

Ngā Āpitihianga BikeReady

ĀPITIHIANGA A



Ngā Rūpiki Aromatawai-whaiaro SOLO Kaiakatanga Matua o te Marautanga o Aotearoa

Mā ēnei rūpiki Aromatawai-whaiaro SOLO ka taea e ngā ākonga Ngā Kaiakatanga Matua te whakatinana me te whakapakari mā te kirirautanga me te eke pahikara. Ka kōwhiri ngā ākonga i te Kaiakatanga Hira tino hāngai me te aroturuki i tō rātau anga whakamua i roto i te horopaki o te kirirarau me te kaieke pahikara.

Whakaaroaro	Whakahaere whaiaro	Te whakauru me te tautoko	Te whai pānga ki ētahi atu	Te whakamahi reo, tohu me ngā kupu
Whakapakaritia te kanohi arohaehae (arokā wāhitanga) mō ngā wāhi me ngā mahi kāore i te haumarua 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 haumarua'.	Te whakaatu mōhio ki ngā take paetata mō te eke pahikara. Me tino whai wāhi atu ki ngā take hapori e pā ana ki te whakangahau me te noho haumarua ina eke pahikara. Te tautoko i ngā wāhi me ngā huihuinga paetata kia 'ngahau me te haumarua te eke pahikara'.	Te pāhekoheko me ētahi atu ki te waihanganga i ngā wāhi pahikara 'ngahau me te haumarua' i te kura me te hapori.	Te whakamāori i ngā karere i roto i ngā kōrero mō te 'eke pahikara kia ngahau me ngā wāhi haumarua'. Te whakamahi i ngā tohu reo me ngā kupu hei whakaputa i ngā karere mō te 'ngahau o te eke pahikara me ngā wāhi haumarua'.

Rubric Mōhiotanga Āheinga SOLO	Hanganga-tōmua	Hanganga-kotahi	Hanganga-maha	Pānga	Waitara whānui ake
Koronga akoranga [kupumahi] [ihirangi] [horopaki]	[hiahia āwhina]	[mēnā ka whakahaua]	[mōhio engari kāore he pūtaka – he hapa]	[whaitake – rautaki – he mōhio he aha ai, mō āhea – ka taea te tohu hapa]	[ngā tikanga hou – he rapu urupare hei whakapai ake – he noho hei tauira – he whakaako i ētahi atu]
KC: HE WHAKAAROARO Whakapakaritia te kanohi arohaehae (arokā wāhitanga) mō ngā wāhi me ngā mahi kāore i te haumarua ina eke pahikara ana koe.	Kei te hiahia āwhina ahau ki te [whakaurua te mahi].	Ka taea e au te [whakaurua te mahi] mēnā ka tohua, ka whakahaua rānei ahau.	He maha ngā rautaki e whakamahia ana e au hei [whakaurua te mahi] engari kāore au i te tino mōhio mō āhea whakamahi ai, te pūtaka rānei. (me whakamātautau - e mōhio ana ki ngā rautaki engari kāore i te mōhio ki te pūtaka, te wā rānei hei whakamahi ai, nō reira ka hapa)	He maha ngā rautaki e whakamahia ana e au hei [whakaurua te mahi], ā, e mōhio ana ahau mō āhea whakamahi ai me te pūtaka hoki. (he rautaki, whaitake rānei te whakamahi i ngā rautaki - he mōhio ki te pūtaka me te wā)	KA MUTU ka noho au hei kaieke pahikara kirirarau i te mea ... ka taea e au ētahi atu te whakaako ki te [whakaurua te mahi]. ka noho au hei tauira mō ētahi atu ki te āwhina i a rātau ki te [whakaurua te mahi]. ka rapu whakaaro ahau hei whakapai ake i taku [whakaurua te mahi].
Ngā rautaki tōtika					

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KC: TE WHAKAHAERE WHAIARO 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'.	Kei te hiahia āwhina ahau [whakaurua te mahi].	Ka taea e au te [whakaurua te mahi] mēnā ka tohua, ka whakahaua rānei ahau.	He maha ngā rautaki e whakamahia ana e au hei [whakaurua te mahi] engari kāore au i te tino mōhio mō āhea whakamahi ai, te pūtaka rānei. (me whakamātautau - e mōhio ana ki ngā rautaki engari kāore i te mōhio ki te pūtaka, te wā rānei hei whakamahi ai, nō reira ka hapa)	He maha ngā rautaki e whakamahia ana e au hei [whakaurua te mahi], ā, e mōhio ana ahau mō āhea whakamahi ai me te pūtaka hoki. (he rautaki, whaitake rānei te whakamahi i ngā rautaki - he mōhio ki te pūtaka me te wā)	KA MUTU ka noho au hei kaieke pahikara kirirarau i te mea ... ka taea e au ētahi atu te whakaako ki te [whakaurua te mahi]. ka noho au hei tauira mō ētahi atu ki te āwhina i a rātau ki te [whakaurua te mahi]. ka rapu whakaaro ahau hei whakapai ake i taku [whakaurua te mahi].
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KC: TE WHAKAURU ME TE TAUTOKO Te whakaatu mōhio ki ngā take paetata mō te eke pahikara. Me tino whai wāhi atu ki ngā take haporī 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'.	Kei te hiahia āwhina ahau [whakaurua te mahi].	Ka taea e au te [whakaurua te mahi] mēnā ka tohua, ka whakahaua rānei ahau.	He maha ngā rautaki e whakamahia ana e au hei [whakaurua te mahi] engari kāore au i te tino mōhio mō āhea whakamahi ai, te pūtake rānei. (me whakamātautau - e mōhio ana ki ngā rautaki engari kāore i te mōhio ki te pūtake, te wā rānei hei whakamahi ai, nō reira ka hapa)	He maha ngā rautaki e whakamahia ana e au hei [whakaurua te mahi], ā, e mōhio ana ahau mō āhea whakamahi ai me te pūtake hoki. (he rautaki, whaitake rānei te whakamahi i ngā rautaki - he mōhio ki te pūtake me te wā)	KA MUTU ka noho au hei kaieke pahikara kirirarau i te mea ... ka taea e au ētahi atu te whakaako ki te [whakaurua te mahi]. ka noho au hei tauira mō ētahi atu ki te āwhina i a rātau ki te [whakaurua te mahī]. ka rapu whakaaro ahau hei whakapai ake i taku [whakaurua te mahi].
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KC: TE WHAI PĀNGA KI ĒTAHI ATU Whakapakaritia te kanohi arohaehae (arokā wāhitanga) mō ngā wāhi me ngā mahi kāore i te haumarua ina eke pahikara ana koe.	Kei te hiahia āwhina ahau [whakaurua te mahi].	Ka taea e au te [whakaurua te mahi] mēnā ka tohua, ka whakahaua rānei ahau.	He maha ngā rautaki e whakamahia ana e au hei [whakaurua te mahi] engari kāore au i te tino mōhio mō āhea whakamahi ai, te pūtake rānei. (me whakamātautau - e mōhio ana ki ngā rautaki engari kāore i te mōhio ki te pūtake, te wā rānei hei whakamahi ai, nō reira ka hapa)	He maha ngā rautaki e whakamahia ana e au hei [whakaurua te mahi], ā, e mōhio ana ahau mō āhea whakamahi ai me te pūtake hoki. (he rautaki, whaitake rānei te whakamahi i ngā rautaki - he mōhio ki te pūtake me te wā)	KA MUTU ka noho au hei kaieke pahikara kirirarau i te mea ... ka taea e au ētahi atu te whakaako ki te [whakaurua te mahi]. ka noho au hei tauira mō ētahi atu ki te āwhina i a rātau ki te [whakaurua te mahi]. ka rapu whakaaro ahau hei whakapai ake i taku [whakaurua te mahi].
Ngā rautaki tōtika					

