**Tukutuku Ako mō Hauora**

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| **Ngā Whakaaro Whānui** | ***Kia mauri tū, kia mauri ora te tangata.  Ka mauri ora te whenua, ka mauri ora te iwi.*** | | |
| **Ngā Akoranga Tāpua**  **Taumata 6-8 o Te Marautanga o Aotearoa** | | |
| **Taumata 6** | **Taumata 7** | **Taumata 8** |
| **He iho, he mana, he ihi, he wehi, he tapu tō te tangata** | ***Kia tau te mauri***   * Ko tā tēnei whakaaro whānui, he aro ki te mana, ki te rongomaiwhiti, ki te motuhaketanga o ia tangata. Ka kitea hoki te pānga o te ao katoa o te tangata ki tōna anō mauri. Nā reira, kia tau te mauri, koia te āhuatanga kei te kōpakihia e tēnei whakaaro whānui. | | |
| Ka mōhio te ākonga:   * he tapu tō te tangata; ahakoa ko wai, nō hea, me tiaki a ia * he mea nui te kiritau o te tangata me te pono ki a ia anō * kia pēhea te whakapuaki i ōna hiahia, i ōna whakaaro, i ōna kare-ā-roto i runga i te ngākau titikaha * he pānga nui tō te tuakiritanga ki te oranga o te tangata. | Ka mōhio te ākonga:   * he pānga nui tō te whakatoiharatanga ki te oranga o te tangata * he nui ngā momo tuakiri tangata ka kitea i te ao * he mōtika, he haepapatanga o ngā tāngata katoa ahakoa ko wai, nō hea, e pai ai te noho ora ki te ao. | Ka mōhio te ākonga:   * e whakanuia ai te kanorau, me tuwhera te ngākau me te hinengaro o te tangata * he pānga anō tō te matatika pāpori ki te oranga o te iwi. |
| **Mauri tū, mauri ora; mauri noho, mauri mate** | ***Kia oho te mauri***   * Ko tā tēnei whakaaro whānui, he aro ki te hiranga o te mauri i roto i te koiora me te oranga. Me manawa piharau te tangata i te roanga o ōna rā e pūmau ai tōna āio, tōna mauri ora. Nā reira, *kia oho te mauri*, koia te āhuatanga kei te kōpakihia e tēnei whakāaro whānui. | | |
| Ka mōhio te ākonga:   * he pānga nui tō te whai wāhi ki ngā mahi koiri me ngā akoranga koiri ki te oranga o te tangata * ka riro māna anō tōna hauora e tiaki, e whakataki, e whakahaumaru * e pai ai tana noho ora i ngā horopaki huhua, me whakamahi tikanga hei whakatau kaupapa, whakarite whāinga, kōkiri whakaaro, whiriwhiri ngātahi anō hoki. | Ka mōhio te ākonga:   * he nui ngā painga o te mahi koiri me te akoranga koiri ki te oranga o te tangata, te whānau, te hapū, te iwi me te hapori * ki te whakamahi rautaki hei hiki i te wairua, hei whakamāmā i te taumahatanga * ki te whai i ngā huarahi wairua pai hei whakatau i ngā mātātaki, i ngā tautohe. | Ka mōhio te ākonga:   * he pānga anō tō te kaupapa hauora Māori ki te oranga o te iwi Māori. * e aukatia ai te hōrapa haere o tētahi mate, me ū te iwi ki ngā tikanga whaikiko. |
| **Hāhā te whenua, hāhā te tangata** | ***Kia ora te mauri whenua***   * Ko tā tēnei whakaaro whānui he titiro ki te hononga māori i waenganui i te tangata me te taiao, me ngā pānga, ngā whakaawenga hoki o tēnā, o tēnā ki te mauri me te oranga tonutanga o tērā atu. Oranga taiao, oranga tāngata. Nā reira, *kia ora te mauri whenua*, koia te āhuatanga kei te kōpakihia e tēnei whakaaro whānui. | | |
| Ka mōhio te ākonga:   * kei te oranga taiao te oranga mō te tangata. * ko te kaitiakitanga e pā ana ki te taiao, e whai painga ana anō mō te tangata. | Ka mōhio te ākonga:   * he tikanga tiaki taiao ā te iwi e ora ai te taiao, e ora anō ai te tangata * e toitū ai te taiao, me whai kiko ngā rautaki hāpai i te toitūtanga. | Ka mōhio te ākonga:   * he kawa, he tikanga, he ture o nehe, o nāianei hoki ka whāia hei oranga mō te iwi * he tapu, he mauri anō tō te taiao, ā, me āta tiaki kia pūmau tonu, kia ora tonu ēnei āhuatanga ōna. |
| **He taura taonga e motu, he taura tangata e kore e motu** | ***Kia ora te mauri tangata***   * Ko tā tēnei whakaaro whānui he titiro ki te wairua, te āhua me te kounga o ō tātou hononga whaiaro me ngā pānga nui o ēnei hononga ki tō tātou mauri. Mā te whakatupu me te whakapūmau i ngā hononga hua pai, hononga hua roa, ka tupu, ka kaha anō te tuakiri o te tangata i tana tū takitahi, i tana tū tangata whenua anō. Nā reira, *kia ora te mauri tangata*, koia te āhuatanga kei te kōpakihia e tēnei whakaaro whānui. | | |
| Ka mōhio te ākonga:   * ki te whakamahi rautaki kia pai ai tana mahi ngātahi me ētahi atu * he tohu o te whakawhanaungatanga te noho tahi a ngā tēina me ngā tuākana i runga i te aroha pūmau. | Ka mōhio te ākonga:   * ki te kuhu ki ngā kaupapa kotahitanga huhua noa i runga i te tōtika * ki te whakamahi i ōna pūmanawa whakatau raruraru, whakapiki wairua hoki. | Ka mōhio te ākonga:   * he pānga anō ō ngā tikanga houhou i te rongo, ki te oranga o te iwi * ki te arohaehae i te pānga o ngā uara, ngā waiaro me ngā whanonga ki te whakatau raruraru, ki te whakapiki raruraru anō hoki. |