



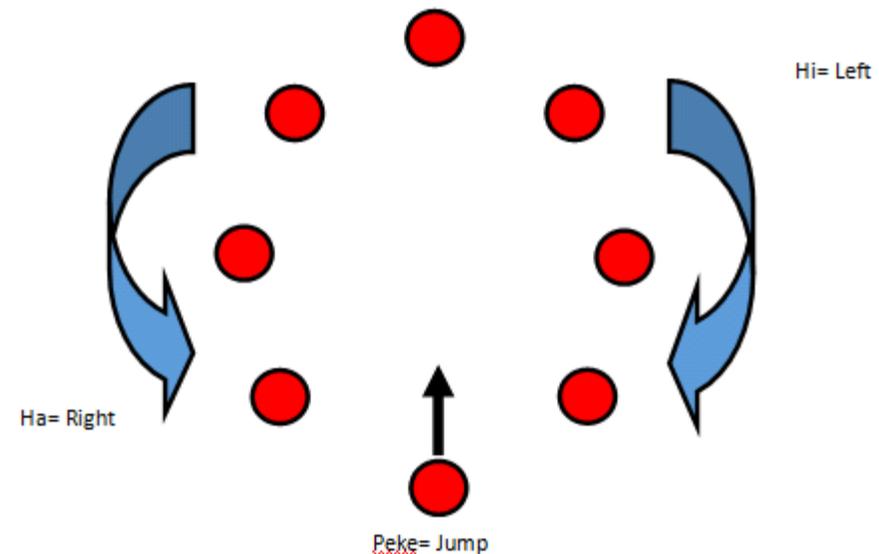
Taonga Tākaro

Taonga (treasure, anything prized, including socially or culturally valuable)

Tākaro (sport, game, recreational activity)

Hi Hā

- ▶ Form a circle. Choose someone to start. Player begins by using either of the following:
- ▶ Hi= Pass left (Shrug Left shoulder)
- ▶ Hā=Pass right (Shrug Right shoulder)
- ▶ This continues around the circle. Players can be skipped by saying 'peke' and perform a small jump.



Maui, Matau- With Poi

- ▶ Traditionally Poi Rākau was a training game for warriors. One person stood in the middle (pūtahi), surrounded by the throwers (tukunga) standing in a circle (wī). The rākau were made from Mako wood and sharpened. They were thrown to the person in the pūtahi. On catching a rākau the warrior threw it at a person in the circle who didn't have a stick, who then had to catch and throw it on.
- ▶ Form a circle and everyone holds a poi in their hand. The Kaea (caller) will either call Maui (left) or Matau (right).
- ▶ Players then throw their Poi up and step to their left or right and catch the person beside them Poi.

E.g.: If Kaea calls Maui, players will throw up their Poi and step to their left and catch the person on their left's Poi.

Mauī, Matau- with rākau sticks



- ▶ Make a circle and have them spaced one arm length apart
- ▶ Give each participant a rākau stick. They must stand the rākau up in front of them hold it there with only one finger which must be placed on top of the stick only
- ▶ There are two commands
 - ▶ Mauī: Left
 - ▶ Matau: Right
- ▶ When a command is given they must take their finger off the stick, step to commanded side and catch the rākau. Once they have completed the move they then reset the stick with their finger on the top and start again.
- ▶ Continue with step four until you get down to two players. When this occurs, the players stand opposite each other and when the command is given they must go on that side of the rākau to grab their opposition's rākau.
- ▶ You will need a person to call the commands, who is preferably not a doing the actions
 - ▶ Players are eliminated if
 - ▶ They don't let go of the stick and step before grabbing the rākau
 - ▶ The rākau that they were going for drops to the ground before they are able to capture it
 - ▶ The rākau that a player has just let go of is deliberately pushed away by another player

▶ https://www.youtube.com/watch?time_continue=27&v=oaw52WijxNY

MitiMiti/MatiMati

- ▶ A game traditionally used as a training method for Toa (warriors). Helped to read the opponents movements and learn to evade attacks and disguise your attacking movements. This game is called Matimati down in the South Island.
- ▶ In pairs
- ▶ Players standing opposite each other and facing.
- ▶ Players take 5 turns each, trying to strike your opponent on the shoulder or evade being tapped on the shoulder.
- ▶ Alternate who attacks and who dodges.
- ▶ Attacker must strike with an open palm
- ▶ Your feet must remain on the ground or a point is given to your opponent
- ▶ Each hit counts as a point to you
- ▶ Level 1 is hit the shoulder, level 2 shoulder and the waist, level 3 shoulder, waist and the knees.
- ▶ <https://www.youtube.com/watch?v=mIYp2QUn8Rs>



