

TRADITIONAL MĀORI GAMES



Shoulder/Hip Dodge

Stand in pairs one arms' length away, your feet **do not** move. One person tries to touch the shoulder of the other person standing opposite them. You then swap over and the other person tries to have a go. The person getting touched tries to move shoulders/hips without moving feet.

You can change partners by one line rotating one place.

Materials – None.

Hand Game

Two players standing facing each other try to mirror the other one. One person calls out “He tama Tu tama” and does a hand position. Starting position is with hands on hips.

Hand positions are below but you can make up your own:

- Left hand to the front, right hand on hip.
- Right hand to the front, left hand on hip.
- Left hand above head at a right angle.
- Right had above head at a right angle.



The object of the game is to catch the other one out by mirroring the same hand position.

Leg Game

Same game principals as “Te tamu Tu tama” except you use leg positions.

Leg positions are below but you can make up your own:

- Legs together, legs apart, left leg in front like a lunge and right leg in front like a lunge.
- Try to jump up high so you can catch the other player out and mirror them.

The object of the game is to catch the other one out by mirroring the same leg position.

Players can decide on a point system. You can swap players by one line rotating one place.

Materials – None.

Kite – tioreoreo (shaking hand game)

Kite is an exciting game that involves a minimum 2 players but in different versions many more can play. The artefact used in this game is called a “Ki Paua”. It is made by putting broken shells inside two paua shells that are then bound tightly together. When shaken a rattling sound emanates. In former times, shell or stone filled gourds were also used as ki in this game.



There are many variations to this game, in one version two players each hold a Ki Paua in one of their hands, they stand 5m or so apart in a defined area. Each player is blindfolded. Each player must shake their Ki Paua vigorously a few times with each step, and then seek out their opponent. They can remain stationary but must still shake their Ki Paua vigorously every 5 seconds or so.

The object of the game is to work your way into the vicinity of your opponent so that you can be the first to grab or tag them – before they tag you.

Materials – Broken shells inside 2 paua shells woven with flax OR a container with some stones inside.

Memory Game (learning te reo)

Players make their way from the bottom of the plastic sheet to the top by stepping onto the correct square. The correct square sequence has been predetermined by the leader/teacher. After the correct square is entered, the player reads the correct Māori number/word on that square to move on, if not then the next player starts.

The object of the game is to get all team members from the bottom to the top in sequence in the quickest time. You can also use another plastic sheet and race the other team. The first team to finish wins.

Materials – Plastic sheet divided into even squares.

Poi Games

Variations:

- Throw poi up into the air and catch it by its tail only.
- In pairs throw to each other and catch by tail only.
- Stand in a circle with one person in the middle. Using one and then two poi try to hit the person in the middle of the circle, the person in the middle tries to invade the people throwing the poi, once hit, swap with the person that hit you or you can have a time limit and count the amount of times you get hit.
- Spin the poi in big circles, then shorten their ropes to make small circles, then let out the ropes to make big circles again.
- Get the players to practice spinning and hand over the poi to each other without stopping – they can do this in pairs.



- Poi relays – in two teams or pairs. A player runs through or past an object while spinning their poi, you could use a hula hoop, car tyres or a branch. Poi variations include poi in a horizontal position, side twirling, front twirling, twirling while running backwards, while walking on their knees. The player then hands over to their partner, with the poi still twirling.
- Distance – throwing the poi for a distance.
- Bullrush/Freeze with poi – Same as Bullrush except you try to hit the runners with poi, you can throw the poi to another member in the middle then that person can tag the runners with the poi by throwing the poi. In Freeze poi, you can call out freeze if you have the poi, all players must freeze and the person with the poi can try to hit the players that have stopped, players that have been hit with the poi can help retrieve the poi and yell out freeze.

Materials – big and small poi.

Poi Rakau

Poi Rakau is one of a multitude of traditional games that use rakau artefacts. The rakau used in the pictorial demonstrations are korari, the seed fronds, of the harakeke.

One person stands in the middle (putahi) of a circle that is formed with 6 or more players. Everyone stands about 3-5 paces from the person in the putahi. There is usually trepidation by everyone to begin with, it is not every game that you get sticks thrown at you!



The 'Putahi' starts the game by throwing the korari upright to someone in the circle. That person catches the korari with one hand, keeps it upright, and then quickly hand passes it (not throws it), using either the left (maui) or right (mataui) hand, to a person immediately to their left or right. The person who receives it then throws it, upright, back to the person in the middle. A fast-paced co-operative game is played to a rhythmical beat or an appropriate waiata. The 'Putahi' throws randomly and speedily, turning quickly to catch and then throw the korari. Depending on their skill levels, the catchers can add difficulty by keeping their hands behind their backs until the korari is thrown to them.

