



BikeReady Akoranga 1

Whakaaturia ngā pūkenga mō te tiro tiro kei te haumarū ngā utauta pahikara mō te eke

TE WHAKAMAHERE MŌ TE AKORANGA 1

Arotahi ki ngā pūkenga

Te tiro tiro kei te haumarū ngā utauta pahikara mō te eke, otirā:

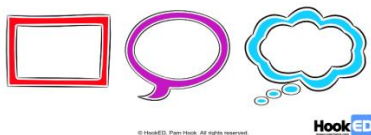
- pahikara
- pōtae
- kākahu (tae atu ki te āhua o te āwhina a ngā kākahu kia kaha ake tō kitea).

Te huritao mō te wāhanga whakangungu pūkenga

Kōrerohia ngā akoranga hou me te kaiako akomanga

Tautohua ngā wheako i ngahau ki ngā ākonga i te whai wāhitanga ki ngā whakangungu pūkenga pahikara mō te tiro tiro i te haumarū o ngā utauta pahikara. Tāhopukia ō kitenga ki tētahi Ngaku SOLO.

Tātuhia ngā pikitia (hopu whakaahua, ataata rānei) e ai ki ngā āki e whai ake.



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HookED

- He aha ngā mea i pārekareka ki a koe i a koe i whakauru ki te whakangungu pūkenga pahikara? [Hangangamaha SOLO – tapawhā roa]
- He aha i pērā ai ki ōu whakaaro? [Pānga SOLO – mirumiru kōrero]
- He aha ngā whakaaro ka toko ake ki a koe mō ngā kaieke pahikara, te eke pahikara rānei? [Waitara SOLO whānui ake]

Mahia he rārangi akomanga o ngā wheako ngahau katoa i pā ki ngā ākonga i te wā e whakangungu pūkenga pahikara ana.

Ngā whai wāhitanga mō te whakawhitiwhiti me te hapori

Me honohono me ngā tāngata, whakahaere hoki i roto i tō hapori e matatau ana ki ngā **utauta pahikara haumarū**.

Me honohono me ngā tāngata, whakahaere hoki i roto i tō hapori.

Ka hiahia pea rātau ki te haere atu, te manaaki rānei i ngā ākonga e hiahia ana ki te rapu kōrero atu anō mō ngā utauta whakahaere, whanonga rānei mō te eke pahikara haumarū ake.

Hei taurira, whakapā atu ki te rangatira o te toa pahikara, te kaiwhakahaere pahikara i roto i tētahi toa nui, nga mema rōpū pahikara mai i te kura tuarua o te takiwā, he ringarehe whakatika pahikara o te takiwā, ngā kaiako pūtaiao, pūkaha, hangarau rānei, he kaiwhakanao kākahu tino ari, kaitohatoha pahikara hauā.

Te hāngai ki ngā wāhi ako o Te Marautanga o Aotearoa

Tirohia te Tirohanga Whānui o Ngā Wāhi Ako o Te Marautanga o Aotearoa. Tirohia te rauemi mō Ngā Whāinga Paetae me Ngā Koronga Akoranga (T1 ki te 4).

Te reo Pākehā	Te Whakarongo, Pānui me te Tiro tiro		Te Kōrero, Tuhituhi me te Whakaatu	
Ngā Toi - Whakaari	Te Mārama ki Ngā Toi i roto i ngā horopaki	Te Whakawhanake i Ngā Mōhio Whaitake	Te Waihanga Whakaaro	Te Whakawhitiwhiti me te Whakamāori
Hauora me te Mātauranga Whakakori	Hauora Whaiaro me te Whanaketanga ā-Tinana A - A3 Whakahaerenga Haumarū		Ngā Hapori Hauora me Ngā Taiao S - D2 Ngā Rauemi Hapori	
Pāngarau me te Tauanga	Āhuahanga me te Inenga			
	Inenga	Hanga		Tūnga me te ahu
Pūtaiao	Te Āhua o te Pūtaiao			Ō Ahupūngao
	Te mārama ki te pūtaiao	Te tūhura pūtaiao	Te whakawhitiwhiti i roto i te pūtaiao	Te whakauru me te tautoko
Ngā Pūtaiao Pāpori	Tuakiri, Ahurea me te Whakahaere	Te Wāhi me te Taiao	Te Ukiuki me te Huringa	Te Ao Ōhanga
Hangarau	Tikanga Hangarau	Mōhiotanga Hangarau		Te Āhua o te Hangarau

NGĀ MAHINGA AKOMANGA

Ngā mahinga hei āki ki te whai māramatanga pāpaku me te matawhānui hei tautoko i te Whakangungu Pūkenga Pahikara Akoranga 1.

