Kia pai tō haere

# Hauora

**Hei horopaki pea mō te kaupapa:** Kei te katoa te kawenga kia noho haumaru\* te whānau i runga i tētahi haerenga. Kawenga tūhonohono mō ngā haerenga haumaru.

\*Haumaru -ā-wairua, ā-tinana, ā-hinengaro hoki.

**Waiora - Hauora me te Whakapakari Whaiaro (haumaru):** Te tautuhi mōreatanga me ngā pūtaketanga, ā, ka taea te whakaahua kōwhiringa haumaru hei ārai i ēnei mōreatanga: te whakawhanake mahere mahi hei whakaiti mōreatanga.

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| Ngā putanga ako tauwhāiti – whāinga paetae  achievement objective | Aromatawai:  ngā putanga ako koronga/ngā whāinga akoranga |
| Ka tāea e te ākonga te:  **Taumata 1**  Ka whakaahua mai i ngā tikanga māmā o te noho haumaru me ngā pūnaha haumaru.  **Taumata 2**  Ka whakaatu i ngā tikanga o te noho haumaru me ngā pūnaha haumaru I roto i ngā horopaki huhua.  **Taumata 3**  Ka tautohu, ka whakamahi i ngā tikanga haumaru o roto i te kura, kia whaihua ēnei tikanga.  **Taumata 4**  Ka kimi, ka whakamahi mōhiohio i ngā horopaki huhua hei whakatau, hei whakatinana i ngā kōwhiringa haumaru. | **Taumata 1**  Te whakarārangi i ngā āhuatanga e whai pānga ki a koe me tō haumaru i a koe e haere ana i runga waka hei pāhihi.  Te tautohu me pēhea te ārai, te whakaiti rānei i ngā mōreatanga ina haere i runga waka hei pāhihi.  Te whakaahua me pēhea te āhua o te hunga haere i runga i te huarahi.  Te whakaaro i ngā mōreatanga ka whai pānga ki a koe tonu hei pāhihi, tae atu ki ō rautaki haumaru, ā, me pēhea tō whakatinana i a rātou.  **Taumata 2**  Te tautohu me pēhea te ārai, te whakaiti mōreatanga i a koe e haere ana i roto i ngā momo waka rerekē.  Te whakataurite i ngā mōreatanga ka whai pānga ki a koe hei pāhihi i runga waka.  Te whakaahua i ngā tepe me ngā whai wāhitanga mōu hei pāhihi ina whakahaere koe i tō haumaru whaiaro.  Te whakaaro mō ngā mōreatanga ka whai pānga ki a koe tonu hei pāhihi me te tautohu rautaki haumaru hei whakamahi māu kia haumaru ai koe.  **Taumata 3**  Te tautohu i ngā tāngata whai kawenga mō tō haumaru ina haere ana hei pāhihi.  Te whakatakoto i tētahi mahere mahi hei whakarite i ngā mōreatanga ka whai pānga ki a koe hei pāhihi i runga waka.  Te whakarārangi i ngā mōreatanga tērā pea ka puta ina haere koe i runga waka.  Te whakamārama i ngā pūtake (ā-tinana, ā-whanonga hoki) me ngā pānga o ēnei mōreatanga katoa.  **Taumata 4**  Te tautohu i ngā rauemi (arā, ngā tāngata me ngā wāhi) hei whakamahi mā tātou ki te waihanga māramatanga whānui ake mō te haere haumaru i runga waka.  Te whakarārangi me te whakatau haere i ngā mōreatanga matua ka whai pānga ki ngā kaitaraiwa me ngā pāhihi.  Te whakawhanake i tētahi mahere mahi hei whakaiti i ngā mōreatanga ka whai pānga ki ngā pāhihi ina haere i runga waka.  Te whakatakoto rautaki ka whakapai ake i te haumaru o te pāhihi ina haere i runga waka. |

## Raupapa mahi: ngā koronga akoranga e taea ana me ngā wheako akoranga

*Kei tō kura āna ake whakaritenga mō te whakawhanake koronga akoranga. Me whakataukī ngā koronga akoranga e hāngai pai ana ki ngā āheinga o ō ākonga.*

**LI: Whakarārangi/tautuhi/whakaahua/whakamārama i te panoni haere o ngā haerenga i roto i ngā tau.**

LE: Uiuitia ngā mātua/whānau ki te rapu mōhiohio mō te panoni haere o ngā haerenga ki ngā hui whānau, me ngā haerenga hoki i roto i ngā tau. Whakarārangihia ngā panonitanga ka tuhi ki tētahi hoahoa.