I Te Tīmatanga

- ▶ The kaea will call a chant to begin the kēmu 'I te Tīmatanga, Tahī, Rua, Toru, whā!'
- ▶ With every action everyone must say 'Ka' with the number of the action you are up to. For example 'Ka Tahī, Ka Rua' etc
- ▶ Aim of the game is to keep the beat and the rhythm while saying a simple chant and hand actions all at the same time.
- ▶ <https://www.youtube.com/watch?v=VuOB3gZ3ooM>



I Te Tīmatanga and the creation story

- ▶ This game relates to the retelling of the Maori creation story in which the children of Ranginui (the sky) and Papatūānuku (the earth). In the beginning Ranginui and Papatūānuku were joined together, and their children were born between them in darkness. The children decided to separate their parents, to allow light to come into the world. After this, the children became gods of various parts of the natural world. For example, Tāne became the god of the forests and Tangaroa the god of the sea.

https://www.youtube.com/watch?v=XsEAab_Tni4

Whanowhano

- ▶ In pairs, facing each other
- ▶ Jump and land with your feet in 1 of 4 positions
- ▶ If your feet mirror your opponents, the 1st person to call HI gets a point.
- ▶ To start the game both players (or a caller) calls WHANO and then jump up at the same time. Players can land either:
 - ▶ Feet together
 - ▶ Feet apart
 - ▶ Left foot forward
 - ▶ Right foot forward
- ▶ If you call HI and its not a match your opponent gets the point.
- ▶ If you call at the same time, the loudest call wins.
- ▶ <https://www.youtube.com/watch?v=Xgacdh09Kw8>
- ▶ Traditionally used for Toa (warrior) training. Leg speed and explosive power were essential for dodging strikes from attackers or moving into position to attack an opponent.



Hei Tama Tū Tama

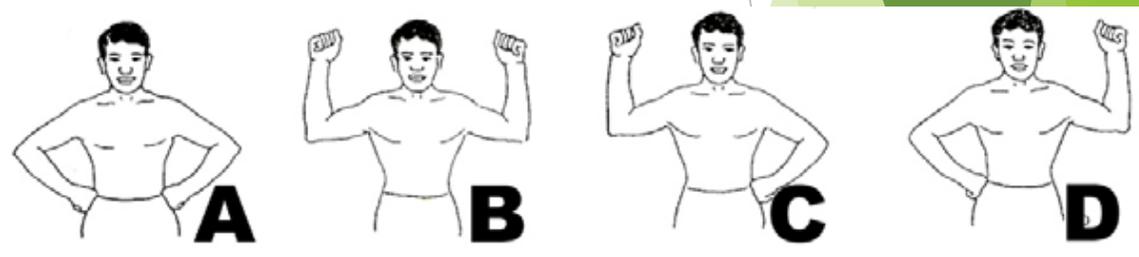
- ▶ In pairs facing each other.
- ▶ The defender begins the game by calling "Hei Tama Tū Tama" and places their hands in one of the four positions described above. The challenger replies with "Hei Tama Tū Tama" and does a different action. When one player catches the other doing the same action, that player calls " Hei Tama Tū Tama rā!" and scores a point. The winner of the point then re-starts the set, saying "Tahi. Hei Tama Tū Tama" and play continues until a player is caught out again. Each time a player scores a point, they re-start the set by saying the number of points they now have followed by " Hei Tama Tū Tama."
- ▶ The game continues until one player reaches ten points – this completes the set