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KC: TE WHAKAMAHI REO, NGĀ TOHU ME NGĀ KUPU 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".	Kei te hiahia āwhina ahau ki te [whakaurua te mahi].	Ka taea e au te [whakaurua te mahi] mēnā ka tohua, ka whakahaua rānei ahau.	He maha ngā rautaki e whakamahia ana e au hei [whakaurua te mahi] engari kāore au i te tino mōhio mō āhea whakamahi ai, te pūtaka rānei. (me whakamātautau - e mōhio ana ki ngā rautaki engari kāore i te mōhio ki te pūtaka, te wā rānei hei whakamahi ai, nō reira ka hapa)	He maha ngā rautaki e whakamahia ana e au hei [whakaurua te mahi], ā, e mōhio ana ahau mō āhea whakamahi ai me te pūtaka hoki. (he rautaki, whaitake rānei te whakamahi i ngā rautaki - he mōhio ki te pūtaka me te wā)	KA MUTU ka noho au hei kaieke pahikara kirirarau i te mea ... ka taea e au ētahi atu te whakaako ki te [whakaurua te mahi]. ka noho au hei tauira mō ētahi atu ki te āwhina i a rātau ki te [whakaurua te mahi]. ka rapu whakaaro ahau hei whakapai ake i taku [whakaurua te mahi].
Ngā rautaki tōtika					

ĀPITIHANGA B

He mahere tauira: te eke pahikara hei horopaki mō te Kirirarautanga me te Hauora

Te KIRIRARAUTANGA me te HAUORA i te Rau Tau 21						
Rōpū		Wāhanga			Taumata	
Ngā Kaiakatanga Matua						
<u>Whakaaroaro</u> Whakapakaritia te kanohi arohaehae (arokā wāhitanga) mō ngā wāhi me ngā mahi kāore i te haumarua ina pahikara ana koe.	<u>Te whai pānga ki ētahi atu</u> Te pāhekoheko me ētahi atu ki te waihanga i ngā wāhi pahikara 'ngahau me te haumarua' i te kura me te hāpori.	<u>Te whakamahi reo, ngā tohu me ngā kupu</u> Te whakamāori i ngā karere i roto i ngā kōrero mō te 'eke pahikara kia ngahau me ngā wāhi haumarua'. Te whakamahi i ngā tohu reo me ngā kupu hei whakaputa i ngā karere mō te 'ngahau o te eke pahikara me ngā wāhi haumarua'.	<u>Whakahaere whaiaro</u> 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 haumarua'.	<u>Te whakauru me te tautoko</u> 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 haumarua ina eke pahikara Te tautoko i ngā wāhi me ngā huihuinga paetata kia 'ngahau me te haumarua te eke pahikara'.		