Whakamahia ngā mōhiohio i runga ake hei whakatau kōrero whānui mō te pānga o ēnei panonitanga haerenga ō tātau ki ō tātau ao. Hei tauira, ka taea ināianei te haere tawhiti atu i roto i te wā poto ake, kua nui ake te whai rawa o ngā whānau ki te rere ki tāwāhi ki ngā wāhi pēnei i Ahitereiria, Te Moananui-a-Kiwa me te ao.

**LI: Tautuhia te kaupapa, hāngaitanga rānei o te whai ture, tikanga huarahi rānei.**

LE: Pātai ka aha mēnā kāore ā tātau ture huarahi, tikanga huarahi rānei? He aha te take kāore kē he tikanga pērā a te tangata i mua i te taenga mai o ngā motoka ki ngā huarahi? He aha te take me whai ēnei ināianei?

Tēnā, whakamātauhia taua mahinga. Ka whai wāhi pea ngā ākonga ki te tākaro noa i tētahi wāhi. Whakamāramahia atu ka taea te tākaro i runga i ō rātau kūta, paihikara, kēmu omaoma, aha atu, aha atu. Tīpakohia kia 2-3 ngā ākonga hei mātakitaki i ngā mahi. Ina eke te 5 meneti (poto ake, roa rānei, kei te kaha o te mōreatanga) tonoa mai ngā ākonga ki te whakaahua mai i pēhea te mahinga me ō rātau whakaaro hoki. Pātai ki ngā kaimātaki kia whakaahuahia mai ā rātau kitenga. Pātai atu he aha ngā mea e hiahiatia kia haumaru ake ai, kia pai ake rānei. Whakamahia tēnei hei kaupapa whakaahua i te pūtake o ngā ture.

**LI: Tautuhia ngā mōreatanga (me ōna pūtake, pānga hoki) ka pā ki ngā pāhihi ina haere i roto i tētahi waka [Hangangatahi]**

LE: Matapakihia, ka tautuhi i ngā mōreatanga ka pā ki ngā pāhihi ina haere i roto i tētahi waka.

Whakaritea he rangitaki whaiaro o ngā mahi katoa a te pāhihi. Whakamahia hei tautuhi me te whakaaroaro i ngā mōreatanga me ngā rautaki haumaru. Aromātaihia tā rātau mahere, mahi hoki ki ngā whakaritenga momoho i hangaia e rātau.

Ngā hononga ki te Pāngarau: Whakahaerehia he rangahau mō tētahi o ēnei kaupapa, kaupapa ōrite rānei e whai ake:

* he aha te momo ikiiki ka tino whakamahia ina haere ki te kura, te marae, tētahi hui nui, taiopenga hākinakina rānei?
* he aha te momo ikiiki e tino pīrangitia ana mō te haere ki ….?
* whakarārangitia ngā take rerekē hāereere ai te tangata (mahi, kura, hākinakina, kitekite whānau)
* e hia te roa e noho ai ngā ākonga i roto i tētahi motokā ia rā/wiki/marama?

Whakamahia ngā hua o te rangahau hei whakatau kōrero whānui mō:

* te mea tino nui i kitea e te rangahau
* tētahi mea i ako rātou mō ō rātau hoa akomanga hei putanga o te rangahau
* tētahi mea tino ohorere ki a rātau, ā
* he aha ētahi o ngā whakaarotanga haumaru tino matua mā ngā ākonga i roto i tō rātau akomanga.

