

2» DISCOVER

THEME

Connectedness

SUB THEMES

Relating to & Communicating
with Others

Overview

In this activity Participants contribute to the development of a group routine to music and gain feedback on their communication with others.

Te Ao Kori – The World of Movement

Knowledge and skills

Communication with others, relating to and with others, planning for change, leading change.

Resources

- Leader Journal template
- Māori legends
- Māori music
- Video clips or pictures of kapa haka performances



Te Ao Kori

Te Ao Kori (the world of movement) is a celebration of life through movement and its many expressions. In this activity Participants explore how movement is used in Māori culture, selecting and combining rhythmic and expressive movements.

1. Participants read a Māori legend, for example the legend of how Māui fished up new land Te Ika a Māui (the North Island of New Zealand).
2. Participants learn key commands for a movement sequence e.g. in waiāta-ā-ringa. They can use these commands with their created movement sequences.

Sample commands:

Kia rite	Get ready
Kia wiri	Start quivering your hands
Hope	Hands on hips
Kia mau	Take your stance
Waewae takahia	Start stamping your right foot
Ringa whiua	Swing your arms across your body, elbows bent at waist height.

3. Participants view video clips or pictures of kapa haka performances and choose two actions that may apply to the chosen legend.
4. Working co-operatively in pairs (tuakana/teina), Participants practise their two chosen actions and make a short sequence to be performed rhythmically and expressively to music.
5. Participants listen to contemporary music (preferably Māori music) and practise their sequences to a selected song.
6. The group forms a circle, and while the music plays, each Participant contributes one of their chosen actions by both explaining and demonstrating the action. As the song continues, the group will develop their movement sequences into warm-up routines.
 - » Each pair takes a turn at being in the middle of the circle. Each separately demonstrates and describes one of their two chosen actions, saying how it relates to the legend.
 - » The rest of the group copies their actions for 8-10 beats of music.
 - » That pair then returns to the original circle and the pair to the right of them repeats the process.
 - » This process continues until all pairs have had a turn in the middle and, as a result, the group has now formed its own movement routine.
 - » Repeat the process with minimal gaps between the actions so that the transitions between actions occur in time with the music.



The Legend of Māui Fishing up Te Ika a Māui

Māui was a demi-god who lived in Hawaiiki. He possessed magic powers that not all of his family knew about.

One day when he was very young, he hid in the bottom of his brothers' boat in order to go out fishing with them. Once out at sea, Māui was discovered by his brothers, but they were not able to take him back to shore as Māui made use of his magic powers, making the shoreline seem much further away than it was in reality.

So the brothers continued rowing, and once they were far out into the ocean Māui dropped his magic fishhook over the side of the waka. After a while he felt a strong tug on the line. This seemed to be too strong a tug to be any ordinary fish, so Māui called to his brothers for assistance.

After much straining and pulling, up suddenly surfaced Te Ika a Māui (the fish of Māui), known today as the North Island of New Zealand. Māui told his brothers that the Gods might be angry about this, and he asked his brothers to wait while he went to make peace with the Gods.

However, once Māui had gone, his brothers began to argue among themselves about the possession of this new land. They took out their weapons and started pounding away at the catch. The blows on the land created the many mountains and valleys of the North Island today.

The South Island is known as Te Waka a Māui (the waka of Māui). Stewart Island, which lies at the very bottom of New Zealand, is known as Te Punga a Māui (Māui's anchor), as it was the anchor holding Māui's waka as he pulled in the giant fish.

Source: <http://www.history-nz.org/maori9.html>



LEADER JOURNAL

2» DISCOVER

NAME _____

Te Ao Kori – The World of Movement



1. What is the Māori legend on which you are basing your group performance?

2. Describe the two actions that you and your partner are contributing to the group.

3. Describe how these actions relate to the Māori legend.

4. What commands or Te Reo did you incorporate into your two actions?



5. When you demonstrated and described your action to the whole group, what words did you say to the group to help them understand how the movement should occur?



6. What feedback did you get from the rest of the group on how well they understood how to follow your action? Describe how well the rest of the group followed your action.



7. If you were going to demonstrate and describe a different action (in either the same legend, same music or different legend, different music), what would you do differently?