1.1. He aha ngā utauta tōtika, whanonga hoki mō te noho mahana ina eke pahikara?

[Te whakahiato huatau]

[Ngā Hono ki Te Wāhanga Akoranga o Te Marautanga o Aotearoa]

Arotakehia te wāhanga whakangungu pūkenga pahikara e whakahaerehia me ngā ākonga.

Me whakamahi ngā whakaahua, ataata rānei i tangohia i roto i te akoranga hei āhwhina i ngā ākonga kia maumahara ki ā rātau mahi - me ngā mea hou i ako rātau mō ngā **utauta** me ngā **whanonga** mō te eke haumarū.

Te tapa i ngā utauta haumarū me te whakakaupapa i ngā whanonga haumarū

Me tonono ngā ākonga ki te mahi i roto i ngā rōpū pangahono takitoru.

Kātahi ka wehewehea ia rōpū pangahono takitoru ki ngā rōpū pūkenga e 3 me te tapa i tētahi hoahoa raina (me tapa tētahi pahikara onāiane, pōtae, hoahoa rānei) e whakaatu ana i ngā kupu tika mō ngā āhuatanga haumarū hira, whanonga hoki ina whakamahia tētahi o ēnei e whai ake:

- pahikara
- pōtae pahikara
- kākahu pahikara.

Mō ngā atahanga tōtika, tirohia:

[Ngā Taputapu \(New Zealand code for cycling\)](#)

[Aratohu Hoko Pahikara \(Waka Kotahi, PDF\)](#)

[Hihira haumarū e whitu ngā āhuatanga \(Waka Kotahi, PDF\)](#)

Ka hoki ngā mema rōpū pūkenga ki tō rātau rōpū pangahono hei tuari i ā rātau akoranga. Kātahi ka hangaia e ngā rōpū pangahono ngā atahanga, mahi whakapiripiri, tauira rānei i whakaingoatia, ngā ataata tohutohu poto rānei hei whakawhitihiti i ā rātau akoranga me ngā huatau mō te eke haumarū me ngā pahikara, ngā pōtae me ngā kākahu pahikara.