**LI: Whakaahuahia ngā mōreatanga (me ngā pūtake, pānga hoki) ka pā ki ngā pāhihi ina haere i roto i tētahi waka. [Hangangamaha]**

LE: Mō ia mōreatanga kua tuhia i runga ake, whakaarohia ka tuhi, whakaahua rānei/hoki i ngā pūtake o ngā mōreatanga me te pānga, tūponotanga rānei o te mōreatanga kua tautuhia. Tirohia te whakaritenga whakairoiro pūtake me te pānga.

[Scholastic graphic organisers (PDF)](https://teacher.scholastic.com/reading/bestpractices/vocabulary/pdf/sr_allgo.pdf)

**LI: Whakaahuahia ngā mōreatanga (me ōna pūtake, pānga hoki) ka pā ki ngā pāhihi ina haere i roto i tētahi waka. [Pānga]**

LE: Kimihia ngā tauira me ngā mōreatanga kua tautuhia. Whakarōpūhia ngā mōreatanga. Kei roto pea i ngā whakaupoko, Ngā mōreatanga nā te kaitaraiwa/ pāhihi, ngā mōreatanga taiao, ngā mōreatanga mīhini, aha atu, aha atu.

**LI: Whakamāramahia ngā pūtake o ngā mōreatanga ka pā ki ngā pāhihi ina haere i roto i tētahi waka. [Pānga]**

LE: Whakamāramahia ka pēhea e noho mōrea ai tētahi pāhihi nā tētahi mōreatanga kua tautuhia.

Ngā hononga ki te kōrero: tangohia he mōreatanga mai i tētahi pōtae, hoatu kia 30 hēkona ki te kotahi meneti ki ngā ākonga ki te kōrero i te kōrero tene e whakawhere/whakamārama ana ki ngā kaimātaki e pēhea ana te mōrearea o tā rātau kaupapa ki ngā pāhihi. Me aromātai e ngā kaimātaki ia kaikōrero mō ō rātau māramatanga mō te mōreatanga me te take e mōrearea ai.

**LI: Whakamāramahia ngā pānga o ngā mōreatanga ka pā ki ngā pāhihi ina haere i roto i tētahi waka [Pānga].**

**LI: Aromātaihia ngā momo mōreatanga ka pā ki ngā pāhihi ina haere i roto i tētahi waka [Tangohanga Roa Ake.]**

LE: Me rangahau ngā ākonga i te pānga o ngā mōreatanga. Me tīmata mā te uiui i tētahi hoa akomanga, kaiako, tētahi o te whānau rānei. Ko ngā whakautu pea, ka mataku au i roto i te motokā me te tangata ka tere rawa te haere, e whakaaehia ana rānei au te haere i runga motokā me tētahi o te whānau anake, e mamae ana tōku tuara, kua pāngia rānei e ngā wharanga pūmau ake.

Tātarihia ngā mōhiohio ka kohia ka aromātai i te kaha o te mōreatanga ki ngā pāhihi. Me homai whakamārama hei tautoko i ō rātau whakaaro.

Hei mahi ā-akomanga, kura rānei, whakaritea he pō mā ngā mātua (i roto i pea i tētahi pō tuku mōhiohio ki ngā mātua) mō te haumaru huarahi mā ngā pāhihi. Me pōhiri i tētahi āpiha pirihimana o te rohe, tētahi āpiha haumaru kaunihera hoki/rānei kia haramai ki te kōrero mō ngā mahinga haumaru.

Mā te whakamahii tētahi hoahoa Venn whai porohita inaki e toru whakatauritetia ngā mōhiohio ka hiahia ngā kaitaraiwa motoka, kaieke paihikara me ngā kaihīkoi kia mōhiotia e ērā atu.

Tito waiata, pātere, ngari-kūnanu rānei mō ngā karere haumaru pāhihi.

Whakamahia tētahihoahoa Y hei matapae i te āhua o tētahi haerenga haumaru ā-tirohanga, pā me te rongo.

