

Eke pahikara!

A guide to teaching tamariki how to ride a bike

Riding a bike can open up a whole new world of physical fun for tamariki. Going on new adventures, practising new skills, challenging new tricks – riding a bike offers it all! So how do you teach kids to ride a bike on their own?

Me mau tō tamaiti:

What your child should wear:

- helmet
- extra padding if necessary (gloves, wrist guards, knee guards, long pants, etc.)
- laces and trouser legs tucked in to socks or shoes (so as not to get caught in the chain).

Me whai koe:

What you need:

- bike (check out your local recycling centre or ask your whānau and friends – they may have one collecting dust in the garage)
- big open grass area possibly with a bit of a gentle, downhill slope that flattens out and doesn't have any obstructions to crash in to e.g. a park, school grounds
- plenty of patience
- lots of encouraging words and hugs!

Hei reo ākina

Lift your feet	-	<i>Hikina ō waewae</i>
Balance yourself	-	<i>Kia taurite tō noho</i>
You're leaning to the left	-	<i>Kei te whakatemaui tō tinana</i>
Don't look at the ground	-	<i>Kaua e titiro ki te papa</i>
Look ahead	-	<i>Me aro atu ki mua</i>
Put your feet down	-	<i>Kia tau ngā waewae</i>
Just go slowly	-	<i>Kia āta haere</i>
Now, speed up	-	<i>Tēnā, kia tere ake</i>

gears/niho

handlebars/ringa

brakes/whakatū

helmet/pōtae mārō

Hei whakaaro noa

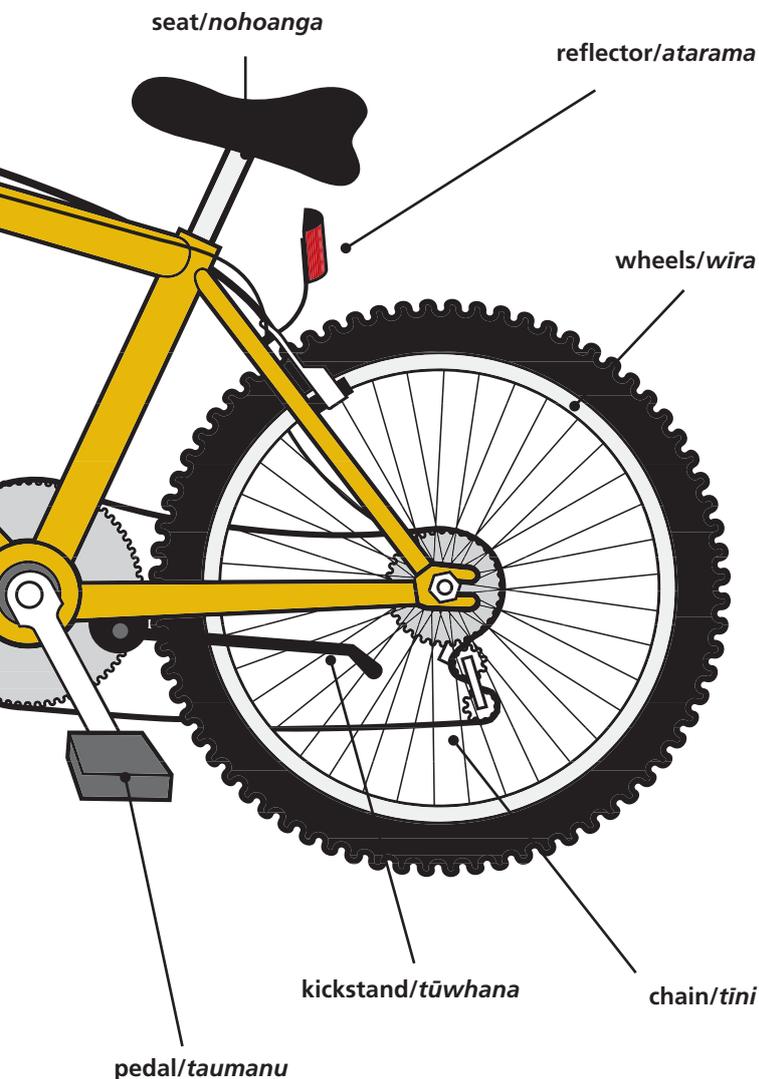
Check out <http://www.landtransport.govt.nz/factsheets/01.html> for more information about bicycle safety and road safety rules to share with your tamariki.

“Make sure the bike is the right size for your child – our boy got put off riding for a while because the bike we had for him was too big.”