Ariā	Horopaki
<p>Ariā-whānui – Kirirarautanga</p> <p>Ariā-moroiti – Ikiiki ina tuarihia ana te rori</p> <p>Te mārama ki te ariā</p> <p>(He aha ngā mea whai take hei whakaaroaro? Ngā whakaaro whānui mō te ariā e āwhina ana i ngā ākonga kia mārama ki tō rātau ao.)</p> <ul style="list-style-type: none"> • I te mea he kirirarau ka rongohia tō reo, e whai wāhi ana koe, he hira, he whai take koe. • Mā ngā tikanga me ngā ture ka tiaki i ō tātau motika me te whakamōhio i a tātau ki ā tātau kawenga hei kirirarau. • Ka whakarite ngā tikanga me ngā ture he tika me te haumaruru tā tātau noho tahi, mahi tahi hoki. • Ka whai wāhi atu ngā kirirarau ki ngā rawa maha. • Ka manaaki ngā kirirarau tētahi i tētahi ina tuarihia ana ngā rawa • He rawa tūhonohono ngā rori mō te haere haumaruru ake. • Ka mārama ake, ka haumaruru i ngā rori ki te nekeneke rawa, tāngata hoki. 	<p>(Tuhia ngā horopaki tūturu ka taea mō te waihanga mōhio e whakawhanake ana i te mārama o te ākonga ki ngā māramatanga matua i roto i te ariā.)</p> <p>Ngā pūkenga eke pahikara me te pahikara</p> <p>He maha ngā horopaki o ngā kaiako hei whakapakari haere i ō rātau wheako akoranga Hei tauira:</p> <p>Te eke pahikara me te kirirarautanga</p> <ul style="list-style-type: none"> • Ko te hunga e whakamahi ana i ngā pahikara ina whakamahi ana i te rori mō te ikiiki e kīia ana rātau he kaieke pahikara. • Ko ngā mōhio, pūkenga, waiaro, whanonga hoki o ngā kaieke pahikara he motuhake. • He kirirarau ngā kaieke pahikara – ka tiroiro haere mō ētahi atu kaiwhakamahi rori i te wā kei runga i te rori – kia haumaruru ake ai te haere a ngā kaiwhakamahi rori katoa. • Ka āwhina ngā tikanga me ngā ture i ngā kaieke pahikara kia haumaruru ake te haere • Kei reira ngā tikanga me ngā ture mō te whanonga eke pahikara me ngā utauta pahikara <p>Te eke pahikara me te hauora</p> <p>Ka puta i te eke pahikara ngā tini āheinga mō te hauora</p> <ul style="list-style-type: none"> • Oranga tinana • Oranga hinengaro • Oranga whanau • Oranga wairua <p>Te eke pahikara, Whakaaro hoahoa me te STEM</p> <p>He maha ngā horopaki ka puta i te eke pahikara mō te ako mā te STEM, e whakahiato ana i ngā whakaaro hoahoa mā te:</p> <ul style="list-style-type: none"> • Pūtaiao • Hangarau • Pūkaha • Pāngarau <p>Hei tauira, ngā whakaaro arohaehae me te auaha mō te:</p> <ul style="list-style-type: none"> • Mahi Waihanga - te mahi pahikara hou me te whakapai ake i te mahinga o ngā pahikara onāiane; hītori hoahoa o ngā pahikara • Mīhini - hangarau, ngā hāupa, wīra, kia, mekameka, pētara, pereki

Ariā	Horopaki
	<ul style="list-style-type: none"> • Nekehanga - ngā tōpana, tawhiti, tere, ahunga, whakaterenga, pāitiiti, tū noa, wakuwaku, parehau • Mahere me te pūwāhi - ngā rori me ngā ara pahikara, mapi, ara, ara pahikara, te hoahoa me te waihanga ara hou • Ngā matatika o te tikanga ngaio - te hoahoa mō ngā hononga i waenga i ngā tāngata, te hoahoa rānei e arotahi ana ki te motukā; ngā whakahīrautanga hoahoa o te whakamahi tahi i ngā rori me ētahi atu kaiwhakamahi rori (kaihiiko, kaieke motupaika, kaitaraiwa, kaitaraiwa taraka); ngā ara pahikara. <p>Te eke pahikara me te reo matatini me te pāngarau Te whai take - reo, ngā tohu me ngā kupu - i rō tikanga rori, pakimaero, kōrero pono, whiti, ngā pūkenga mahi, ngā kupu ā-waha, ngā kupu ataata tae atu ki te pānui haumarū, aha atu, aha atu.</p> <p>Eke pahikara me te arotahi anamata – ngā whakaaro arohaehae, auaha hoki mō te wāhanga o te eke pahikara i roto i te ikiiki onamata, inamata, anamata hoki.</p>

He Taura Whakamahere: Te Whakatau i Ngā Mōhiotanga o Mua mō te Eke Pahikara me te Hauora

Te whakatau i ngā mōhiotanga o mua	Ngā koronga akoranga	Ngā wheako akoranga
<p>Akoranga 1: I mua i tā tātau tīmata – He aha ngā mea e mōhio kē ana koe mō te eke pahikara me ngā kaieke pahikara?</p>	<p>Tautuhia te kirirarau. Tautuhia te kaiwhakamahi rori. Tautuhia te kaieke pahikara. Tautuhia te pahikara.</p> <p>Whakaahuahia he kaieke pahikara. Whakaahuahia he pahikara.</p> <p>Whakaahuahia ngā kaiwhakamahi rori. Whakarōpūtia ngā kaieke pahikara.</p> <p>Whakatauritea ngā kaieke pahikara ki ētahi atu kaiwhakamahi rori.</p> <p>Whakamāramahia he pēhea te whakamahi a ngā tāngata i ngā pahikara. Whakamāramahia he aha e whakamahi pahikara ai ngā tāngata. Whakamāramahia ngā mutunga mai o te whakamahi pahikara ki ngā tāngata, wāhi me Papatūānuku</p> <p>Tātarihia tētahi pahikara. Tātarihia tētahi kaieke pahikara.</p> <p>Hangaia he tairitetanga mō tētahi kaieke pahikara.</p> <p>Hangaia he mahinga toi hei whakaputa karere mō ngā kaieke pahikara me te eke pahikara.</p> <ul style="list-style-type: none"> He aha ngā mea e hiahia ana tātau kia mōhio ngā kaieke pahikara mō te whakamahi i ngā rori? 	<p>Matapakitia ngā pātai e whai ake me ngā ākonga, me whakatakoto rānei ngā pātai i roto i tētahi uiui Kahoot poto Kahoot He aha te pahikara? (Tautuhia tēnei mea te pahikara.) He pēhea te āhua o te pahikara? (Whakaahuahia he pahikara.)</p> <p>He aha te pahikara? (Tautuhia tēnei mea te eke pahikara.) He pēhea te āhua o te eke pahikara? (Whakaahuahia te eke pahikara.)</p> <p>He pēhea te mahi a te pahikara? (Whakamāramahia he pēhea te mahi a tētahi pahikara.) He aha ngā wāhanga o tētahi kaieke pahikara (te tangata, mīhini, mata), ā, he pēhea te mahi tahi a ēnei mea? (Tātarihia tētahi kaieke pahikara.)</p> <p>Me pēhea tō noho haumarū? (Whakamārahia he pēhea tō noho haumarū.) Me pēhea tō whakarite kia haumarū ētahi atu? (Whakamārahia he pēhea tō tiaki i ētahi atu kia haumarū.)</p> <p>Whakawhānuitia ngā whakaaro o ngā ākonga mā te pātai: Kei hea ngā wāhi e pai ana ki a koe ki te eke pahikara? (Hōparatia ngā rori ka waihanga mahere whenua o ngā ara pahikara hou i roto i tō rohe.)</p> <p>Whakamahia te Mahere Tauritetanga a HookED me te rūpiki hei hanga i tētahi tauritetanga mō tētahi kaieke pahikara. TAURITENGA Rūpiki Ataata SOLO a HookED Me pēhea te tautuhi mā te whakamahi i tētahi Solo Taxonomy Map SOLO Visual Maps – Wiki Pātaihia ngā ākonga he aha ngā mea hira ki a rātau me mōhio ngā kaiwhakamahi rori, kaieke pahikara rānei: Hangaia he mahinga toi (ataata, oro, kanikani, whakaari rānei) hei whakaputa i te karere.</p>

