau hei mahi i ngā mahi.



Ara Tuarima - Ara Porotaka

Akoranga

He whakarite rā whakahari kia whakatairangahia ngā akoranga e whakapūmou ai ngā pūkenga o te eke pahikara.

Whakahaere Rōpū

Me whakamārama atu ki ngā tamariki kia mahi ā-rōpū, ka whakamoua o rātou pōtae mārō me o rātou hū, katahi ka wehe ki rō rōpū kia rite mō ngā mahi whakaio.

Takatū Mahi Whakaio

- Whakaritea te wā, te rā me te wāhi
- Takatūngia te kaupapa whakahari nei ki tētehi papa tākaro, whare takapore, urunga waka rahi rānei. Ko ngā wāhi whai papa mārō papatahi me te kore waka ngā wāhi pai kē atu.
- Ngā tohu, ngā koha me ngā kai:
Me whakawhiwhia ngā tamariki ki ngā tohu hei te pounga o te rā porotaka. Tirohia te āpitihanga tuawhā mō te tohu, te ipurangi rānei (hei tānga).
- Whakaritenga:
Me matua mārāma ngā pahake/kaitiaki ki ngā aronga o tōna tūranga, oti noa ngā aronga o ērā atu tūranga.

Kōwhiri Mahi Whakaio

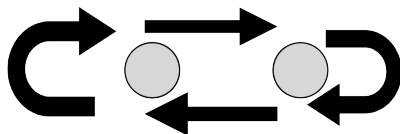
- I a koe e kōwhiri ana i te mahi whakaio, me whai whakaaro ki ngā āheitanga o ngā tamariki, te wā, ngā taputapu me te maha o ngā pahake hei tautoko.
- Ko te tikanga 1-2 ngā mahi whakaio hei wā whakangā mā ngā tamariki i ngā mahi whakawhanake i mua i te whiti ki mahi whakaio kē.

Huatau Whakaio

- Tukuna ngā tamariki ki te whakarākei i o rātou pahikara me o rātou pōtae mārō (whakamōhio atu ki ngā tamariki me kaua rātou e whakarākei i te wāhi māeneene o te pōtae mārō, kua waihangatia tēnei kia reti i te papa nei ka taka te tamaiti i te pahikara, he iti iho te mamae). Ka whakaatu atu ngā tamariki i o rātou pahikara ki ngā mātua me ngā kaiako.
- Whakaritea te kura hei wāhi eke haumarua mā te whakarite ara me ngā mea e pīoioi ai te āmio haere i te kura.
- Karangahia tētehi tupua hei whakaaraara i ngā tamariki i tēnei kātū mahi e.g. he mema pahake, he toki eke pahikara.
- Whakaritea tētehi wero mā te tataua e whia ngā wā e āmio ai ngā tamariki i tētehi porotaka i roto i tētehi wā motuhake.
- (whakaritea he porotaka iti ake i rō te porotaka rahi mō te hunga e pōturi ana) – hei kaupapa kohi pūtea peange tēnei wero.
- Whakahaungia ngā tamariki katoa me ngā kaimahi ki te kawē mai o rātou porotaka rahi, iti rānei.
- Whakaritea he wā motuhake hei wā kori porotaka mā ngā tamariki, ā, whakahaungia ngā tamariki ki te tā pikitia porotaka me ngā wāhi eke e rata ana ki a rātou.



Mahi Whakaio Tuatahi – Huri-U



Whāinga:

Kia mātau ai rātou ki ngā huringa koi i rō wāhi iti, me te tautika i te pahikara.

Taputapu:

- Koeko.
- He tioka hei tuhi i te ara mā ngā tamariki hei whai atu.

Haumaru:

Me haere takitahi.

Ngā Hapa:

He whānui/whāiti te huri.
I te pana tonu ngā waewae i te huringa. Ka pā peange ngā papa pana ā-waewae i te papa.
Tē whakamahia ana ngā kakau whakatū nā whai anō ka tere rawa.

Ngā Hapa

He tere rawa.

He whānui/whāiti te huri.

He pai kē te huri i tētehi taha, kua ko tērā atu taha.

He Whakarere Whakaio:

Ngā Purapura:

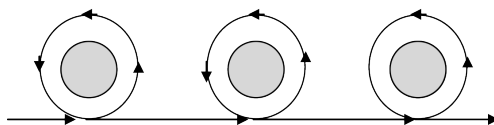
Tuhia he rārangi ki te tioka hei whāinga mā te porotaka.

Ngā Pihi:

Kia koi ake te huri U.



Mahi Whakaio Tuarua - Wero Āmio



Whāinga:

Kia mātau ai ngā kaieke te whakatau i o rātou pahikara i ngā huringa kōpā.

Taputapu:

- Koeko.
- He tioka hei tuhi i te ara mā ngā tamariki hei whai atu.

Haumaru:

Me haere takitahi.

Ngā Hapa:

He whānui/whāiti te huri.
I te pana tonu ngā waewae i te huringa. Ka pā peange ngā papa pana ā-waewae i te papa.
Tē whakamahia ana ngā kakau whakatū nā whai anō ka tere rawa.

Aronga pūkenga:

Me āta tīmata, ā, ka āta tere i a koe e pakari haere ana.

Me titiro i ngā huringa katoa kia rite te hanga āmiomio i a koe e whakahaere ana i tō terenga.

Me anga tō pona o roto ki te koeko i a koe e āmiomio ana.

Me ū tō aro ki te koeko e āmio ana koe kia kua koe e kōtiti.

He Whakarere Whakaio

Ngā Purapura:

Whakahaungia ngā kaieke ki te whakaheke i o rātou waewae ki te hiahiatia.

Whakawhānuihia ngā āputa i waenga i ngā koeko.