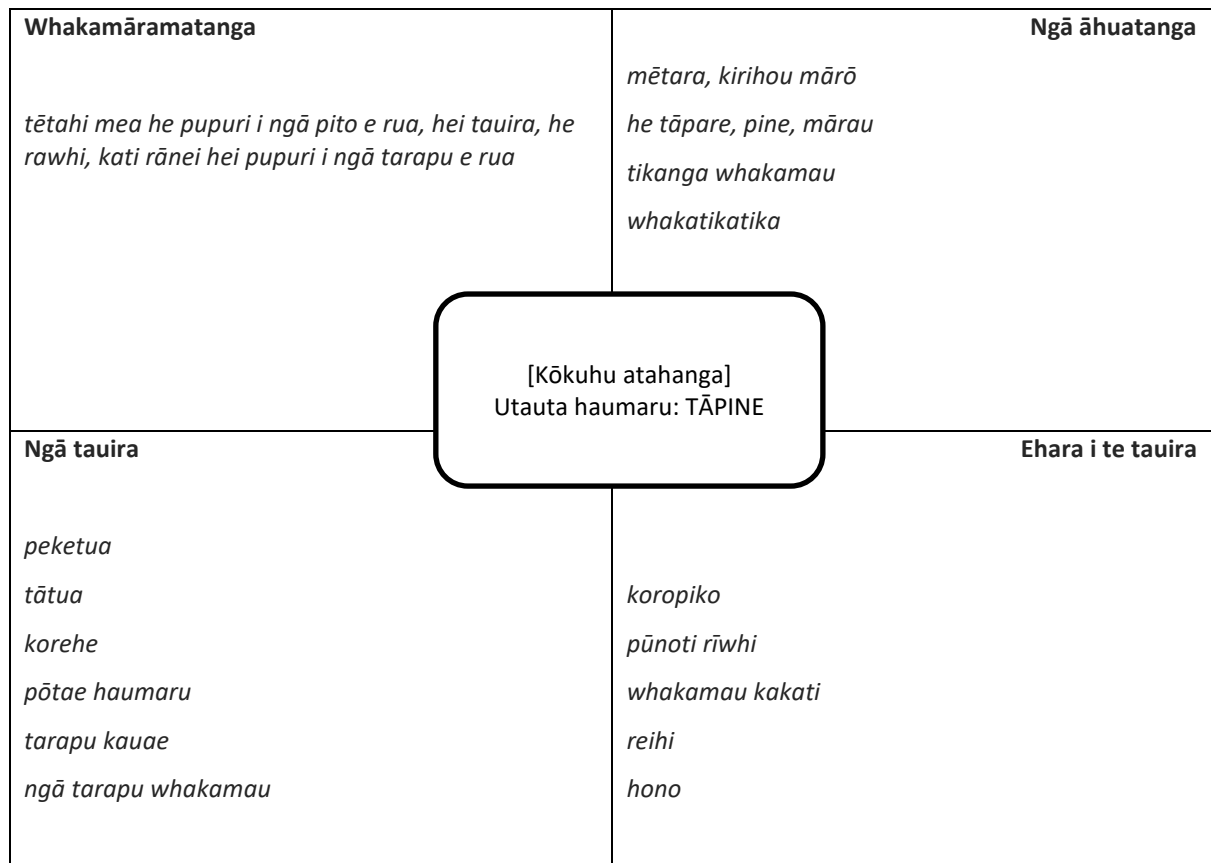
Te tautuhi kupu hou

Tohua ngā kupu me ngā kōrero hou.

Tāpirihia ngā kupu me te tikanga o te kupu ki te rārangi kupu a te akomanga/rōpū.

Me mahi takirua, ka tīpako i tētahi kupu rerekē ka whakamahi i roto i tētahi **Tūtohu Rārangi Kupu**.

Hei tauira: TĀPINE



Te kōmaka mōhiohio

Tonoa te akomanga kia ohia manomano i ngā mea hou i ako rātau mō ngā **utauta** me ngā **whanonga** mō te eke haumarū.

Kōmakahia ēnei huatau kapo noa ki roto i tētahi tūtohi me ngā kōwae e rua. Me whakamahi tētahi o ngā kōwae mō ngā huatau mō ngā utauta haumarū (ngā mea ka whakamahia e koe) me tētahi atu mō ngā huatau mō ngā whanonga haumarū (ngā mea ka mahia e koe).

Hei tauira:

Ko te kaupapa o ā mātou akoranga mō te:

Whakamahi Utauta Haumarū (ngā mea ka whakamahia e koe)	Whanonga Haumarū (ngā mea ka mahia e koe)
<p>Me mau pōtae i ngā wā katoa</p> <p>Te whai pereki me ngā whakaataata kei te mahi</p> <p>Tangohia ngā puru taringa</p> <p>Kaua e mau kākahu ka whīwhiwhi pea i roto i ngā titi, mekameka rānei, te whakarehurehu rānei i te kite.</p> <p>Me mau i tētahi wēkete tino ari me tētahi tēpa whakaata kia nui ake tō kitea e ētahi atu kaiwhakamahi rori.</p>	<p>Me whai i ngā tikanga o te rori</p> <p>Me tirotiro kei te mau tō tarapu pōtae pahikara</p> <p>Me whakaatu ō hiahia (ka aha koe)</p> <p>Kaua e tukuna ētahi kia tāpara</p> <p>Me whai i te ia o te ikiiki, kaua e anga atu</p> <p>Me mōhio ki ētahi atu kaiwhakamahi rori, ā, me ā rātau mahi (arokā wāhitanga)</p>

1.2. He aha te mea ka āwhina te utauta, whanonga rānei ki te tiaki i te kaieke pahikara?

[Te honohono whakaaro]