1: Hei timatanga

Introduce your child to the bike

- Make sure your child knows the different parts of the bike (see the picture below for the different Māori terms for parts of a bike).
- Show them where the brakes are and how to use them.
- Show them how to use the kick stand if it has one.
- Make sure the bike seat is adjusted to the right height for your child.



“We found that kiddy wheels prevented our kids from learning balance and they fell off more with the wheels on!”

2: Te taurite

Finding their balance

- Take the bike about five metres up a gentle slope and hold the bike while your child gets on.
- Get your child to put both feet on the ground and show them that they are in control – they won't move unless they want to.
- Tell your child to lift their feet just off the ground so that they can cruise down the hill. If they feel scared or like they're going to fall, tell them to just put their feet back down.
- Keep doing this until your child feels comfortable without putting their feet down to stop.

3: Te takatakahi

Pedalling

- Now get your child to put their feet on the pedals and cruise down. After a few turns at this, get them to start pedalling as they come down the hill.
- As your child's confidence grows, gradually move further up the hill and remind them how to use their brakes to stop.

4: Te timata mai i te tū

Starting from a standstill

- Go to a flat part of the field.
- Show your child how to start from a standstill with one pedal pointed up towards the handlebars so they can put a bit of muscle in to get going.
- Tell them to look straight ahead as they bring their other foot off the ground up to the pedal.
- Once they have both feet on the pedals, they should just concentrate on steady pedalling and looking straight ahead.

5: Te huri

Tackling turning

- Explain to your child that they need to slow down before turning.
- Show them how to keep the inside pedal up as they turn and look to where they are turning.
- When they're ready to turn, tell them to gently turn their handlebars in the direction they want to turn.
- As their confidence grows let the speed gradually increase.

He rawe te hākinakina!

Getting in to sports: the 'how to'



Getting involved in sports can have huge benefits for your tamariki – regardless of whether or not they excel at the sport. If they participate in sports when they are young, they're more likely to stay active when they're older. So how do you get them in to it?

There are a huge number of sports available for kids and whānau to get involved in. The trick is to find something that your child is willing to have a go at. A good place to start is to take them to watch different sports, especially if it's other kids playing, or even you competing. Watching other people having fun with sports is a great way to spark an interest with your child.

What age is a good age to start?

Lots of clubs and organisations offer sporting programmes to children from a very young age e.g. parents can take their young babies along to water baby classes, or their toddlers to preschool gymnastics. Other sports require children to be a certain age before they can play, like rugby or netball. If your child is older, then any age is a good age to get in to sports!

Team sports or individual sports?

Some kids love the camaraderie of playing in team sports while other kids prefer the personal challenges that individual sports provide. A good way to find out if your child has a preference is to let them try sports that have elements of both, like tennis where they can play singles or doubles, waka ama where they have races for teams and individuals, or swimming where they have individual and relay events. You'll soon get an idea of whether your child has a preference for team or individual sports and will be able to help them find a sport or club that suits this preference.



- What sports do their friends play?
- How much time can you commit?
- What do you want them to learn?
- What does your child enjoy and what are they good at?
- Has your child shown an interest in any particular sports?

How do I get my child registered or enrolled in a sport or club?

Lots of clubs and sporting organisations advertise in the local paper. Keep an eye out for when seasons start up and registrations begin. Talking to other parents and whānau is another way to find out what's going on in your local sporting community. Some clubs hold open days so kids can go along and try the sport out to see if they like it before they register.

Playing sports:

- is fun for kids (and parents)!
- can help tamariki develop a sense of belonging
- can be an opportunity for kids to engage with people from other cultures
- enables kids to widen their social circles
- helps tamariki develop self-discipline
- helps kids learn how to cope with winning and losing
- helps develop social skills
- strengthens community cohesion
- can support cultures to maintain their uniqueness
- teaches kids about kotahitanga – belonging to something bigger than themselves and working together towards a goal
- creates opportunities for kids to learn about and practise whakawhanaungatanga – building relationships.

What if they get bored or decide they're not in to it?

If your child is young and just starting to get in to sports, that's okay – it may take a few attempts at a couple of different sports before they find something they really enjoy. Encourage them to stick at it for a while – it may be that they don't like it because they haven't learnt the necessary skills yet, or they don't know the rules. But encouraging them to hang in there for a while until they are more familiar with the sport may see them starting to enjoy it. Remember, having fun should be a high priority. If it gets to the point where you have to drag them to trainings or games, you'll know it's time to try something different!

If your child is older, you may want to talk to them about why they don't want to play anymore – it may be that they're feeling stressed e.g. pressure from their peers or struggling to keep up with school work. If so, you may be able to come up with some other options so that they don't have to give up their sports.



