

CURRICULUM ACTIVITY: Kori Tinana – Dance and Movement Session

Tamariki follow rhythms in a movement and dance session, coordinating arms, legs, and bodies with music. Kaiako encourage posture, control, and enjoyment while respecting each child's abilities. Taha tinana is expressed as children develop bodily awareness, coordination, and physical confidence.

Tikanga Practices: Mātauranga can be seen through:

- Wairua or spiritual connections: recognising how movement and rhythm can awaken wairua, allowing tamariki to express joy and connection.
- Reflective thinking as kaiako encourage tamariki to think critically about what they observe, what worked, what didn't, and why. This reflection helps transform experience into enduring knowledge.
- Whakamana through applied knowledge: by testing, adjusting and reimagining their bridge designs, the tamariki experience the value of learning through action and perseverance, this is a living expression of mātauranga in practice.

Kaiako: Questions for Reflection

1. How did you create opportunities for tamariki to express their wairua and emotions through movement and dance?
2. In what ways can you support mana enhancing practices by valuing diverse physical abilities and individual creativity?
3. How do you ensure tikanga is maintained when teaching movement forms connected to Māori or other cultural traditions?



WAIATA: ME PEKE (Kaitito Ngaroma M. Williams)

Me peke ki te taha matau, matau, matau
Anei rā ahau
Me peke ki te taha mauī, mauī, mauī
Anei rā ahau
Haere whakamua
Hoki muri e
Huri rauna e
Kei konei ahau.

Jump to the right, to the right, to the right; Here I stand,
Jump to the left, to the left, to the left; Here I stand,
Step forward, step back, turn around and here I am.



Scan for link to waiata

Ngā Taonga Whakaako Tikanga Māori – Theory and Practice Early Childhood Education Contexts



TAHA TINANA WELL-BEING & PHYSICAL ENVIRONMENTS

UC
UNIVERSITY OF
CANTERBURY

Te Kāhui Pā Harakeke
Child Well-being
Research Institute

Ako
AOTEAROA

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TAHA TINANA

WELL-BEING AND PHYSICAL ENVIRONMENTS

Taha Tinana is twofold, encompassing both personal well-being and environmental care. On a personal level, it promotes the importance of nurturing one's physical health through nutritious food and drink, regular exercise, adequate rest, and sleep. Equally vital is the responsibility to respect and care for the environments in which we live, learn, and play. These spaces must provide safe, hygienic, and well-maintained resources for children. Damaged or unsafe resources should be removed or repaired. This principle aligns closely with kaitiakitanga, as it encourages sustainable practices — composting food scraps, returning water to the gardens, and using eco-friendly cleaning agents, paints, and dyes — to protect and enhance our shared environment.



Scan to find out more about these resources



CURRICULUM ACTIVITY: Gross Motor and Movement: Physical Education and Movement Games

During a session of tī rākau or poi practice, tamariki follow instructions, coordinate movements, and support peers. Kaiako model safe and effective techniques while encouraging participation and persistence. Taha tinana is developed as children strengthen their bodies, coordination, and confidence through culturally grounded physical activity.

Tikanga Practices: Mātauranga can be viewed through:

- Promoting collective (kotahitanga) participation and support, where tamariki practice together, learn from one another, and celebrate success.
- Aroha ki te tangata: showing patience and encouragement for differing skill levels, ensuring every child feels valued and safe in their learning journey.
- Ensuring respect and care of using equipment safely, acknowledging others' space, and keeping the area tidy.

Kaiako: Questions for Reflection

1. How do you foster kotahitanga so that tamariki learn through cooperation rather than competition?
2. In what ways do you demonstrate aroha and patience when tamariki are learning new or challenging physical skills?
3. How do you model manaakitanga through using and caring for traditional resources such as: tīrākau, tītītōrea, and poi?

CURRICULUM AREA: Obstacle Course and Outdoor Play

Tamariki navigate an outdoor obstacle course, balancing, climbing, and crawling while following safety instructions. Kaiako model techniques and offer encouragement, helping children refine movements and stamina. Taha Tinana is strengthened through active, challenging, and physically engaging play experiences.

Tikanga Practices: Mātauranga can be seen through:

- Kaitiakitanga: caring for the environment and equipment, ensuring the outdoor space is respected, safe, and ready for use.
- Māramatanga: encouraging tamariki to reflect on their movements and choices learning through observation and awareness of their bodies and surroundings.
- Kotahitanga: promoting teamwork, cooperation, and encouragement among tamariki as they navigate challenges together.

Kaiako: Questions for Reflection

1. How did you integrate kaitiakitanga by involving the tamariki in setting up, checking, and caring for the outdoor environment?
2. How do you guide tamariki to develop māramatanga in relation to awareness to their body's capabilities and limits during physical challenges such as components of the obstacle course.
3. What opportunities do you create for kotahitanga 'times' where tamariki work together to achieve shared physical goals?