- ▶ Hands on hips. **A**

- ▶ Both forearms raised, fists clenched, and elbows to the side. **B**

- ▶ Raise right forearm with clenched fist, left hand on hip. **C**

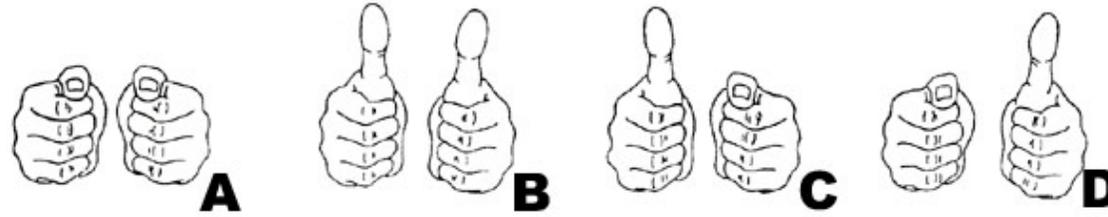
- ▶ Raise left forearm with clenched fist, right hand on hip. **D**



- ▶ https://www.youtube.com/watch?v=NiZxosG8_LQ

- ▶ Hei Tama Tū Tama, like many early games, was designed to encourage mental dexterity. Even though the winning was important, it was the way in which competitors won that was the focus. The cheeky cajoling, the smile and grimace to put your opponent off were all part of the game. The pedagogy is ako, in which games are always supportive. This game is played using the upper body, arms, and hands, ensuring a balanced position.

Hipitoitoi



- ▶ This game is played with the thumbs held in four different positions while the fists are clenched and the hands are close together in front of the body.
 - ▶ Both thumbs down.
 - ▶ Both thumbs upright.
 - ▶ Right thumb upright and left thumb down.
 - ▶ Left thumb upright and right thumb down.
- ▶ The defender always begins the game by calling "E hipitoitoi!" while placing their hands in one of the four positions discussed above.
- ▶ The challenger replies with "Hipitoitoi" and does a different action to the defender.
- ▶ This will go on until one player is caught doing the same action as the other player, then the latter scores a point, calling "Hipitoitoi rā!"
- ▶ The winner of the point then re-starts the set, and they play again.
- ▶ Each time a player scores a point, they re-start the set by saying the number of points they now have followed by "E hipitoitoi!" For example, "Tahi. E hipitoitoi!", "Rua. E hipitoitoi!"
- ▶ The game continues until one player scores ten points, which completes the set.
- ▶ <https://www.youtube.com/watch?v=UrPq7bj28rk>

Kia Tekau

- ▶ 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. Tahī- Tahī, Rua, Tahī- Tahī, Rua, Toru, Rua, Tahī- Tahī, Rua, Toru, Whā, Toru, Rua, Tahī



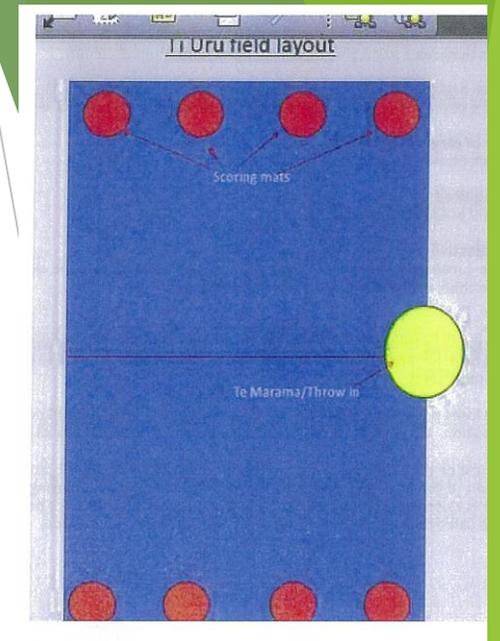
Tereina

- ▶ Use two korari to mark out a distance of about 25 metres for each team. Choose teams with equal numbers of players. Sides line up behind one of the korari, with the first team member (the "train engine") holding the Poi Toa.
- ▶ On "go!" that player runs to their other korari while swinging the Poi Toa round and round for the 25 metre sprint, and returns after going around their korari without knocking it over. They then hand the Poi Toa over to their next team member, making sure to keep the Poi Toa circling – it must not stop spinning! They then go behind the new "twirler" (Poi Toa handler), and with both hands grab onto their waist.
- ▶ The new "twirler" then sprints to the distant korari (with their attached "carriage"/teammate) and returns. They then hand the Poi Toa over to the next player waiting inline, and then they grab that player's waist also.
- ▶ So now there are three players, all attached to each other, racing to complete the 50 metre course. The process continues until all the players have had a go at being the "train engine," have kept the Poi Toa spinning, and have remained attached.
- ▶ The first team to finish correctly wins.
- ▶ Remember that the first person who runs will cover the greatest distance (so if there are eight in a team that player will have run 400 metres) whereas the last person will have covered only 50 metres.