	<ul style="list-style-type: none">• He aha ngā mea e hiahia ngā kaieke pahikara kia mōhio ētahi atu kaiwhakamahi rori?• He aha ngā mea e hiahia ana ētahi atu kaiwhakamahi kia mōhio ngā kaieke pahikara?	
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Te Whakamahere Tauira mō te Eke Pahikara me te Hauora – Hauora me te Mātauranga Whakakori

Wāhi akoranga NZC	Ngā koronga akoranga	Ngā wheako akoranga
Hauora me te Mātauranga Whakakori Tinana I roto i te hauora me te mātauranga whakakori tinana, ka ako ngā ākonga mō tō rātau ake hauora me tō ētahi atu, ā, me te iwi whānui hoki, i roto i ngā horopaki ā-hauora.		
Hauora <ul style="list-style-type: none"> • Taha whānau – Oranga ā-pāpori, ngā hononga whānau, ngā hoa, me ētahi atu hononga whakahoahoa; ngā whakaaro toi whenua, te aroha me te manaaki; me ngā tautoko pāpori • Taha tinana – Hauora tinana, te tinana, te tipu, whanaketanga, kaha ki te neke, me ngā tikanga manaaki i te tinana • Taha hinengaro – Hauora ā-hinengaro, ā-kare ā-roto hoki, ngā tukanga whakaaro tika, te āhukahuka me te whakaputa whakaaro me te āhua o te ngākau me te urupare tōtika • Taha wairua – Hauora wairua, ngā uara me ngā whakapono e whakarite ana i te āhua o te noho a te tangata, te rapu i te tikanga me te kaupapa o ō tātau ao, me te tuakiri whaiaro me te mōhio ki a koe anō 		
Ka whakaawe ēnei āhuatanga e whā nei o te Hauora me te tautoko i ētahi atu.		
Ngā hononga ki ētahi atu tāngata C1 Ngā Hononga		Te whakawhanake i te taha whānau mā te eke pahikara
	Ngā koronga akoranga	Ngā wheako akoranga
Hōpara me te tuari whakaaro mō ngā hononga me ētahi tāngata. (Taumata 1)	Tautuhia te hononga. Tautohua tētahi tangata e whakamahi ana i tētahi rori paetata (ehara i te kaieke pahikara). Whakamārama he pēhea me te take hoki e whakamahi ai rātau i te rori paetata. Tautohua tētahi kaieke pahikara e whakamahi ana i tētahi rori paetata. Whakamārama he pēhea me te take hoki e whakamahi ana ia i tētahi pahikara i te rori paetata. Tautohua ētahi atu kaiwhakamahi rori. Whakamārama he pēhea me te take hoki e whakamahi ai rātau i te rori paetata. Mahia anō tēnei mahinga hei tautohu i tētahi rōpū e whakamahi ana i tētahi ropi paetata.	Mātakina ngā kaiwhakamahi rori kei te rori paetata. Hei tauira, kaihīkoi, kaieke pahikara, kaieke papaneke, pāhīhī, kaitaraiwa waka, kaitaraiwa taraka, kaieke motupaika, wātene ikiiki, āpiha pirihihi, tautiaki rori, kaiwhakamahi papaneke kawē, kaiwhakamahi korea. Kia mōhio: me mātua whakarite ka whakaurua e koe tētahi kaieke pahikara ki roto i tō tīpakohanga. Tātuhia he pikitia (tangohia he whakaahua, tāhopu ataata rānei) mōu anō hei kaiwhakamahi rori ki tētahi rori paetata. Whakakaupapahia te pikitia (whakaahua/ataata), whakamahia he mirumiru kōrero me te mirumiru whakaaro ki te: <ul style="list-style-type: none"> • Whakamārama he pēhea me te take hoki e whakamahi ai koe i te rori paetata. Hei tauira, Ka whakamahia e au ki taku papaneke kia tae atu au ki te kura. • Me tuku he kōrero whānui he pēhea ki a koe te whakamahi i tētahi rori paetata.