Hei whakaaro noa

- Avoid pushing your children in to specialising in one sport too early. It is better for children to play lots of sport and games and learn many skills than specialise to be the best at one.
- Be open-minded to sports you're not familiar with – if your child is interested in a sport you've never been involved with, let them have a go to see if they like it.
- Don't be disappointed if your child isn't interested in the sports you are or were into as a child – instead, help them find a sport that they will enjoy.

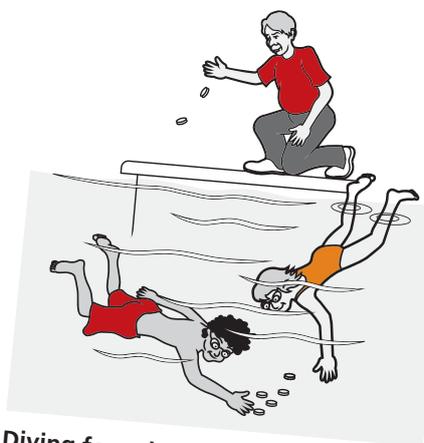
See the back of this booklet for regional sports trusts' contact information.

He hokinga mahara

Remember these games?



Walking on stilts/poutoti



Diving for coins in the pool



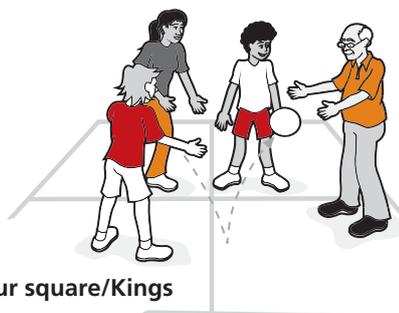
Ti rākau



Skipping



Hoops/pirori



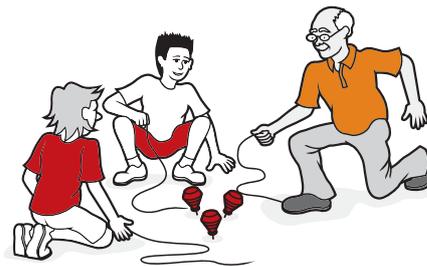
Four square/Kings



Broomstick high jump



Ball tag



Spinning tops/pōtaka

Mō ngā rā ua(ua!) Ideas for rainy days



Keeping kids active when they're stuck inside on a rainy day can be a real challenge. Here are a few ideas to help get the whānau moving no matter what the weather!

Retireti mai!

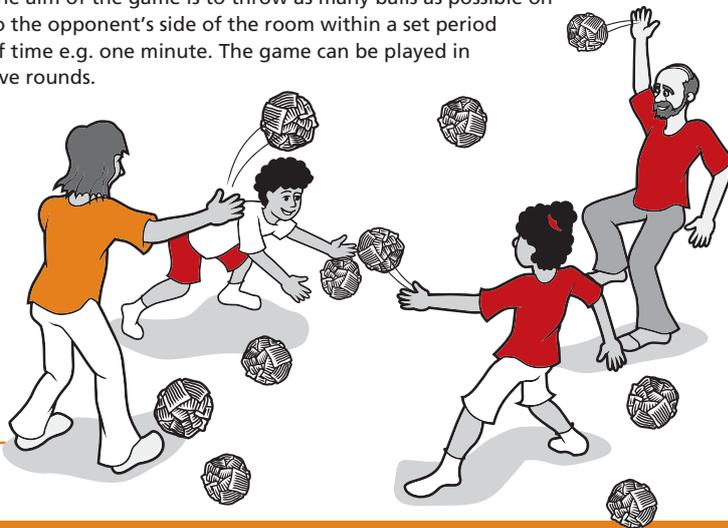
Indoor skating

Get the kids to stand with one piece of paper under each foot and use these as skates. Paper skates can be great for use on carpet or on lino or polished floors. They can have fun making up courses and challenging the whānau to time trials.

He riwai wera!

Hot potatoes

Divide the whānau in to two teams with each team on each side of the room. Get the kids to make as many indoor balls from scrunched up pieces of newspaper. The aim of the game is to throw as many balls as possible on to the opponent's side of the room within a set period of time e.g. one minute. The game can be played in five rounds.



He ara taupare

Obstacle courses

Let the kids build a confidence course in your home using boxes, chairs, pillows and other household items. Get the kids to decide how to get from one obstacle to another. Once everyone has completed the course successfully, get them to rebuild the course and add in some new challenges.

He hākinakina kei rō whare

Indoor sports

Let the kids use soft indoor balls and play equipment to play games inside like cricket, rugby, basketball, etc.