Whakaitingia te nama āmio.

Ngā Pihi:

Whakawhāitihia ngā āputa i waenga i ngā koeko.

Tauarotia te ekenga i te ara haere.

Āpitihanga 1 - Pepa RAMS

Mahi Whakaio:	Te Rā:
Kaiako:	Te Wāhi:
Aronga Haumaru (ngā kātū aitua)	
Putanga: He aha rā ngā āhuatanga i puta ai taua aitua?	Rautaki Whakamāmā He aha ngā rautaki hei whakaiti i ngā āhuatanga e puta ai ngā aitua?
Tāngata Whakarārangihia ētehi aitua ka taea e ngā kaiako, ngā tamariki me ētehi atu tāngata te whakaputa.	Tāngata Whakarārangihia ngā ara ka whāia i mua, i te wā e puta ai ēnei āhuatanga hoki i ngā tāngata.
Taputapu Whakarārangihia ētehi aitua ka taea e ngā taputapu me ngā waka te whakaputa.	Taputapu Whakarārangihia ngā ara ka whāia i mua, i te wā e puta ai ēnei āhuatanga hoki i ngā taputapu me ngā waka.
Te Wāhi Whakarārangihia ētehi aitua ka taea e te wāhi te whakaputa.	Te Wāhi Whakarārangihia ngā ara ka whāia i mua, i te wā e puta ai ēnei āhuatanga hoki i te wāhi.
Ngā Tūkanga Whakatika Tuhia te mahere hei whāinga māu nei ka puta ngā aitua nei (mō te wā e kore e tutuki te rautaki whakakore aitua).	
Ngā pūkenga me mou e ngā kaitiaki	
Ētehi atu mahere me ngā pitopito kōrero	
Te whakaāetanga kia tatū ai te mahi whakaio: Āe / Kāo	
Pitopito Kōrero	

(Whakamahia te tuhinga kei runga i te ipurangi)

ĀpitiHanga 2 - Pepa Whakaae

Pepa Whakaae i te Tomo ki te Hōtaka Whakapakari Pūkenga Eke Pahikara

Ka whai wāhi a (tuhia te ingoa) ki te uru ki te hōtaka whakapakari pūkenga o Mā Ake Tātou.

E rima wiki te roa o te hōtaka, ka tatū i ia (tuhia te rā), ka tīmata hei te (tuhia te rā), ā, ka mutu hei te (tuhia te rā).

Ka whai hua nui te kawē mai ā tō tamaiti i ngā taputapu nei:

He pahikara pakari te hanga.

He pōtae mārō kua whakamanangia.

He hū e ārai ana i ngā matiwaē e tika ana mō te eke pahikara.

Me mou hū e ārai ana i ngā matiwaē me te pōtae mārō ngā tamariki katoa e whai wāhi ana i te hōtaka Mā Ake Tātou.

Hei tikanga pai te akiaki i te tamaiti ki te uru ki ngā mahi whakangahu i rō akoranga, oti noa te whakangahu i muri i ngā akoranga kia whanake ake ai ngā pūkenga.

Whakakīngia te pepa whakaae me te whakahoki mai ki angeau.

Tēnā koe mō te tautoko mai i te hōtaka nei. Nei he pātai āu, whakapā mai ki (tuhia tō ingoa) i (wāhi mahi) mā: (nama waea)

Nāku iti nei,
(Ingoa)
(Tūranga)
(Wāhi mahi)

E whakaae ana angeau kia whai wāhi a

.....

Tau i Te Hōtaka Whakapakari Pūkenga Eke Pahikara Mā Ake Tātou.
Whakamārama mai me he māuiuitanga to tō tamaiti me matua mōhio te kaiako:

.....

Waitohu Mātua / Kaitiaki:

.....

Tuhia tō Ingoa:..... Te Rā:

Ka whakaae mai koe kia kapo whakaahua ki ngā akoranga katoa? Āe / Kāo

Tēnā koe

(Me whakatika, ā, ka whakamahia te tuhinga kei runga i te ipurangi)



Tohu Akoranga Pahikara

Mō

He mīharo nōu ki te whai wāhi me te mahi i ngā mahi katoa i
roto i te Hōtaka Whakapakari Pūkenga Eke Pahikara
Mā Ake Tātou



Waitohu

Tūranga

Te Rā



Tohu Akoranga Pahikara

Mō

He mīharo nōu ki te whai wāhi me te mahi i ngā mahi katoa i
roto i te Hōtaka Whakapakari Pūkenga Eke Pahikara
Mā Ake Tātou



Waitohu

Tūranga

Te Rā

Appendix 4 — Bike NZ - Learn to Ride



Learn to Ride

Riding a bike is a fundamental skill that provides children with the ability to learn how to take risks, and provides them with a sense of freedom and achievement.



Shocking figures show that less and less children are learning to ride. BikeNZ wants to provide all children with this essential skill to ensure they all enjoy the fitness, freedom and fun that cycling provides.

The Learn to Ride programme was developed in 2010, to teach primary school children the fundamentals of riding a bike, aligning with New Zealand Transport Agency Grade One cycle skills.

The programme covers the following skills, over 5-7 hours:

- Helmet fitting, and bike check
- Balancing, mounting, and dismounting
- Braking, stopping, and riding in straight line
- Cornering, and using gears

Each child graduates the programme with the fundamental skills to become our future world champions, and everyday cyclists. They all receive a cycling passport with stories, kiwi cycling heroes, and activities.

Become a Learn to Ride Instructor

Learn to Ride is a great programme for parents, teachers, clubs and schools, or anyone that wants to take their first steps on the coaching pathway. For more information contact Chris Foggin on 09 630 5796, 027 507 5393 or chris.foggin@bikenz.org.nz