	<p>Tuarihia ngā whakaaro mō ngā hononga i tuia i roto, i waenga hoki i ngā kaiwhakamahi rori rerekē.</p> <p>Whakaahuahia tētahi hononga i tuia i waenga i ngā kaiwhakamahi rori e haere ana i tētahi rori paetata, hei tauira, ngā kaihiko, ngā pāhīhi waka, ngā kaieke papaneke me ngā kaieke pahikara.</p>	<p>Tonoa ētahi kaiwhakamahi rori (me tētahi kaieke pahikara) kia haere ki te akomanga ki te whakautu pātai mō te āhua me te take e whakamahi ana rātau i te rori paetata, ā, he pēhea ki a rātau te whakamahi i te rori paetata.</p> <p>Tātuhia he pikitia (hopukina he whakaahua, ka tāhopu ataata rānei) o tētahi kaiwhakamahi rori ki tētahi rori paetata. Whakakaupapahia te pikitia/whakaahua/ataata) ki te:</p> <ul style="list-style-type: none"> • Whakamārama he pēhea me te take hoki e whakamahi ana ia i te rori paetata (tāpirihia he mirumiru kōrero). • Me tuku he kōrero whānui e whakaata ana i ōna whakaaro ina whakamahi ana ia i te rori paetata (tāpirihia he mirumiru kōrero). <p>Mahinga tapaono SOLO (ngā kaiwhakamahi rori)</p> <ul style="list-style-type: none"> • Tātuhia he pikitia (whakapirihia he whakaahua rānei) o ngā kaiwhakamahi rori rerekē rānei ki ngā Tapaono SOLO wehe kē. • I muri i ia tapaono whakamāramahia mai he pēhea me te take e whakamahi ana te kaiwhakamahi rori i te rori paetata. • Me mahi ā-akomanga, i ngā rōpū iti rānei me Ngā Tapatono SOLO rānei hei kimi i ngā hononga i waenga kaieke pahikara me ētahi atu kaiwhakamahi rori. <p>Tātuhia he pikitia mōu anō hei kaieke pahikara e whai wāhi ana ki ngā whakangungu pūkenga pahikara me ētahi atu ākongā.</p> <p>Whakamāramahia mai he pēhea, me te take e ako ana koe i ngā pūkenga pahikara.</p> <p>Mahinga Tapaono SOLO (ngā kaieke pahikara)</p> <ul style="list-style-type: none"> • Tātuhia he pikitia (whakapirihia he whakaahua rānei) mōu e mahi ana i ngā whakangungu pūkenga pahikara ki Ngā Tapaono SOLO wehe kē. • Kei muri i ia tapono whakamāramahia te take e mahi ana koe i ngā whakangungu pūkenga pahikara. • Me mahi ā-akomanga, i ngā rōpū iti rānei me Ngā Tapatono SOLO rānei hei kimi i ngā hononga i waenga kaieke pahikara e mahi ana i ngā whakangungu. <p>Mahia he pakipūmeka poto (2 – 3 meneti) e whakaata ana i ngā hononga i puta i waenga i:</p> <ul style="list-style-type: none"> • ngā kaieke pahikara me ētahi atu kaiwhakamahi rori i tētahi rori paetata, tērā rānei • ngā kaiwhakauru ki te kaupapa whakangungu pūkenga pahikara. <p>I roto i te pakipūmeka tonoa ngā kaiwhakauru ki te whakamārama he pēhea te:</p>
Tautohu me te whakaatu i ngā tikanga tiaki me te whakarākei i ngā hononga i waenga i ngā tāngata, ā, i roto rōpū hoki. (Taumata 2)	<p>Tautohua he hononga i waenga i ngā kaieke pahikara e rua, he kaieke pahikara rānei me tētahi atu kaiwhakamahi rori.</p> <p>Whakaraupapahia ngā upane hei tuitui hononga i waenga i ngā kaieke pahikara, i roto rānei i tētahi rōpū kaieke pahikara.</p> <p>Te tiaki me te whakarākei i tētahi hononga me tētahi atu kaieke pahikara, rōpū kaieke pahikara rānei.</p> <p>Whakamārama me pēhea te tiaki/whakarākei i tētahi hononga i waenga kaieke pahikara.</p>	
Tautohu me te whakataurite i ngā tikanga mō te whakatū i ngā hononga me te whakahaere i ngā hononga e rerekē haere. (Taumata 3)	<p>Tautohua ngā tikanga hei tuitui/whakahaere i tētahi hononga me tētahi kaieke pahikara, rōpū pahikara rānei.</p> <p>Whakatauritehia ngā tikanga mō te tuitui/whakahaere hononga me ngā kaieke pahikara.</p>	
Tautohua ngā pānga o ngā āhuatanga hurihuri, ngā tūranga me ngā kawenga mō ngā hononga me te whakaahua i ngā urupare tōtika. (Taumata 4)	<p>Whakamāramahia ngā pānga o te huringa (āhuatanga/tūranga/kawenga) ki ngā hononga me ngā kaieke pahikara.</p> <p>Whakaahuahia ngā urupare tōtika ki tētahi āhuatanga/tūranga/kawenga hurihuri ki tētahi hononga me tētahi kaieke pahikara.</p>	

Tautohua ngā take e pā ana ki ngā hononga ka whakaahua i ngā kōwhiringa hei whakatutuki i ngā putanga pai. (Taumata 5)	<p>Tautohua ngā take e pā ana ki ngā hononga i waenga i ngā kaieke pahikara, ā, i roto i ngā rōpū kaieke pahikara.</p> <p>Whakaahuahia ngā kōwhiringa hei whakatutuki i ngā putanga pai mō ngā take hononga.</p>	<ul style="list-style-type: none"> tuitui, tiaki me te whakarākei i ngā hononga whakatau i ngā raruraru hononga.
Hauora Whaiaro me te Whanaketanga ā-Tinana A A2 Ngā korikori tinana aunoa		Te whakawhanake i te Taha tinana – Hauora tinana, te tinana, te tipu, whanaketanga, te kaha ki te neke, me ngā tikanga manaaki i te tinana
	Ngā koronga akoranga	Ngā wheako akoranga
Te whakauru ki ngā korikori tinana auau, aunoa hoki me te tautohu i ngā wheako ngahau. (Taumata 1)	<p>Te whakauru ki ngā whakangungu pūkenga pahikara auau mō te ono wiki.</p> <p>Tautohua ngā wheako ngahau ina whakauru ana ki ngā whakangungu pūkenga pahikara.</p>	<p>Whakauru ki ngā whakangungu pūkenga pahikara.</p> <p>Tautohua ngā wheako i ngahau ki ngā ākonga ina whakauru ana ki ngā whakangungu pūkenga pahikara. Tāhopukia ō kitenga ki tētahi Ngaku SOLO. He aha ngā mea i ngahau ki a koe? He aha i pērā ai ō whakaaro? He aha ngā whakaaro ka toko ake ki a koe mō te eke pahikara?</p> <p>Tātuhia ngā pikitia (hopu whakaahua, ataata rānei) e ai ki ngā āki e whai ake.</p> <ul style="list-style-type: none"> He aha ngā mea i ngahau i a koe e eke pahikara ana? He aha i pērā ai ki ōu whakaaro? He aha ngā whakaaro ka toko ake ki a koe mō ngā kaieke pahikara, te eke pahikara rānei? <p>Tuhia he rārangi o ngā wheako ngahau katoa i pā ki a koe i a koe i te whakangungu i ngā pūkenga pahikara</p>
Whai wheako ki ngā korikori tinana auaha, auau, ngahau hoki me te whakaahua i ngā painga ki te hauora. (Taumata 2)	<p>Whakauru haere tonu ki ngā whakangungu pūkenga pahikara</p> <p>Whakaahuahia he pēhea e whiwhi painga ai te hauora i te whakangungu pahikara.</p>	<p>Tautohua ngā momo hauora e whā.</p> <p>Whakarārangihia ngā tikanga e whiwhi painga ai te hauora i te whakangungu pūkenga pahikara.</p> <p>Whakaahuahia he pēhea te whiwhi painga o te hauora i te whakangungu pahikara.</p> <p><i>Hei tauira, Whakamahia he Mahere Whakaahua SOLO me te rūpiki hei whakaahua i ngā painga o te whakangungu pahikara:</i></p> <ul style="list-style-type: none"> Taha tinana Taha hinengaro Taha whanau Taha wairua

