

He Ngohe Aromatawai ā-Roto Mō ngā mahi whakamahere anake

Te Ingoa o te Ngohe: Mauri Tū, Mauri Ora

Aronga: Hauora 1.2A

Paerewa Paetae: Hauora 1.2

Kaupae: 1

Whiwhinga: 6

He Tohutohu mā te Ākonga

I tēnei ngohe

I tēnei ngohe, ka whiriwhiri, ka kuhu hoki te ākonga ki ētahi koiri tinana kāore anō kia whakamātauria ki tana hāpori.

Te horopaki

I tēnei ngohe, ka whiriwhiri, ka kuhu hoki te ākonga ki ētahi koiri tinana kāore anō kia whakamātauria ki tana hāpori. Hei tauira, ko te waka ama, te mau rākau, te mamau, te hī ika, ngā haerenga taiao rānei. Me whai te ākonga kia whakamātau ia i ētahi mahi rerekē, mahi hou – he mahi ka wero i a ia.

I konei, ka whiriwhiri te ākonga i tētahi koiri tinana ka wero i tana taha tinana, taha hinengaro, taha whānau rānei. Ka āta waihanga te ākonga i tētahi whāinga koiri SMART, i tētahi mahere rautaki anō hoki e whakapuaki ana i ngā mahi me mahi, tētahi wātaka, ā, ka whakamārama hoki i ngā painga o ngā mahi kei roto me te whāinga hei whakapakari ake i te ora o te mauri.

Hei mahi

E rua ngā wāhanga ki tēnei aromatawai.

1. He ī-kōpaki – he wātaka e tohu ana i ō koiri tinana me ō huritao.
2. Ka waihanga i tētahi whāinga whaiaro, ka whakarite i tētahi mahere, ā, ka arotake i ngā hua.

Tūmahi 1: *Ka tūhura i ētahi koiri tinana hou, i ētahi koiri tinana ka wero i a koe*

Ka tūhura, ka whiriwhiri te ākonga i ētahi kōwhiringa koiri tinana hou me ētahi kōwhiringa koiri tinana ka wero i a ia hei mahi i tētahi wā kua āta whakaritea e ia.

- Me kaha kuhu atu te ākonga ki ēnei mahi mō te roanga o te wā kua tohua kia kawea ngā mahi nei.
- Tuhia ēnei koiri ki te wātaka (Pepa Ngohe A) kei raro iho nei.
- Me waituhi tō kaiako, tētahi whanaunga rānei i ngā mahi kua kaha tutuki i a koe.

Hei te tutukinga o ia koiri tinana rerekē me whakawhiti kōrero koe ki ētahi atu kia pai tō whakautu i ngā pātai kei te Pepa Ngohe A. Āta whakaarohia te wāhi ki te:

- oranga tangata
- oranga wairua
- oranga tinana
- oranga ngakau
- oranga taiao.

Pepa Ngohe A

He aha ō waiaro, ō whanonga me ō uara whaiaro i whai pānga ki tō āhei ki te kuhu ki te mahi koiri i whiriwhirihia e koe?

He aha ētahi painga ki a koe, ki ētahi atu hoki, o te kuhu ki ēnei koiri tinana?

He aha ētahi o ngā tino painga me ngā uauatanga mōu ake, i tō kuhunga atu ki ngā koiri tinana i whiriwhirihia e koe?

Ka kuhu atu anō koe ki ēnei koiri tinana? Āe / Kāo He aha ai?

He aha ngā pānga ki tō mauri o te kuhu ki ēnei koiri tinana?

Tūmahi 2: *Ka waihanga i tētahi whāinga whaiaro, ka whakaritea he mahere, ā, ka arotakengia ngā hua.*

1. Whakaarohia ngā mahi i te wāhanga 1. Waihangatia tētahi whāinga whaiaro hei whakapakari i ētahi wāhanga e rua o tō oranga (oranga tangata, oranga wairua, oranga tinana, oranga ngakau, oranga taiao). Ko te whāinga whaiaro nei:
 - me wero i te tinana
 - he whāinga e taea ana te whakatutuki i roto i te wā kua whakaritea mō te mahi nei
2. Whakaritea tētahi mahere:
 - e toru wiki te roa
 - e iwa ngā taunakitanga e whakaatu ana i tō whakatutuki haere i te mahere (hei tauira, he whitiata, he whakaahua, he kohinga kōrero i tō hoa/ō mātua, he huritao, he pōhi rangitaki).

Ko te āhua o te tuku i ngā mahi, ko te tuhi, te kauwhau rānei ki tētahi rōpū iti e pā ana ki tō huritao i ngā painga o ngā koiri tinana i whiriwhirihia e koe, kia tutuki ai tō whāinga whaiaro. Whakaarohia anō hoki ēnei pātai: Ki whea ināiane? He aha te whāinga whaiaro e whai ake nei?

Hei Mahi

1. Whiriwhirihia tētahi o ngā koiri tinana i kuhu atu ai koe i te Hei Mahi 1. He koiri tinana:
 - whakaharikoa i a koe
 - he painga ōna ki a koe, ki tangata kē hoki
 - e hiahia ana koe ki te whakawhanake.
2. Whakamāramatia mai tētahi whāinga whaiaro, ka āta waihanga ai i tētahi mahere kia tutuki pai ai tō whāinga.