Ti Uru

- ▶ The aim of the game is to try and get rid of your dots by catching the ball while standing on a dot. Both feet have to be placed on the dot.
- ▶ You are allowed to have full contact between the players (teachers' discretion) and the players can knock the ball out of a persons' hand.
- ▶ You can only pass and catch the ball with one hand.
- ▶ The game is started by the 'ref' or teacher having a toss up between two opposing players.
- ▶ Players pass the ball between each other until one of their team mates is able to secure a dot.
- ▶ Players are allowed to push a player off the dots thereby not allowing them to score or get rid of a dot.
- ▶ There are no outs.
- ▶ <https://www.youtube.com/watch?v=we-7Yp5WE9s>



Ti Uru

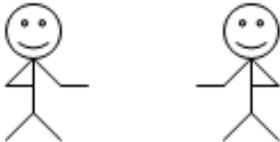
Ti Uru is referred to as The Game of Uru-Rangi. Uru-Rangi is the God of the Heavens.

Traditionally this was a game which wāhine preferred to play. It was said to be an intitation or ritual and female tribal leaders were the experts of the game. The papa tākaro was originally called 'Pae-o-te-Katuarehe'. There were 6-7 kārangi on the papa tākaro which were large mounds of earth which players would jockey to stand on. The tākaro was played with an aro-tākaro called a Ra-Ure. This artifact was made from Tīkōuka`. The Tī-kōuka was cut in to a circular tube and left to store for several weeks. A natural hole formed in the middle of branch called a poka. Because of this the Ra-Ure was to be caught with the fingers.

<https://www.tepapa.govt.nz/discover-collections/read-watch-play/maori/matariki-maori-new-year/whare-tapere/six-sisters>

Pūkana

- ▶ Another action game with a beat.
- ▶ The opening is “Tenei te kemu, pukana, **pukana**, raiti **hi**, raiti **ha**.” (The parts in bold everyone says/sings). Players carry the beat by stamping and moving hands from side to side (Utaina actions).
- ▶ After that the beat actions continue.

- Level 1: *Pukana* –  - Passes in the direction of your action
- Level 2: *Aue* –  - Pass across the circle to the person you aim at
- *Hi* –  - Receive a pass from across the circle

- ▶ <https://youtu.be/TU0jDX1xysl>

Tahi, Rua

- ▶ A game with a different action for the numbers from tahi (1) to tekau (10)
- ▶ The numbers build up each time and go back to the start (e.g. tahi, tahi-rua-tahi, tahi-rua-toru-rua-tahi, tahi-rua-toru-wha-toru-rua-tahi all the way up to tekau)
- ▶ Actions for each number are:

Tahi (On thighs)



Rua (Clap)



Toru (Left)



Wha (Right)



Rima (Down)



Ono (Up)



Whitu (Left down)



Waru (Right down)



Iwa (In)

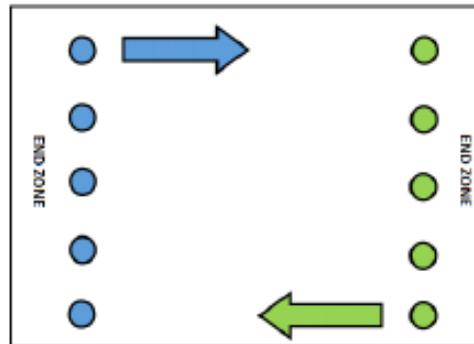


Tekau (Out)



Pā Mauri

- ▶ Split group into two teams.
- ▶ Teams start at opposite ends of the field.
- ▶ The referee chooses one person from a team to have the 'mauri'
- ▶ They must try to get to the other end of the field with their hand raised and avoid being tagged.
- ▶ If they are tagged the person who tagged them now has the mauri
- ▶ The game continues until someone reaches the opposite end with the mauri
- ▶ Players cannot be tagged by the same person twice.