When the Putahi feels comfortable using one korari, they can try using two, then three korari to quicken the game up and keep everyone literally on their toes. An extremely skilful game requires fast reflexes and quick thinking. Keeping three korari in motion is a difficult motor skill and needs total concentration.

Materials – Long wooden sticks/branches.

Korari

The general use of sticks in games and activities is commonly known as mau rakau. One of the best “user friendly” rakau resources are korari. Korari are the seed fronds of harakeke. Children of all ages can use them to experiment with motion and flexibility. The korari can also be personalised by painting or decorating.



Catching and flexibility exercises are ideal for the lightweight korari. Start by stressing to participants that the korari are not spears or clubs and have them practice catching, from an underhand throw, at close range. The catching will ease the normal apprehension that we all have with sticks whizzing around us. When everyone is comfortable, introduce them to various korari throwing games, such as, “Ruru” and “Maui-te”.

Other options include using ‘Te Reo Kori’ principles to practice a range of physical movements as well as speaking Te Reo Maori. Instruction would start from simple instructions such as, “kei runga...waho...raro ...mataui...maui”. There are numerous activities based around pairing up and practicing tuakana / taina, which is an integral aspect of Te Reo Kori.

Materials – Long wooden sticks/branches.

Kia Tekau (Counting forwards and backwards in Māori)

First try each action individually before putting them all together. Do not try to do the whole sequence (from TAHI to TEKAU) the first time; try get to RIMA at the most. The teacher will keep the pace and everyone will say the words as they do the action start slowly and increase the pace slowly. Start by performing the first action and saying ‘TAHI’. Then repeat the first action saying ‘TAHI’ followed by the second action and saying ‘RUA’, ending with the first action again ‘TAHI’ – e.g. TAHI, RUA, TAHI. Continue this sequence, each time adding the next action and then returning back to ‘TAHI’ each time e.g. TAHI – TAHI, RUA, TAHI – TAHI, RUA, TORU, RUA, TAHI – TAHI, RUA, TORU, WHA, TORU, RUA, TAHI.

We recommend that juniors start with the first three actions, and seniors begin with first five actions. When students are confident an elimination game can be done with the class. If students miss an action they are eliminated until there is an ultimate champion, increase the speed to increase the difficulty. Students can then form groups to make up their own actions to the numbers and sequence them together to share with the whole class.

Tahi



Rua



Toru



Wha



Rima



Ono



Whitu



Waru



Iwa



Tekau



Materials – None.

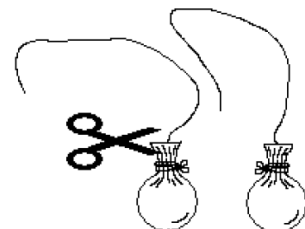
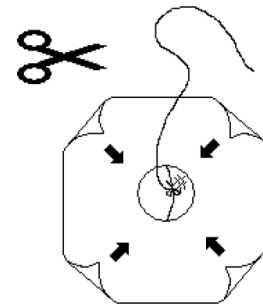
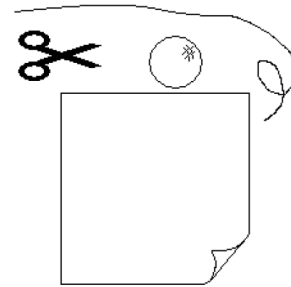
How to make poi

This is a simple way to make Māori practice poi.

To make you will need:

- Newspaper or Tennis balls
- Colour paper or fabric
- String or cord (or plait wool together to make cord)
- Scissors

1. The cords should be about 800mm long, so you can also tie around the paper ball.
2. You can if you wish plait different coloured wool together to make a nicer looking poi cord.
3. Push the newspaper into a ball (or use a tennis ball) and tie one end of the cord around the ball.
4. Cut the coloured paper or fabric into a square about 400mm x 400mm.
5. Place the ball in the middle of the paper/fabric and gather the material over the ball.
6. Cut another piece of cord to tie the opening in the material up.
7. You can also add a layer of plastic over the Bag Poi and tie as before. This will make them last longer when used outside.
8. Trim the gathered paper with scissors
9. Tie loops or knots in the ends of the cord to hold onto as handles.
10. Make another one and you have your first set out poi.



This is a very basic bag poi. You can easily add to and decorate as you wish.

Māori Kapa Haka (performance) Poi are fairly light and you may want to use seeds or rice to make them heavier. Be aware that if you hit yourself you may want it to be soft and light enough not to bruise.

The heavier you make it the slower you can spin and the less likely the Poi will be affected by any wind.