Whāinga Whaiaro:

1. Waihangatia he whāinga whaiaro mō tētahi koiri tinana i whiriwhirihia e koe, hei whakatutuki māu i te toru wiki.
 - a. Whakamāramatia mai ngā hua o tō whāinga whaiaro ki ētahi wāhanga e rua, nui ake rānei, o te oranga (oranga tangata, oranga wairua, oranga tinana, oranga ngakau, oranga taiao)

To Whāinga Whaiaro SMART:

S
M
A
R
T

Whakamāramatia mai te take i whiriwhirihia ai e koe te whāinga nei.

Whakamāramahia mai ngā hua o tō whāinga ki tō mauri, ki tō oranga hoki.

- b. Tuhia ngā uauatanga i pā i a koe e whakatutuki ana i tō whāinga whaiaro, me ngā rautaki i whakamahia e koe kia tutuki ai te whāinga.

Ngā wero	Ka pēwhea tō whakatutuki i ngā wero?
Ngā rauemi	He aha ngā rauemi? Ka pēwhea tō whakamahi i ngā rauemi?

- c. Āta waihangatia he mahere mō ngā wiki e toru, ā, me whakatutuki kia toru ngā koiri i ia wiki. Me tohu hoki ngā rauemi hei hāpai i tō whakatutuki whāinga. Āta whakaraupapatia ngā mahi me ngā rauemi.
- d. Tuhia katoatia ngā mahi ka tutuki i a koe ia rā, ia wiki kia kitea ai tō huarahi whakatutuki i tō whāinga whaiaro.

Whakaritea te mahere, ka whakatinana ai

1. Ka whakatinanahia tō mahere i roto i te toru wiki.

Kohia ngā taunakitanga

2. Kohia ngā taunakitanga o tāu whakamahi i tō mahere. Ko ngā huarahi kahi ko ngā whitiata, ngā whakaahua, ngā hopu oro, he rangitaki, he maramataka, he ī-kōpaki/kōpaki, he wātaka. Kia mātua kitea ēnei āhuatanga ki ō taunakitanga;
- te rā i tutuki ai te koiri
 - he whakamārama poto i ō mahi / he whitiata o ō mahi
 - ko wai mā, he aha rānei ngā mea i tautoko i a koe kia tutuki ai te koiri
 - ngā uauatanga i pā ki a koe, ā, mēnā rānei i puta tō ihu

- ō whakaaro me ō kare ā-roto mō te āhua ki tō whai kia tutuki te whāinga whaiaro
- he huritao i te rere o ngā mahi whakatutuki whāinga me ngā pānga ki tō mauri.

Arotakengia te whaihua o te mahere

3. Ka tū ā-rōpū koutou (tokorua, tokotoru rānei ki ia rōpū), ka waha i ā koutou mahi whakatutuki whāinga i whakaritea e koutou mō te toru wiki. Āta whakaarohia:
 - ō kupu āki ki ētahi atu e kawea ana i ā rātou mahi me te take i pērā ai ō kōrero
 - ngā āhuatanga ka panonitia, ka whakapūmautia hoki, ka whakamārama ai i ngā hua ki to ōranga
 - ngā akoranga/painga mōu ake i roto i ngā mahi nei, me ngā hua ki tō anamata
 - ngā mahi e whai ake nei e ora ake ai tō mauri, ka whakamārama ai he aha i pērā ai.

Ngā mahi hei tāpae

Rauemi A: Ngā taunakitanga a te ākongā

Rauemi B: Ngā māka a te kaiako

Rauemi C: Tuhinga 1 He tauira whakautu ki ngā pātai

Rauemi D: Te whāinga whaiaro me te mahere

Rauemi E: He huritao

Rauemi A: Ngā taunaki a te ākonga

Tuhinga 1

1. Tuhia tō taumata kuhu me ngā koiri i kuhuna e koe.
2. Ka tuhi te ākonga i ngā arotake i puta i ōna hoa mō ngā hua o ngā koiri. Ka whakamārama te ākonga i te pānga o āna tikanga, tōna waiaro me āna whanonga ki tana kuhu ki ngā mahi.