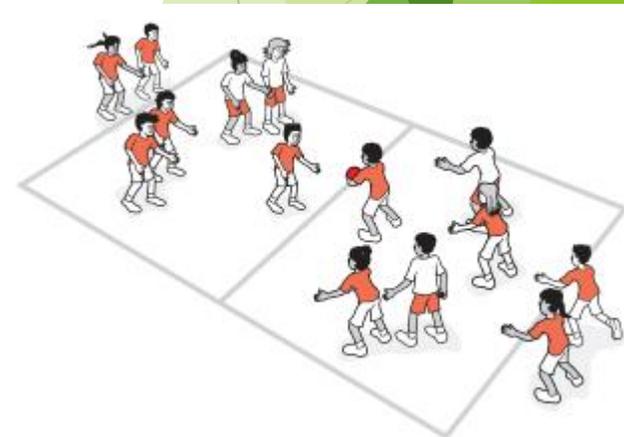
Tapu Ae

- ▶ Tapu Ae is an adaptation of Kī o Rahi and uses the same Whakapapa and Purakau of that Tākaro.
- ▶ Start the games by throwing the Kī into Te Ao (the middle zone) this is done after each tupu hit.
- ▶ If a team loses possession out of bounds over the sides, then they hand over the Kī to the opposition.
- ▶ If it goes out over the back, the defensive teams kaitiaki gets the Kī.
- ▶ The Kī must be touched by your team in Te Ao, before the attack can gain possession.
- ▶ If you are using a Poi Toa, attackers need to keep the poi swinging, if the defender is close enough to be hit by the Poi, then they are too close, if 2 people catch the Poi at the same time then the closest to the ki (head/ball) retains possession.
- ▶ <https://www.r2r.org.nz/games-activities-maori-youth/tapu-ae.html>



Aranga Touch

- ▶ On the signal, one team passes from the centre line and attempts to score by making a clear pass to their goaler.
- ▶ Player can run anywhere on the court with or without the ball but a penalty pass is given to the opposition if they are tagged with both hands while holding the ball.
- ▶ After a tag, all players must retire 3 metres from the player taking the penalty pass.
- ▶ A player must retire to the sideline until a goal is scored if the ball is kicked or an opponent is contacted in any way other than a light touch with both hands.
- ▶ If the ball is thrown or carried over the sideline, the opponents throw in. The goaler and defender cannot enter the playing area.
- ▶ If a goaler drops a pass, no goal is scored and a free pass is given to the defender. A goal cannot be scored directly from a penalty pass.
- ▶ When a point is scored, the game is restarted at the centre.



Poi Toa

Traditionally skills developed while practising Poi Toa based activities were essential training in learning weaponry and fighting techniques.

Poi whakapapa:

- ▶ The Poi has its own whakapapa, which can be traced to Tānemahuta, the ancestral god of the forests and all things living in it. Tānemahuta mated with Hineiterepo (the swamp maiden) and they produced raupō (bulrush). Tānemahuta also mated with Pakoti (Pakoki) and created a superior species of harakeke (flax). Raupō and harakeke are the main traditional sources for making Poi which are used in the game Poi Toa.

Poi Toa is the umbrella term used to describe any Tākaro where Poi Toa were utilised. Poi Toa were used by men to develop a range of skills as well as strength and conditioning needed for weaponry such as taiaha and patu. Typically Poi Toa were made from harakeke (flax) and raupo (bullrush), sometimes they were filled with rocks and thrown at Toa who would practice evading them.

NOTE: There is a different tikanga (value) around the use of Poi Toa. These Poi are designed to throw, pass, or kick. For safety reasons please use Poi Toa in a safe manner to avoid injury.

Also, these should not be confused or used the same as performance Poi for example which are used in Kapa Haka. Each has its own place as well as tikanga attached.