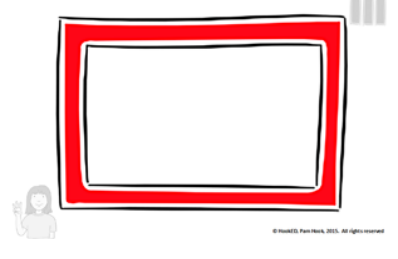


[Ngā Hono ki Te Wāhanga Akoranga o Te Marautanga o Aotearoa me te Mātauranga Whakakori, Whakaari]

Whakamārama kōkau

Mai i te akoranga whakangungu pūkenga, tīpakohia tētahi utauta kotahi, whanonga rānei e āwhina ana kia haumaruru ngā kaieke pahikara.

Whakamahia tētahi mahere Ngaku SOLO kia tino mārama ai ki te huatau (whakamāramahia te take e haumaruru ai ngā kaieke pahikara i tēnei), ā, ka whakawhānui ake i te huatau ki wāhi hou (whakaputa whakaaro mō te noho haumaruru mā tēnei).

Hei tauira:

		
<p>He aha tāu i kite i roto i te akoranga pūkenga mō ngā utauta me te whanonga mō te eke pahikara haumaruru?</p> <p>Hangangamaha SOLO</p>	<p>He aha ki ō whakaaro ka āwhina tēnei huatau kia noho haumaruru ngā tāngata ina ngahau ana te eke pahikara?</p> <p>Pānga SOLO</p>	<p>He aha ka toko ake ki ō whakaaro mō te noho haumaruru ina ngahau ana te eke pahikara?</p> <p>Waitara SOLO whānui ake</p>

Me mahi anō ēnei whakaaro me ētahi atu wāhanga utauta, whanonga rānei e āwhina ana kia haumaruru ai ngā kaieke pahikara.

Me kohikohi me te whakaatu i ēnei Ngaku SOLO mō te **whakamahi utauta** me te **whanonga** mō tētahi tūtohi whakaatu nui.

I roto i ngā rōpū iti, takirua rānei, pātai ki ngā ākonga kia maumahara rātau ki tētahi wā i te hīrokiroki rātau, tētahi atu tangata rānei e mōhio ana rātau ina eke pahikara.

I aha? I pēhea te āhua? I pēhea ō rātau kare ā-roto? He aha ki ō rātau whakaaro i pā mai ai tērā? He aha i pā mai i tēnei? I pēhea te whakarite i te pūmate?

Me heri mai i ngā huatau me ngā mōhiohio hou mō te tautohu me te whakarite pūmate ina eke pahikara.

Tonoa ngā ākonga ki te matapaki ka pēhea pea tā rātau whakarite i ngā pūmate nā tētahi o ēnei e whai ake:

- te whakamahi i ngā utauta hīrokiroki (pahikara)
- ngā taonga kāore i te mau tika, kāore i te haumaruru rānei (pōtae)
- ngā kākahu kāore i te tika, kāore i te mau tika rānei - ngā mōhiti, pōtae, kāmata, poraka mau pōtae, puru taringa, hū.
- kua hē te whakamahi i te pahikara

- he koretake ngā pūkenga eke pahikara
- ngā raruraru hauora - huangō, kāore i te mauri tau
- tere te tipu - ngā taiohi
- ngā raruraru hirikapo – he kore i mārama, he kūare ki ngā mutunga iho, ki te arokā wāhitanga rānei
- he rehurehu, kāore i te tino kitea
- he iti te wāhi
- he whai mōkai, ngā kararehe iti, ētahi atu tamariki rānei
- ngā papa eke pahikara kāore i te haumaruru
- urunga koretake
- ngā rongoā, waipiro, whakamahi whakapōauau hoki/rānei
- āhua ngākau - hari, pōuri, riri, porohuri
- pīroiroi - he iti te whakaaro tapatahi.

Matapakitia te pānga o ngā mahinga eke pahikara hīrokiroki ki te tangata whai pānga, tōna whānau me te hāpori whānui ake. Me whakauru ki te pānga o te pūmate ki te hauora, motuhaketanga, nekeneke, kaha ki te whakauru ki ngā mahinga ā-whare o ia rā, te mahi me te kura.