[Y chart](https://www.worksheetworks.com/miscellanea/graphic-organizers/ychart.html)

Me tuhi ka whakaputa i tētahi pūrākau o tētahi ao anamata e whai ai ngā kaihaere rori i ngā tikanga haumaru i ngā wā katoa me te noho i roto i tētahi taiao ka whakamahere paitia. Whakaurua ngā huatau e hāngai ana ki te hinengaro hauora, tinana hauora, whakatau tikanga pai, whakaaro pai ki te taiao, taihara, te ngāwari o te ikiiki, panoni huarere, te wāteatanga o te pūngao, aha atu, aha atu.

Whakahaere rangahau (me te uiui i ngā mātua/whānau) hei tautuhi tāngata i roto i te hapori e taea te āwhina me te haumaru ina haere ana i te huarahi, hei pāhihi hoki. He aha ngā mea e mōhiohio ana tātau ināianei mō ēnei tāngata rauemi? Whakaotihia tētahi mahi Pouakapōhi hei kohi mōhiotanga hou. Whakaihiria ngā whakautu i roto i te akomanga.

Whakatauira mā te whakamahi ana i tētahi puka Papatau Whakahaerenga Mōreatanga taketake (RAMS), e tautuhi ana me te ārai i ngā mōreatanga mō tētahi haerenga i roto waka (me whakarite kia taketake ngā whakaupoko mō ngā Taumata 1–2). Whakaurua ngā ākonga ki te whakakī i tētahi puka RAMS mō tētahi haerenga akomanga e tū mai. Tērā pea he hīkoi ki tētahi wāhi tūtata ki te kura pēnei i te whare pukapuka tūmatanui, ngā hōpua wai kaukau hapori rānei.

[RAMS (TKI Toolkit for EOTC)](https://eotc.tki.org.nz/EOTC-home/EOTC-Guidelines/Tool-Kit)

Whakaotihia tētahitātaringa SWOT (e tautuhi ana i ngā kaha, ngoikoretanga, whai wāhitanga, me ngā whakatuma) ki tētahi ara e hiahia ana rātau. Me tautuhi rātau i tētahi ngoikoretanga, whakatuma rānei ka whakaitihia e ngā mahi takitahi.

Whakamahia tētahiWīra Mutunga Iho hei matapae i ngā mutunga iho o tētahi mahi. E whakaaroaro ana i ngā tūhononga i waenga i ngā mutunga iho. Arā, he aha ngā pānga o ngā tāia moremore o tētahi mokoka?

[Consequence wheel (TKI)](https://ssol.tki.org.nz/Social-sciences-1-13/Social-sciences-1-10/Teaching-and-learning/Effective-teaching-in-social-sciences/Teaching-strategies/graphic_organisers/Consequences-wheel)

Hoahoatia ka waihanga i tētahi kēmu e whakarite ana i ngā mōreatanga ka pā ki ngā pāhihi me te whakaatu anō i ngā kawenga huarahi pai mā te katoa.

Tuhia ngā reta ki te etita e whakaatu ana i 'ngā rārangi hiahia' mō ō rātau hiahia hei whai mā ngā kaiwhakamahi huarahi, TĒRĀ RĀNEI ka taea e rātau te waihanga me te whakaputa i tētahi mātārere me tētahi 'tikanga' mō ngā kaitaraiwa.

'Kia ahatia?', otirā, 'Me aha ināianei?'

Tautuhia te tukanga whakaaro ka whakamahia ina waihanga rautaki haumaru, ina whakatinana anō hoki.

**LI: Matapaetia ka pēhea te panoni haere o te hāereere i te ao anamata.**

LE: Matapaehia ngā momo mōreatanga ka pā ki ngā pāhihi ina haere i roto i tētahi waka [Tangohanga Roa Ake]

Matapaehia e pēhea ana te rerekē o te haere atu, mai hoki i ngā wāhi mō ā rātau tamariki me ā rātau mokopuna i te ao anamata i te kauneke haeretanga o ngā hangarau.