Te whakauru haere tonu ki nga korikori tinana ngahau i roto i ngā taiao rerekē me te whakaahua ka pēhea te āwhina a ēnei ki te hāpai i te hauora. (Taumata 3)	<p>Whakaharatautia ngā pūkenga pahikara i roto i ngā taiao rerekē whānui:</p> <ul style="list-style-type: none"> • I roto i te takiwā kura, • i tētahi pāka paetata. <p>Whakaahuahia he pēhea te hāpai a te whakangungu pūkenga pahikara i te hauora.</p>	<p>Me ōrite te haere ki ngā pāka paetata, ngā ara pahikara me ngā wāhi mārakerake ki te whakangungu i ngā pūkenga pahikara.</p> <p>Me pupuri pikitia/rangitaki whakaahua/rangitaki o ia haerenga e whakaata ana i te haerenga/mahinga, e whakaahua ana he pēhea me te whakamārama i te take e hāpai ana te whakaurunga auau i te hauora. Whakamahia ngā whakaahua (tātuhinga/peita), ngā mahere me te tirohanga tiriti mai i Google Earth me ngā kōrero mai i ngā haerenga hei whakatauirā ki tētahi pukapuka pikitia e whakaahua ana he pēhea te hāpai a ngā whakangungu pūkenga pahikara i te hauora.</p> <p>Mahia he ataata whakapakepake poto (2 ki te 3 meneti te roa) e whakaahua ana he pēhea te whakapai ake i te whakangungu pūkenga pahikara i tō ao.</p>
Whakaahuahia tētahi whai kawenga nui tonu mō te whakauru mai i ngā korikori tinana auau, ngahau hoki ki tō rātau āhua noho ake hei whakarākei ake i te hauora. (Taumata 4)	<p>Whakaurua ngā whakaharatau pūkenga pahikara auau ki tētahi wātaka mahinga i mua, i muri i te kura rānei me te hararei kura. Hei tauira, whakaurua he 'Oho Moata i Ngā Wenerei', 'Noho Mai i Ngā Tāite' rānei kia whai wā ai mō ngā whakangungu pūkenga. Whakatairangatia ēnei mahinga auau ki ētahi atu hei āwhina i a rātau ki te whakamahi.</p>	<p>Whakariteritea ngā whai wāhitanga mō ngā whakaharatau pūkenga pahikara auau. Whakamahia ngā rongorau hei whakatairanga i ēnei whai wāhitanga. Hei tauira, ngā pānui, karere patowaea, pānui karere, ngā papa karere kura, whare tapere whakaara ohore, me ngā pānui whakaminenga, whakaaturanga rānei.</p>
Whai wheako ki ngā korikori tinana ngahau rerekē me te whakaahua he pēhea te whakaawe a ngā whakaurunga taumata rerekē ki te hauora me te āhua noho. (Taumata 5)	<p>Whakamahia ngā pūkenga pahikara i roto i ngā mahinga pahikara i roto i te hāpori whānui ake.</p> <p>Whakaahuahia te whai wāhitanga i roto i ngā mahinga pahikara me ngā huihuinga i roto i te hāpori whānui ake.</p> <p>Whakamāramahia mai he pēhea te whakaawe a ngā whakaurunga taumata rerekē i roto i te eke pahikara ki te hauora.</p> <p>Whakaahuahia he pēhea te whakaawe a ngā whakaurunga taumata rerekē ki te tautika o te āhua noho.</p>	<p>Whakauru ki ngā mahinga pahikara e wātea ana i roto i te hāpori paetata, whānui hoki.</p> <p>Torotoroa ngā rōpū rerekē hei whakahaere, whakarite rānei i ngā mahinga pahikara mō te hunga i roto i te hāpori e uaua pea ki a rātau te whai wheako eke pahikara.</p> <p>Me tuhi he rangitaki hāpori (rangitaki ataata rānei) e pānui ana i ngā mahinga pahikara me te uiui me te whakaaroaro mō ngā kaiwhakamahi rori he rerekē te taumata whai wāhi ki te eke pahikara. Whakamāramahia mai he pēhea te whakarākei i te hauora o ngā kaieke pahikara i tō rātau whakauru mai.</p>
A3 Whakahaerenga Haumarū		Te whakawhanake i te Taha tinana – Hauora tinana, te tinana, te tipu, te whanaketanga, te kaha ki te neke, me ngā tikanga manaaki i te tinana