Me mātaki i ngā tātuhinga, whakaahua, ataata rānei (ngā pakiwaituhi, ngā hinganga me ngā mania pukuhōhe me ngā topenga whitiāhua o YouTube) e whakaatu ana i ngā pūmate eke pahikara.

Whakamahia ngā rauemi arokiti ataata mai i te pae tukutuku a Waka Kotahi

Me pānui i ngā tuhipānui, kōrero poto me ngā pūrongo pāpāho mō ngā pūmate ina eke pahikara.

Me kōrero ki te hunga i tutuki te whakarite i tētahi pūmate ina eke pahikara.

Me whakamārama i te take mō te ako ki te whakarite i tētahi pūmate nā te utauta, whanonga rānei ka whai pānga mutunga iho mō ngā tāngata rerekē maha i ngā wā roa.

Ngā kēmu mō te whakarite i ngā pūmate

[Ngā Hono ki Ngā Wāhanga Akoranga o Te Marautanga o Aotearoa: Ngā Toi - Whakaari]

Te-Whakarite-Pūmate-Pahikara Poikōpiko

Me tohu kia rua ngā tūao kia noho ki mua i a rāua anō ki mua i te aroaro o te akomanga.

E rima hekona ki te ākonga tuatahi ki te karanga ake i te ingoa o tētahi pūmate pahikara mō ngā kaieke pahikara.

Me whakamārama te ākonga tuarua i tētahi āhuatanga hei whakarite i te pūmate.

Ka haere tonu tēnei mahi kia neke atu i te 5 hēkona te roa mō te urupare, ka tuarua rānei tētahi pūmate.

Ka tataua haere ngā ākonga e mātakitaki ana i ngā ākonga ka karanga ake ina tuarua rānei tētahi pūmate. Ina roa ake te ākonga tuarua i te 5 hēkona hei urupare, ka tuarua rānei e te ākonga tuatahi tētahi pūmate, ka kuhu mai he ākonga ki te whakatutuki i te mahi a taua ākonga - mā te toa Whakarite Pūmate Pahikara, tana kaiuiui rānei.

Whakatau wenewene: Ko te whakatau a te kaiārahi wāhanga te whakatau whakamutunga.

Kimikimihia Taku Pūmate Ngaro

Ka mahi takirua, takitoru rānei ngā ākonga. Ka tātuhia he pūmate mai i tētahi rārangi i whakaritea (ka whakakā te pouaka me ngā pepa kei runga ngā pūmate pahikara rerekē).

Ka hangaia e ngā takirua, rōpū rānei tētahi kāpeka 1-meneti e whai wāhanga nui ai te pūmate pahikara ngaro.

Me whakarite e ngā kaupurei te pūmate mā tētahi āhuatanga e tino mōhiotia ai te pūmate engari kaua rawa e whakahua.

Ka whakatautauhia mai e ia takirua, rōpū rānei ā rātau kaupeka i mua i ngā kaimātakitaki.

Ka whakamātau ngā kaimātakitaki ki te kimikimi i te pūmate e whakaarohia ana.

Ka Aha Koe? Ka Whakaraeraehia E Au Te Eke Pahikara

Ka mahi tahi ngā ākonga i rō rōpū takirua, takitoru rānei ki te waihanga i tētahi tuhinga whakaari e kōrerorero ai, tautohetohe hoki/rānei ai ētahi utauta pūmate pahikara, whanonga rānei e 2 e hāngai ana tētahi ki tētahi.

I roto i te tuhinga ko ngā ākonga ngā pūmate.

Ka tīmata tētahi pūmate pahikara me te kore e whakaatu i te momo pūmate, ka pākiwaha mō tana tino pai hei pūmate pahikara.

Ka whakauru atu te pūmate pahikara tuarua, ā, he pērā anō te āhua, me te whakaae, whakahē rānei i te ākonga tuatahi, e kōrero ana ka pēhea tana whakarite māmā i te pūmate.

Me whakamātau ngā kaimātakitaki ki te kimikimi i ngā pūmate pahikara e whakaarhia ana.

