

# BikeReady Akoranga 1

Whakaaturia ngā pūkenga mō te tirotiro kei te haumaru ngā utauta pahikara mō te eke

## Te whakamahere mō te akoranga 1

### Arotahi ki ngā pūkenga

Te tirotiro kei te haumaru ngā utauta pahikara mō te eke, otirā:

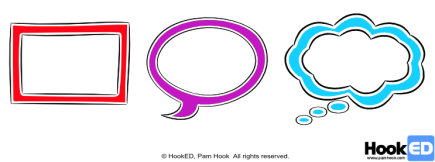
* pahikara
* pōtae
* kākahu (tae atu ki te āhua o te āwhina a ngā kākahu kia kaha ake tō kitea).

### 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 tirotiro i te haumaru 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.



* 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 haumaru.***

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 haumaru ake.

Hei tauira, 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).

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| Te reo Pākehā | Te Whakarongo, Pānui me te Tirotiro | | | | | | | 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 Haumaru | | | | | | 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 | | | | Te uiui ā-kiko me ngā ariā ōkiko |
| 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 āhwina 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 haumaru.

**Te tapa i ngā utauta haumaru me te whakakaupapa i ngā whanonga haumaru**

Me tono 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 onāianei, pōtae, hoahoa rānei) e whakaatu ana i ngā kupu tika mō ngā āhuatanga haumaru 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](https://www.nzta.govt.nz/roadcode/code-for-cycling/equipment/))

[Aratohu Hoko Pahikara (Waka Kotahi, PDF)](https://www.nzta.govt.nz/assets/Uploads/bike-buyers-guide-20171.pdf)

[Hihira haumaru e whitu ngā āhuatanga (Waka Kotahi, PDF)](https://www.nzta.govt.nz/assets/Uploads/seven-point-safety-check.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 whakawhitiwhiti i ā rātau akoranga me ngā huatau mō te eke haumaru 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

|  |  |
| --- | --- |
| **Whakamāramatanga**  *tētahi mea he pupuri i ngā pito e rua, hei tauira, he rawhi, kati rānei hei pupuri i ngā tarapu e rua*  [Kōkuhu atahanga]  Utauta haumaru: TĀPINE | **Ngā āhuatanga**  *mētara, kirihou mārō*  *he tāpare, pine, mārau*  *tikanga whakamau*  *whakatikatika* |
| **Ngā tauira**  *peketua*  *tātua*  *korehe*  *pōtae haumaru*  *tarapu kauae*  *ngā tarapu whakamau* | **Ehara i te tauira**  *koropiko*  *pūnoti rīwhi*  *whakamau kakati*  *reihi*  *hono* |

**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 haumaru.

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 haumaru (ngā mea ka whakamahia e koe) me tētahi atu mō ngā huatau mō ngā whanonga haumaru (ngā mea ka mahia e koe).

Hei tauira:

Ko te kaupapa o ā mātou akoranga mō te:

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

### 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 haumaru ngā kaieke pahikara.

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

Hei tauira:

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

Me mahi anō ēnei whakaaro me ētahi atu wāhanga utauta, whanonga rānei e āwhina ana kia haumaru 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 haumaru rānei (pōtae)
* ngā kākahu kāore i te tika, kāore i te mau tika rānei - ngā mōhiti, pōtae, kāmeta, 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 haumaru
* 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 hapori 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 pukuhohe me ngā topenga whitiāhua o YouTube) e whakaatu ana i ngā pūmate eke pahikara.

Whakamahia ngā rauemi arokite 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 tuaruahia rānei tētahi pūmate.

Ka tatau haere ngā ākonga e mātakitaki ana i ngā ākonga ka karanga ake ina tuaruahia tētahi pūmate. Ina roa ake te ākonga tuarua i te 5 hēkona hei urupare, ka tuaruahia 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 whakakīa 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 kaipurei 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 whakaarihia 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 whakaarihia 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 haumaru 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 mōhiohio mai i ā rātau whakangungu pūkenga pahikara kia oti ai tētahi tānga tohutoro tere te hanga, tetahi rauemi whakahaere whaiaro rongorau rānei mō te tirotiro me te tautiaki utauta i runga pahikara. Ka taea pea tēnei te waihanga kia uru ai ki rō pūkoro; wāreti rānei, hei autō pouaka whakamātao rānei, hei rārangi arowhai ataata 40 hekona rānei.

[Me pēhea te hihira i tō paihikara (BikeReady)](https://bikeready.govt.nz/adults/tips-for-everyday-bike-riding-beginners-to-advanced/how-to-check-your-bike/)

* Tīpakohia tētahi mea me tirotiro, 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 tirotiro 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 haumaru mā te tirotiro i tērā.
* Me whakamahi ētahi atahanga mai i ia rōpū hei waihanga i tētahi tuhinga tohutohu poto, ataata rānei hei ārahi i ētahi atu e hiahia ana ki te tirotiro me te whakarite kei te haumaru tō rātau pahikara. Hei tauira, 'Me pēhea te tautiaki i tētahi pahikara haumaru - 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 haumaru ina eke pahikara?

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

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

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

### Rūpiki aromatawai-whaiaro hira

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| **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 haumaru 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 haumaru'. | 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 haumaru ina eke pahikara  Te tautoko i ngā wāhi me ngā huihuinga paetata kia 'ngahau me te haumaru te eke pahikara'. | Te pāhekoheko me ētahi atu ki te waihanga i ngā wāhi pahikara 'ngahau me te haumaru' 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 haumaru'.  Te whakamahi i ngā tohu reo me ngā kupu hei whakaputa i ngā karere mō te 'ngahau o te eke pahikara me ngā wāhi haumaru'. |

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