		Te whakawhanake i te Taha hinengaro – Hauora hinengaro, kare ā-roto hoki, ngā tukanga whakaaro tika, te āhukahuka me te whakaputa whakaaro me te āhua o te ngākau me te urupare tōtika
	Ngā koronga akoranga:	Ngā wheako akoranga
Me whakaahua me te whakamahi i ngā tikanga haumarū i roto i ngā horopaki rerekē me te tautohu i ngā tāngata ka taea te āwhina. (Taumata 1)	<p>Tautohua ngā tikanga haumarū ina eke pahikara:</p> <ul style="list-style-type: none"> • i roto i te papatākaro • i tētahi ara pahikara • i te rori • i roto i te pāka. <p>Whakaahuatia ngā tikanga haumarū ina eke pahikara:</p> <ul style="list-style-type: none"> • i roto i te papatākaro • i tētahi ara pahikara • i te rori • i roto i te pāka. <p>Tautohua ngā tāngata ka taea te āwhina i ētahi atu e whakamahi ana i ngā tikanga haumarū ina eke pahikara:</p> <ul style="list-style-type: none"> • i roto i te papatākaro • i tētahi ara pahikara • i te rori • i roto i te pāka. <p>Whakamahia ngā tikanga haumarū ina eke pahikara:</p> <ul style="list-style-type: none"> • i roto i te papatākaro • i tētahi ara pahikara • i te rori • i roto i te pāka. 	<p>Whakamahia ngā rauemi i raro hei tautohu i ngā tikanga haumarū ina eke pahikara:</p> <ul style="list-style-type: none"> • i roto i te papatākaro • i tētahi ara pahikara • i te rori • i roto i te pāka. <p>Mātakitakina, ka whakaahua, ka whakaahua ataata hoki/rānei i ngā kaieke pahikara e whakarite ana mō tētahi haerenga. Tautohua ngā tikanga haumarū e whakamahia ana e rātau. Tātuhia, whakaahuatia rānei ia tikanga haumarū. Whakamahia ngā whakaahua, ataata rānei hei titiro anō ki ngā whakaritenga. I pēhea tā rātau tiroiro i ā rātau utauta me tō rātau pōtae haumarū? He aha te raupapa i tiroiro ai rātau i ā rātau utauta me tō rātau pōtae haumarū? Mahia he wātaka akomanga mā te whakamahi i ngā whakaahua me ngā tātuhinga hei whakaraupapa i ngā upane katoa i whāia e ngā kaieke pahikara i mua i tō rātau wehenga ki tō rātau pahikara.</p> <p>Whakamahia te Ngaku SOLO hei āta whakaaroaro mō te tikanga haumarū. Tuatahi me tautohu tētahi tikanga haumarū mai i ngā rauemi, ā, ka whakamārama he aha ki ōu whakaaro he tikanga haumarū, ā, ka whakaaro ai ka pēhea tō whakamahi i te tikanga. Whakamahia tēnei tikanga (tikanga tauira).</p> <p>Whakamahia Ngā Tapaono SOLO. Ka mahi ngā ākongā i roto i ngā rōpū mahi tahi. Whakamahia ngā rōpū ki te:</p> <ul style="list-style-type: none"> • Ohia manomanotia ngā mea katoa e mōhio ana rātau mō te tikanga haumarū ina eke pahikara, mō tētahi rānei e taea ana tātau te tiaki ina eke pahikara. Me tuhi ia whakaaro, huatau rānei hei tuhinga, pikitia rānei ki tētahi tapaono pātea wehe kē. • Tērā rānei, me whakamahi Ngā Tapaono Whakaharatau Haumarū Pahikara. • Mā te mahi tahi, me tapahi ia tapaono mai i te tātauira ka whakariterite i ngā tapaono mā te rōpinepine. • Me whakamārama i te take i mahia e koe ngā tūhononga kia tika ngā taha i waenga i ngā tapaono takitahi (me whakamahi ngā kupuhono pērā i te 'nā te mea...', me te 'kia...').

		<ul style="list-style-type: none"> • Ina mutu tō whakariterite i ngā tapaono, me tūmuri ka titiro ki te kohinga tapaono (te akitu e hono tahi ai ngā tapaono e toru). Me tuku kōrero whānui mō te āhua o te hononga i waenga i ngā whakaaro. (Ki ō mātau whakaaro he haumarū te eke pahikara/ ko te hunga e tiaki ana i a tātau ina eke pahikara ko ... i te mea • Tuarihia ō kōrero whānui mō te eke pahikara haumarū. <p>Mō ngā tātauira tapaono: Pūwhakaputa Tapaono a HookED SOLO – Tāpiritia ngā kaupapa ki ngā tapaono mā te pūwhakaputa tuihono: SOLO Hexagons (App Store) Pūwhakaputa HookED SOLO Hexagon Tātauira matua SOLO Hexagon Tātauira tuarua SOLO Hexagon</p> <p>Me mahi he rārangi arowhai pūkoro, autō pouaka whakamātao e taea e ngā kaieke pahikara te tiroiro i mua i te wehe ki tētahi haerenga eke pahikara.</p> <p>Ngā rauemi: Whārangi meka 01 – Cycles – Road rules and equipment (Waka Kotahi, PDF) Cycling (Waka Kotahi) The New Zealand code for cycling</p>
Tautohu mōrearea me te whakamahi i ngā tikanga haumarū i roto i ngā horopaki rerekē. (Taumata 2)	<p>Tautohua te mōrea ina eke pahikara:</p> <ul style="list-style-type: none"> • i roto i te papatākaro • i tētahi ara pahikara • i te rori • i roto i te pāka. <p>Whakamahia ngā tikanga haumarū ina eke pahikara:</p> <ul style="list-style-type: none"> • i roto i te papatākaro • i tētahi ara pahikara • i te rori • i roto i te pāka. 	<p>Whakamahia ngā rauemi i raro hei tautohu mōrea ina eke pahikara:</p> <ul style="list-style-type: none"> • i roto i te papatākaro • i tētahi ara pahikara • i te rori • i roto i te pāka. <p>Mātakitakina, ka whakaahua, ka whakaahua ataata rānei i ngā kaieke pahikara e whakarite ana mō tētahi haerenga. Tautohua ngā mōrea ka pā ki a rātau, ā, me pēhea tā rātau whakarite mā tētahi tikanga haumarū. Tātuhia ia mōrea, āhuatanga mōrea rānei. Whakamahia te ataata hei titiro anō ki ngā whakaritenga. I pēhea tā rātau whakahaere i ngā mōrea?</p> <p>Whakamahia te Ngaku SOLO hei āta whakaaroaro mō ngā mōrea. Tuatahi me tautohu tētahi mōrea haumarū mai i ngā rauemi, ō mōhiotanga whaiaro rānei, ka whakamārama he aha ki</p>