1.3. Me waihanga he aratohu tohutoro mā ngā kaieke pahikara e hiahia ana ki te whakarite i ngā utauta me ngā whanonga kia 'ngahau, kia haumaruru hoki' ina eke pahikara

[Te whakawhānui huatau]

[Ngā Hono ki Ngā Wāhanga Akoranga o Te Marautanga o Aotearoa: Hangarau; Te Waihanga Whakamāramatanga Ingarihi, Hauora me te Mātauranga Whakakori]

Tonoa ngā ākonga ki te:

Me whakamahi ngā mōhiotio mai i ā rātau whakangungu pūkenga pahikara kia oti ai tētahi tānga tohutoro tere te hanga, tetahi rauemi whakahaere whaiaro rongorau rānei mō te tiroiro me te tautiaki utauta i runga pahikara. Ka taea pea tēnei te waihanga kia uru ai ki rō pūkoro; wāreti rānei, hei autō pouaka whakamātau rānei, hei rārangi arowhai ataata 40 hekona rānei.

[Me pēhea te hihira i tō pahikara \(BikeReady\)](#)

- Tipakohia tētahi mea me tiroiro, me tautiaki hoki, hei tauira, te whakarite kei te āhua mārō ngā tāia, me whakahinu rānei te mekameka mēnā kei te maroke.
- Me tango whakaahua, tātuhi, rapu atahanga rānei, ngā pakiwaituhi rānei i roto i ngā maheni tawhito, i runga ipurangi rānei o tētahi ākonga e tiroiro ana i tēnei mea.
- Me tāpiri ētahi mirumiru kōrero kia taea e te kaieke te whakamārama he aha te utauta, ā, he pēhea tana noho haumaruru mā te tiroiro i tērā.
- Me whakamahi ētahi atahanga mai i ā rōpū hei waihanga i tētahi tuhinga tohutoro poto, ataata rānei hei ārahi i ētahi atu e hiahia ana ki te tiroiro me te whakarite kei te haumaruru tō rātau pahikara. Hei tauira, 'Me pēhea te tautiaki i tētahi pahikara haumaruru - te whakahinu i tētahi mekameka maroke'.
- Tuarihia ēnei whakaaturanga me ētahi atu rōpū puta noa i te kura.
- Hangaia he Rārangipurei mai i YouTube e whakaatu ana i ngā ataata tautiaki pahikara.

WHAKAKAPI

Wāhanga huritao

He aha ngā mea kei te mōhio koe kāore ō mōhio mō te noho haumarū ina eke pahikara?

He aha ngā mea i ako koe he hou ki a koe mō te noho haumarū ina eke pahikara?

He aha ngā mea ka whakaputa whakaaro ki a koe anō mō te noho haumarū ina eke pahikara?

Whakamahia ngā urupare a ngā ākonga hei tuku whakatau mō ngā wāhanga whai ake.

Rūpiki aromatawai-whaiaro hira

Whakaaroaro	Whakahaere whaiaro	Te whakauru me te tautoko	Te whai pānga ki ētahi atu	Te whakamahi tohu reo me ngā kupu
Whakapakaritia te kanohi arohaehae (arokā wāhitanga) mō ngā wāhi me ngā mahi kāore i te haumarū ina pahikara ana koe.	Kia tika te āhua i a koe i runga pahikara, i waenga pahikara hoki. Ko te āhua me te wairua pai ko te whakaū kia 'ngahau te eke pahikara me ngā wāhi haumarū'.	Te whakaatu mōhio ki ngā take paetata mō te eke pahikara. Me tino whai wāhi atu ki ngā take hāpori e pā ana ki te whakangahau me te noho haumarū ina eke pahikara Te tautoko i ngā wāhi me ngā huihuinga paetata kia 'ngahau me te haumarū te eke pahikara'.	Te pāhekoheko me ētahi atu ki te waihanga i ngā wāhi pahikara 'ngahau me te haumarū' i te kura me te hāpori.	Te whakamāori i ngā karere i roto i ngā kōrero mō te 'eke pahikara kia ngahau me ngā wāhi haumarū'. Te whakamahi i ngā tohu reo me ngā kupu hei whakaputa i ngā karere mō te 'ngahau o te eke pahikara me ngā wāhi haumarū'.

Mō ētahi atu kōrero mō ngā rūpiki aromatawai-whaiaro hira, tirohia te Āpitihanga B.