- ▶ https://www.youtube.com/watch?time_continue=45&v=il5YTw3trm8



Tapu Noa

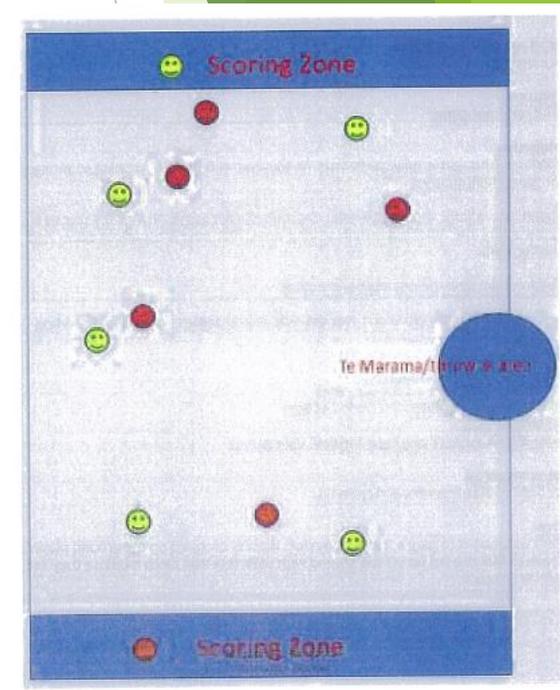
- ▶ Is played much like dodgeball game, except with Poi.
- ▶ Players must continue swinging Poi until they are released (thrown) when a player is hit, they must go behind the opposing team.
- ▶ To get out of the end zone, a trapped player must catch a poi thrown by a teammate. If they are successful in catching the poi that player can return to the field of play.
- ▶ A player in behind the end zone may not eliminate anyone from the opposing team.

Poi Patu

- ▶ On “Go”, everyone is “in” and can tag everybody else. To tag someone they must hit them with their poi below the knee. Students are defenders and attackers at the same time. Students must continue to rotate the poi at all times.
- ▶ If tagged, players must bob down and cant get back up until the person who tagged them gets tagged.
- ▶ <https://www.youtube.com/watch?v=B0uziYT02rl>

Horohopu

- ▶ In this version of this game, play starts from Te Marama with the ref throwing in (or each team can start a half/quarter). Poi is passed into middle area by the ref at the start of each game. Points are scored by catching the poi by the 'Aho' in a certain scoring zone. This zone is usually at either end of the playing field.
- ▶ The defensive team gets the poi after every score.
- ▶ Handover occurs when the poi is out over the side, hands possession to the defending team.
- ▶ Handover- Referees discretion
 - ▶ Poi goes out
 - ▶ Poi stops spinning for an extended period
 - ▶ Takes too long to pass
 - ▶ Takes more than 3 steps (if playing a 'netball' style game)
- ▶ <https://www.youtube.com/watch?v=ggG4dbnYn8k>



Other Poi Toa Games

► Poi Toa relays

Arrange the players into pairs or into teams. If students are in pairs have them facing equidistant objects (e.g. cones) that they have to go around or touch before returning to their partner. Can also place obstacles (such as cones, hula hoops or car tyres), on the ground, that they have to negotiate as they run and spin. Have them run whilst continually spinning the Poi Toa. Remind them about shortening and lengthening the rope. They can do top spinning (whereby the Poi Toa is continually twirled horizontally above head height), side twirling, front twirling, twirling whilst running backwards, while knee “walking”, and many other variations. Have them hand the Poi Toa over to their partner, with the Poi Toa continually spinning.

► Spinning and throwing -

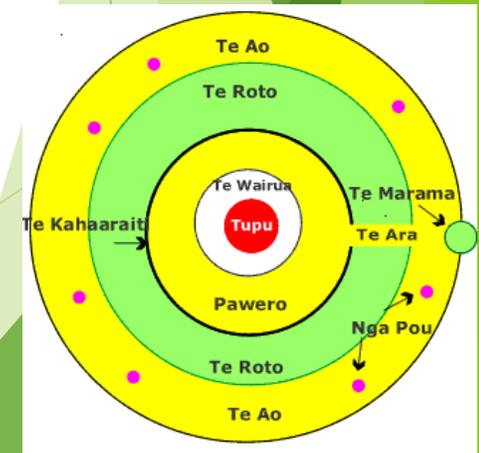
Have the player's pair up and standing five metres apart in two lines. Walk along one of the lines and hand out the Poi Toa (one Poi Toa between a pair). Get them used to throwing and catching the Poi Toa to each other. In the beginning remind them to spin the Poi Toa in a vertical and clockwise manner (right handed in relation to their body) before releasing it. Have the catcher grab the rope part only, before the Poi Toa makes contact with the ground. They can experiment with the throwing positions as the lesson progresses. As their confidence and ability improves, have the lines move much further apart to ten and twenty metres. When they are ready, have them really give the Poi Toa some air – ten or twenty metre heights should be no problem! The players will automatically perfect their foot movements and time their hand and eye coordination to complete the catching and passing skills. A competition could also be included into this lesson – for the pair who can throw and catch the furthest and/or a Poi Toa distance throwing competition. Target throwing can also be introduced. Spread a mat out on the ground, and from twenty metres or more, see who can land their Poi Toa onto it.