Ingoa	Ngā whakawhitinga kōrero Ākonga - Ākonga/ Ākonga - Kaiako (annotated transcript)	Whakatau whānui nā te Kaiako
<p>Mahi koiri 1 Piki i Maunga whau 23/3/21</p>	<p>Hei tauira: I kake mātou ko Māmā, ko Koro i Maungawhau. He wera rawa, ā, he tino pōturi rāua. Ki te kake anō au i te maunga rā, kua haere tahi au ki aku hoa, ka mutu ka oma au, hei aha te hīkoi. Hoi anō, he rawe te rongo i ngā kōrero a Koro mō te maunga, me ō mātou tūpuna. I whai hononga au ki te maunga. Ākene, he wero pai kia kake ai au i ētahi atu maunga, ka ako hoki i ngā kōrero e hāngai ana ki a rātou. Ko te raru he tawhiti rawa te nuinga. I pōhēhē ahau ka maroke rawa, engari i āhua pai! Hei tā Māmā “i piki tana ngao i te mutunga iho, ā, he oranga pai”. Kāore au i te hiahia ki te kake anō i Maungawhau, engari i kite au i te painga mō Koro rāua ko Māmā, ā, he mahi rerekē hoki. 23/4/21</p> <p>Whakaurua he rīkōatatanga MP3 o te kōrero ki konei.</p> <p>Waitohu Tauira: Hone Waaka Waitohu Kaiako: Mere Henare Haratua</p> <p style="text-align: right;">Te rā: 25 o te</p>	<p>Kaiaka</p> <p>He wero nui, he wero hou tēnei koiri tinana ki a koe?</p>
<p>Mahi koiri 2</p>		
<p>Mahi koiri 3</p>		
<p>Mahi koiri 4</p>		
<p>Mahi koiri 5</p>		
<p>Mahi koiri 6</p>		

Rauemi B: Ngā māka a te kaiako

Ka tuhi te kaiako i te taumata kuhu me ngā koiri i kuhuna ai e te ākonga. (Ka tohua e te kaiako te **Paetae, Kaiaka, Kairangi** rānei. E eke Kairangi ai te ākonga, me Kaiaka (neke atu) te eke i ngā mahi koiri e rima.)

I ngā whakawhitinga kōrero ākonga-kaiako, ka tuhi te kaiako i ngā arotake i puta i ngā ākonga mō ngā hua o ngā koiri i kuhuna ai e rātou. Ka tuhi te kaiako i ngā kōrero ka puta i ngā ākonga mō te pānga o ngā tikanga, ngā waiaro me ngā whanonga a ngā ākonga ki te āhua o tāna anō kuhu ki ngā mahi. (He āpitihanga ēnei ki te whakatau whakamutunga a te kaiako ki te māka ka whakawhiwhia ki te ākonga).

Ingoa	MK 1 Te rā	MK 2 Te rā	MK 3 Te rā	MK4 Te rā	MK5 Te rā	Ngā whakawhitinga kōrero kaiako-ākonga (annotated transcript)	Kua tutuki	
								tick
Hei tauira: Hone Waaka	Piki Maunga 24/3	Zumba 1/4	Rama Tuna 12/4?	Hip Hop Step 1/5	Mamau 2/5, 5/5, 11/5			

Rauemi C: Tuhinga 1 He tauira whakautu ki ngā pātai

He aha āu ake whanonga, tikanga, waiaro i whai pānga ki tō kuhu ki te koiri i whiriwhirihia e koe? (Whakaarohia te wāhi ki te oranga tangata, oranga wairua, oranga tinana, oranga ngakau, oranga taiao.)

Ngā koiri tinana hou:

- he mahi uaua ā-tinana, ā-hinengaro hoki, hei tauira, me ako ahau i ētahi pūkenga hou, ā, me manawanui au kia kaha ake taku kuhu ki ngā mahi
- he ao rerekē i tōku nei ao hāneanea nei
- he wero i ahau kia koi te hinengaro, kia ui pātai kia whai māramatanga ai au
- he ao rerekē i tāku e mōhio nei
- he mahi tahi ki ētahi tāngata kāore au i te mōhio, i whiwhi hoa hou ai ahau.

He aha ētahi o ngā hua i puta mōu, mō tangata kē atu rānei i tō/tā rātou kuhu atu ki ēnei mahi koiri?

He aha ētahi o ngā tino uauatanga i pā ki a koe i tō kuhunga atu ki ngā koiri tinana i whiriwhirihia e koe?

Ka kuhu anō koe ki ngā koiri tinana nei ko koe anake, mēnā rānei kei te taha koe o ō hoa? Āe/Kāo He aha ai?

Rauemi D: Te whāinga whaiaro me te mahere (he tauira)

Ngā āhuatanga o te whāinga whaiaro SMART:

- e hāngai pū ana ki te kaupapa
- e taea ana te ine ngā putanga, ngā mahi
- e taea ana te paetawhiti te whakamau kia tina
- kei a koe ngā rauemi, te wā, ngā pūkenga, te hiahia me te mātauranga ki te whakatutuki i te whāinga
- kua whakaritea he wā e tika ana e tutuki ai ngā mahi, ā, e kitea ana ngā pae tata me te pae tawhiti.

Rauemi E: He huritao (he tauira)

Wiki 1:	
Whāinga whaiaro	Kua tutuki

Mauri oho	_____
	Kua hono Kua motu
Mauri	_____
	Pai Kino
Mauri	_____
	Ngoikore Kaha
Ngā koiri	Ngā whakaaro/kare ā-roto
Te rā:	
Ngā pāinga me ngā kino	
Ngā akoranga	

Kuputaka

kōiri tinana	physical activity
kōiri	activity
kuhu	participate
putanga	results
pae tata	short term goals
pae tawhiti	long term goals
pōhi rangitaki	blog post
whakaraupapa(tia)	logical order