**LI: Tautuhia, whakamāramhia hoki/rānei ngā painga me ngā kino o ngā haerenga ā ngā rā e tū mai.**

Tautuhi,a whakamāramahia hoki/rānei ngā painga me ngā kino ka puta pea i ngā rerekētanga ki ngā haerenga.

**LI: Matapaetia te āhua o te hāereere i te ao anamata.**

LE: Tīpakohia tētahi āhuatanga o te hāereere. Hei tauira, te haere ā-motu, i tāwāhi rānei, te haere arorangi rānei. Tuhia ka whakaahua rānei/hoki e pēhea ana te āhua o tēnei, pēhea te whakatinana rānei i te ao anamata.

## Uinga ākonga

**Tō Tūmahi**

### Ngā taumata 1-2

Waihangatia tētahi mapi mā ngā āhuatanga rerekē haramai ai ngā ākonga ki te kura ka tuhi i ngā ingoa o ngā ākonga (whakaahua rānei) ki raro i ia wāhanga.

Mahi takirua, whakamahia ēnei mōhiohio hei whakatau i ngā āhuatanga mōrearea nui rawa mō ō hoa. Aromātahia te kaha o te mōreareatanga. Hei tauira, ki tētahi awhe1-10.

Tautuhia ngā huarahi ka taea te whakahaere i ngā āhuatanga mōrearea. Me whakamahi ngā ākonga i tēnei ki te waihanga me te whakatinana i tā rātau ake mahere whakahaere whaiaro. Ka taea pēnei tēnei i roto i ngā kōrero mō tētahi, wiki akomanga rānei, i roto rānei i te SMS kura whaiaro. Aroturuki me te tuku urupare mō te āhua o te whakamahi a ngā ākonga i tā ratau mahere kia noho haumaru ai rātau. Me pātai ki ngā ākonga kia tirohia ngā wāhi ka taea te whakakaha me te whakaatu i tēnei rerekētanga ki tā rātau mahere.

Arotake haerehia te mapi kāwai akomanga i roto i te tau. Whakahoutia ina neke whare ngā ākonga, ina tae ngā ākonga hou ki te akomanga, ina panoni haere ngā huarahi me ngā haukotinga ara. Whakatauhia mēnā kei te ōrite tonu ngā mōreatanga. Whakatauhia mēnā me whai upane anō i taumata kē. Hei tauira, mēnā e hiahiatia ana tētahi kaupapa mātauranga kura whānui mā roto i ngā pānui kura, paetukutuku kura, whakaaturanga i te minenga kura me te taumata i runga ake mā tētahi reta ki te pepa ā-rohe, MP, Koromatua, NZTA hei rapu panonitanga hei whakapai ake i te haumaru tūmatanui.

### Ngā taumata 3-5

Waihangatia rānei/hoki tētahi rauemi ā-kite hei āwhina ki te whakamōhio i ngā ākonga tamariki ake mō te haumaru huarahi.

Tērā rānei, waihangatia tētahi pāpāho hei whakarato mōhiohio haere tonu mō te katoa o te hapori kura mō tēnei kaupapa. Tērā pea he wāhanga tuku kōrerorero i runga reo irirangi o te kura, ngā kupu āwhina rite tonu rānei/hoki ki te rangitaki, paetukutuku, minenga rānei o te kura. Whakaitihia te whai wāhitanga o te kaiako i roto i te wā, kia riro hoki mā ngā ākonga e whakahaere. Utua/hāpaitia rānei ngā tikanga rerekē mā te hapori kura ki te tuku urupare ki ngā ākonga mō te kounga, hāngaitanga me te tōtikatanga o tā rātau rauemi whakaiti mōreatanga me te whakapiki māramatanga mō ngā take haumaru huarahi i te kura.

