

Health & Physical Education Activity Card

Level 2 (easily adaptable for other levels)

Essential Learning Area – Physical Education

Tititōrea

Equipment

- > Tititōrea (make sticks out of rolled magazines).
- > Tāku Papawira (available online).

Fundamental skill

- > Balancing.

Achievement objectives

- > Practise movement skills and demonstrate the ability to link them in order to perform movement sequences. (2B1)
- > Describe how individuals and groups share characteristics and are also unique. (2C2)

Learning outcomes

- > Keep in time to rhythm and beat.
- > Demonstrate and practise hand and eye co-ordination.
- > Work co-operatively to learn simple action songs/movements.
- > Discuss elements of their own culture that are the same as others' and unique.
- > Appreciate another culture and own.

Suggested assessment

- > Students demonstrate Tāku Papawira song and tititōrea actions.
- > Students assess themselves using a smiley face chart (big smile – did well, straight smile – okay, slight downturn smile – could do better):
 - How well did I keep in time to the beat?
 - How was my hand/eye co-ordination?
 - How well did I work co-operatively with others?
 - What could I do to improve next time?

Notes

- > Learning tititōrea actions and song will take practice and can be developed over a series of lessons.

Before this lesson

- > Focus on tikanga and understanding the origins of tititōrea (See Traditional Māori and Pākehā Games and Pastimes activity card). Students could learn actions to words/instructions such as:
 - Ki runga – up
 - Ki raro – down
 - Ki mua – front
 - Ki muri – back.

Teaching and learning

- > Share learning intentions with students and together discuss success criteria.
- > Make own sticks with rolled magazines and tape.
- > Students learn the song *Tāku Papawira* by repeating the words after the teacher.
- > Discuss the meaning of the words.
- > Learn *tītītōrea* actions (see below). Break the movements down and teach small elements at one time. Model actions or get students to model.
- > Discuss games from own culture and compare to *tītītōrea* such as the beats, co-ordination, skills, keeping in time/rhythm, hand and eye skill.

Tītītōrea actions

Students are in pairs, in rows or two circles (inner circle and outer circle), and with their two sticks lying in an 'A' shape on the ground. A leader calls 'timata!' ('begin!').

Students pick up sticks.

Actions to match the tune Tāku Papawira could include:

Tap the floor (one beat)

Tap together (one beat)

And

Tap alternately the right and left of own sticks (two beats).

Chorus

Tap the floor (one beat)

Tap together (one beat)

And

Tap alternately the right of their stick with their partner's right and then the left of their stick with their partner's left (two beats).

Repeat the above for the duration of the chorus (three times).

(Activity based on Kimihia Resources, *Te Reo Kori*, Volume 1, 1990)

What to watch for

- > Are students watching the stick as they throw and as they catch?
- > Do they have their hands open ready to catch the stick?
- > Can they throw the stick at an appropriate height and speed?
- > Do they keep in time with the music?

Ways to adapt

- > Learn other songs and create *tītītōrea* actions such as *Kei te Ako Au* (*Kiwi Kidsongs*, 14).
- > Adapt actions, for example tapping more slowly, for those less able students.
- > Make poi and learn poi action songs.
- > *Mahi whai* (string games). Learn basic patterns: two to four diamonds and design own string game and teach another person.
- > Elastics. Learn a basic pattern and design own movement patterns.
- > For more ideas see *Te Ao Kori* resource available on www.health.tki.org.nz/key-collections/exploring-te-ao-kori