Pine takataka

Tenpin bowling

Show the kids how to set up a tenpin bowling alley in your hallway or the lounge using plastic milk bottles, drink bottles, etc. Make the bowling balls out of scrunched up newspaper. Get the kids to take turns to run up the alley to reset the pins.



Pitakataka!

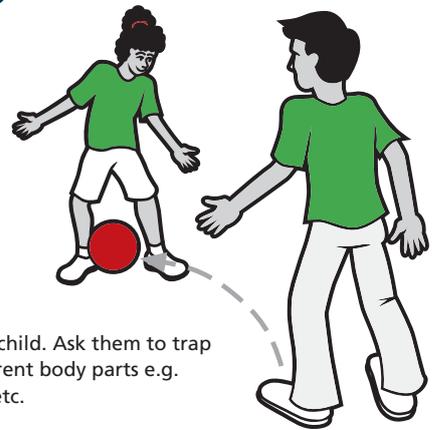
Gymnastics

Set up a gymnastics course in your lounge. Use a soft mattress or the floor and help the kids do forward rolls, handstands, rolling and balance activities.

He pūkenga korikori

Developing active skills

A wide range of ball-handling experiences will help your tamariki develop the skills they need for playing ball sports. Here are some activities you can play with your tamariki to help them develop good ball skills.



Roll a ball to your child. Ask them to trap the ball with different body parts e.g. knee, foot, head, etc.

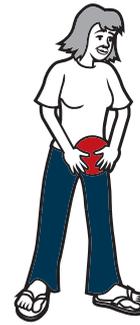
Get your child to roll a ball into and through different things e.g. into a cardboard box, through a hoop, under the table, between the chairs, into a bucket, etc.



Show your child how to pass the ball around each ankle in a figure-eight, continuous motion. Then set them a challenge to see how many times they can do it in a row without dropping it.



Challenge your child to hold the ball slightly in front of their body with both hands, then toss the ball up over their head to catch it behind their back. Then get them to repeat the throw in the opposite direction, throwing the ball from behind their back to catch it in front.



Challenge your child to roll a big ball around their body trying not to drop it. Get them to start by rolling it around their head and then work down their body to go around their waist and legs, then work their way back up their body again.



Hei reo ākina

Roll the ball	- <i>Pīroria te pōro</i>
Aim for the box	- <i>Tuhia atu ki te pouaka</i>
Hold the ball with two hands	- <i>Pupuritia te pōro ki ngā ringa e rua</i>
Dribble the ball	- <i>Ārahirahitia te pōro</i>
Change hands	- <i>Whakawhitia ōu ringa</i>

I mōhio rānei koe...?

71% of young Māori are active, spending, on average, 7.7 hours per week taking part in sports and active leisure – 3% higher than the average for all young New Zealanders. Are your tamariki in this rōpū?



More advanced skills

Get your child to dribble the ball as they kneel down to one knee, both knees, and then seated position – all the while, dribbling the ball. Next, see if they can go right down to lie down on their back while still dribbling the ball. For the ultimate challenge, see if they can stand all the way back up again while maintaining the dribbling.

Have your child stand with their feet shoulder width apart with one hand, in front of the ball; the other in back behind the knees on the ball. Get them to do a slight toss with the ball and reverse their hands so that the hand in front moves to the back and the hand in back moves to the front.

He pou herenga waka

For more information

SPARC/Ihi Aotearoa

Active Schools

www.sparc.org.nz/education/get-ready

He Oranga Poutama

www.sparc.org.nz/partners-and-programmes/he-oranga-poutama/overview

Te Tāhuhu o te Mātauranga

Physical activity for healthy confident kids.
Guidelines for sustainable physical activity in school communities

www.tki.org.nz/e/community/health/PDF/pahck-guidelines.pdf

Te Kaupapa Marautanga o Aotearoa

www.tki.org.nz/r/marautanga/index_m.php

Regional Sports Trusts

0800 ACTIVE

www.sparc.org.nz/partners-and-programmes/regional-sports-trusts/regional-sports-trusts-lists/contacts



He rārangi pukapuka

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Te Taura Whiri i te Reo Māori (2006). *He kōrero mō te hākinakina: talking about sport*. Te Whanganui-a-Tara: Te Taura Whiri i te Reo Māori.

The Hillary Commission (1992). *Kiwidex te Pūrongo*. Wellington: Learning Media (item 97202).

E KORIO E TĀ!



Kids Push Play for 60 minutes a day – that’s twice as long as you guys!

Just like your 30 minutes a day, they don’t have to do it all at once – add up a walk to school, a run round at lunch and a kick in the park after dinner and you’ve got 60. To really help them Push Play – limit their time on the TV and computer to 2 hours a day, fuel them up with heaps of healthy food and turn up their favourite song!