► Circle Catching -

Players, and the Poi Toa holder/thrower, form a large circle. The players are numbered off, e.g. 1, 2, 3, 4...1, 2, 3, and 4...so each person has a number. The Poi Toa holder then readies the players: “I will call out a number from one to four – when you hear your number you must run into the centre of our circle and try to be the first person to catch the Poi Toa.... “Ready, ready” – (the holder spins and releases the Poi Toa high up into the air) ...number three!” Then the entire number “3” s sprint into the centre and try to be the first to catch the Poi Toa before it hits the ground. The Poi Toa thrower needs to throw accurately and to perfectly time the calls. The Poi Toa can only be caught on the rope (not the head or “ki” part) and if two players both catch the Poi Toa at the same time the player who caught it closest to the end of the rope wins. Offer lots of positive reinforcement to the players for encouragement and/or have a competition – e.g. first to make three catches. The Poi Toa thrower can also experiment by throwing two or more Poi Toa up at once (make sure the Poi Toa separate during flight) and/or call out more than one number. With small groups a variation is to start by calling out the individual's names, e.g. “Rakura!”, and throw a single Poi Toa up into the air, to give each person an opportunity to practice catching and to experience initial success. The circle method is also a great way for players to get to know each others names – use just one Poi Toa and have player's call out the name of the person they are going to pass to.

Ki O Rahi

- ▶ You have two teams – one is called the ki-oma and the other team are the taniwha
- ▶ Ki-oma are allowed in the ‘Te Ao’ and ‘Pawero’ zones only. They can move freely between the two zones as long as they use the ‘ara’. Taniwha are allowed in the ‘Te Ao’ and ‘Te Roto’ zones and can also move freely between them without having to use the ‘ara’.
- ▶ Touched you have 3 seconds to pass the ball to a team mate or it will result in a handover.
- ▶ Pou are only allowed to be touched once and it is not counted if it is touched a second time.
- ▶ The game is started by a ‘ki-oma’ player in the ‘Marama’ who kicks the ball aiming for one of their ‘ki-oma’ team mates in the ‘pawero’ zone they then throw the ball out to their players in the ‘te ao’ zone so they can start scoring points.
- ▶ The aim of the ki-oma are to protect the ‘tupu’, Score points by touching the pou with the “ki”(ball) and THEN running into ‘pawero’ zone without getting caught in the ‘te roto’ zone.
- ▶ The aim of the ‘taniwha’ team is to get the ball from the ‘ki-oma’ and pass it to their taniwha team mates in the ‘te roto’ zone so they can try and hit the ‘tupu’ to score a point.
- ▶ If the ki-oma score a try then the restart happens from the ‘marama’, if the taniwha hit the tupu and score a point the ball is still alive and play carries on.
- ▶ You can have timed halves so that at the end of the half the teams swap positions i.e. taniwha become ki-oma and vice versa.
- ▶ <https://www.youtube.com/watch?v=ug-6K2IEAS0>



Ki O Rahi

- ▶ The game of Ki o Rahi stems from the legend of Rahitutakahina and Tiarakurapakewai.
- ▶ Not many sports have legends as to how they were created, so this makes the game of Ki o Rahi unique.
- ▶ The legend demonstrates that the sport is much more than a game.
- ▶ <http://history-nz.org/kiorahi2.html>
- ▶ <https://youtu.be/AHx8jGjnbms>

Games were sourced from:

- ▶ Sport Canterbury- Sportstart Tākaro
- ▶ <https://www.r2r.org.nz/>
- ▶ TKI <https://health.tki.org.nz/Key-collections/Exploring-te-ao-kori/Learning-experiences>