## Ngā rauemi

Te Ara

[Te pānga o te tāpoi ki te ahumahi tāpoi i Aotearoa](https://teara.govt.nz/en/tourist-industry/page-5)

[Ngā haerenga o mua i Aotearoa](https://teara.govt.nz/en/beach-culture/page-1)

[Te haere mā te hoiho i Aotearoa](https://teara.govt.nz/en/horses/page-3)

[Te ikiiki tūmatanui i Aotearoa](https://teara.govt.nz/en/public-transport/page-8)

Te Manatū Waka

[Te karore ā-whānau](https://www.transport.govt.nz/statistics-and-insights/household-travel/key-facts/)

## Aromatawai mō te ako: kaiako/aropā/whaiaro

Mā ngā kaiako e āta miramira ngā wheako akoranga i runga ake ka whakamahia hei aromatawai mō ngā akoranga puta noa i te kōwae ako. Ka taea ēnei te tuhi i roto i ngā kōpaki/pūnaha whakahaerenga kura.

**He tauira tukutuku aromatawai whaiaro**

Mā ngā kaiako e whakawaehere ki te tīwae tuatahi ngā tohu ka whakamahia e rātau i roto i te kura hei aromatawai.

Tērā pea ki ngā taumata, ngā aratohu MOE, ngā whakaritenga ā-roto rānei. Ka taea te tuhi i te tukutuku ki ngā whāinga paetae, te tuhi anō hei whakaritenga angitu mō ngā tamariki e ai ki te hiahia o te kura.

Miramiratia ngā kīanga tōtika i ia upane. He tauira tēnei o tētahi ahu kotahi anake.

**Hei tauira: Te whakaaroaro mō ngā pūtake me ngā pānga hoki o ngā mōreatanga i au e pāhihi ana.**

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| Tangohanga Roa Ake | Whakamahia ai e au ngā rautaki maha hei whakaaroaro i ngā pūtake me ngā pānga mōreatanga i au e pāhihi ana, ā, e mōhio ana au mō te wā me te take o te whakamahi.  Ka taea e au te ako ētahi atu hei whakaaroaro i ngā pūtake me ngā pānga mōreatanga i au e pāhihi ana.  Ka tū au hei tauira mō ētahi atu hei āwhina i a rātau ki te whakaaroaro i ngā pūtake me ngā pānga mōreatanga i au e pāhihi ana.  Ka rapu urupare au me pēhea te whakapai ake i te āhua o taku whakaaroaro i ngā pūtake me ngā pānga mōreatanga i au e pāhihi ana. |
| Pānga | Whakamahia ai e au ngā rautaki maha hei whakaaroaro i ngā pūtake me ngā pānga mōreatanga i au e pāhihi ana, ā, e mōhio ana au mō te wā me te take o te whakamahi. |
| Hangangamaha | Whakamahia ai e au ngā rautaki maha hei whakaaroaro i ngā pūtake me ngā pānga mōreatanga i au e pāhihi ana engari kāore au i te tino mōhio mō te wā me te take o te whakamahi. |
| Hangangatahi | Ka taea e au te whakaaroaro i ngā pūtake me ngā pānga mōreatanga i au e pāhihi ana ina tohutohutia ahau, whakahautia rānei. |
| Hangangatōmua | E hiahia āwhina ana au hei whakaaroaro i ngā pūtake me ngā pānga mōreatanga i au e pāhihi ana |

**Hei tauira: Tautuhi mōreatanga ina haere au hei pāhihi.**

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| Tangohanga Roa Ake | … ā, ka taea e au te whakatau kōrero whānui mō ēnei mōreatanga ina haere au hei pāhihi. |
| Pānga | … ā, ka taea e au te whakamārama i te hāngaitanga o ēnei mōreatanga ina haere hei pāhihi/ te whakamārama i ngā pūtake me ngā pānga o ēnei mōreatanga. |
| Hangangamaha | Ka taea e au te tautuhi i ētahi mōreatanga hāngai ina haere au hei pāhihi. |
| Hangangatahi | Ka taea e au te whakaatu i tētahi mōreatanga hāngai ina haere au hei pāhihi. |
| Hangangatōmua | E hiahia āwhina ana au ki te tautuhi mōreatanga hāngai ina haere au hei pāhihi. |