		<p>ōu whakaaro he mōrea, ā, ka whakaaro ai ka pēhea tō whakahaere i te mōrea mā tētahi tikanga haumarū. Whakamahia tēnei tikanga (tikanga tauira).</p> <p>Whakamahia Ngā Tapapono SOLO. Ka mahi ngā ākonga i roto i ngā rōpū mahi tahi. Whakamahia ngā rōpū ki te:</p> <ul style="list-style-type: none"> • Me ohia manomano ngā mea katoa e mōhio ana koe mō ngā mōrea ina eke pahikara. Me tuhi ia whakaaro, huatau rānei hei tuhinga, pikitia rānei ki tētahi tapapono pātea wehe kē. • Mā te mahi tahi, me tapahi ia tapapono mai i te tātauira ka whakariterite i ngā tapapono mā te rōpinepine. • Me whakamārama i te take i mahia e koe ngā tūhononga kia tika ngā taha i waenga i ngā tapapono takitahi (me whakamahi ngā kupuhono pērā i te 'nā te mea...', me te 'kia...'). • Ina mutu tō whakariterite i ngā tapapono, me tūmuri ka titiro ki te kohinga tapapono (te akitu e hono tahi ai ngā tapapono e toru). • Me tuku kōrero whānui mō te āhua o te hononga i waenga i ngā whakaaro. (Ki ō mātau whakaaro he haumarū te eke pahikara/ ko te hunga e tiaki ana i a tātau ina eke pahikara ko ... i te mea • Tuarihia ō kōrero whānui mō te eke pahikara haumarū. <p>Mō ngā tātauira tapapono: Pūwhakaputa Tapapono a HookED SOLO – Tāpiritia ngā kaupapa ki ngā tapapono mā te pūwhakaputa tuihono: SOLO Hexagons (App Store) Pūwhakaputa HookED SOLO Hexagon Tātauira matua SOLO Hexagon Tātauira tuarua SOLO Hexagon</p> <p>Me mahi he tūtohu pāhi, he rārangi arowhai pūkoro, rārangi arowhai whakahaerenga mōrea kāri autō pouaka whakamātao e taea e ngā kaieke pahikara te tiro tiro i mua i te wehe ki tētahi haerenga eke pahikara. Mahia tētahi ataata tohutohu he 2-3 meneti te roa hei whakaako i ngā kaiwhakamahi rori me pēhea te whakahaere i ngā mōrea ina whakamahi i tētahi pahikara. Me tuhi ka tātuhi i tētahi kuputuhi hātepe mō te whakahaere mōrea ina whakamahi ana i tētahi pahikara mō ngā kaieke pahikara hou.</p>
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<p>Tautohua ngā mōrea me ngā pūtaka, ā, ka whakaahua i ngā tikanga haumarū hei whakahaere i ēnei. (Ngā Taumata 3 me te 4)</p>	<p>Tautohua ngā mōrea ina eke pahikara:</p> <p>Tautohua ngā mōrea ina eke pahikara:</p> <p>Whakaahuatua ngā tikanga haumarū ina eke pahikara:</p>	<p>E ai ki runga ake - me whakauru tētahi arotahi ki ngā pūtaka o ngā mōrea ka tautuhia e koe. Me tono tētahi mema o tētahi rōpū eke pahikara paetata, he āpiha haumarū mai i te kaunihera hei kōrero ki ngā ākonga mō te pūtaka o ngā mōrea.</p> <p>TAURITENGA Rūpiki Ataata SOLO a HookED Me pēhea te tautuhi mā te whakamahi i tētahi Solo Taxonomy Map SOLO Visual Maps – Wiki</p> <p>Me whakamahi -Mahere neketai hei whakaaro mō ngā tauārai mō ngā pūtaka mōrea kua tautohua.</p> <p>Ngā rauemi: Whārangi meka 01 – Cycles – Road rules and equipment (Waka Kotahi, PDF) Cycling (Waka Kotahi) The New Zealand code for cycling</p>
<p>Me whakaharatau i ngā hātepe haumarū me ngā rautaki hei whakahaere i ngā mōrea. (Taumata 5)</p>	<p>Tautohua ngā āhuatanga mōrea mō ngā kaieke pahikara.</p> <p>Tautohua ngā hātepe haumarū me ngā rautaki e whakamahia ana e ngā kaieke pahikara me ētahi atu kaiwhakamahi rori hei whakahaere i ngā āhuatanga mōrea.</p> <p>Me whakaharatau i ngā hātepe haumarū me ngā rautaki hei whakahaere i ngā mōrea.</p>	<p>Whakapā atu ki ngā mema o ngā pakihi paetata rerekē, ngā tari kāwanatanga, whakanōhanga me ngā whakahaere hei rapu mōhio mō ngā hātepe haumarū me ngā rautaki i hangaia mā ngā kaieke pahikara.</p> <p>Tūhuratia ngā hātepe haumarū me ngā rautaki i mahia e tō kura (tētahi atu whakahaere) mā ngā kaieke pahikara. Mēnā ka taea ngā hātepe te whakahou, whakarākei rānei, me akiaki i ngā kaituhi kaupapahere hei arotaki i ā rātau hātepe me ngā rautaki.</p> <p>Me whakaharatau me te whakatauiria i ngā tikanga haumarū me ngā rautaki ki te whakahaere mōrea ina tuari i te rori me ngā kaieke pahikara, mēnā kei te eke pahikara koe rānei.</p> <p>Ngā rauemi: Whārangi meka 01 – Cycles – Road rules and equipment (Waka Kotahi, PDF) Cycling (Waka Kotahi) The New Zealand code for cycling</p>