

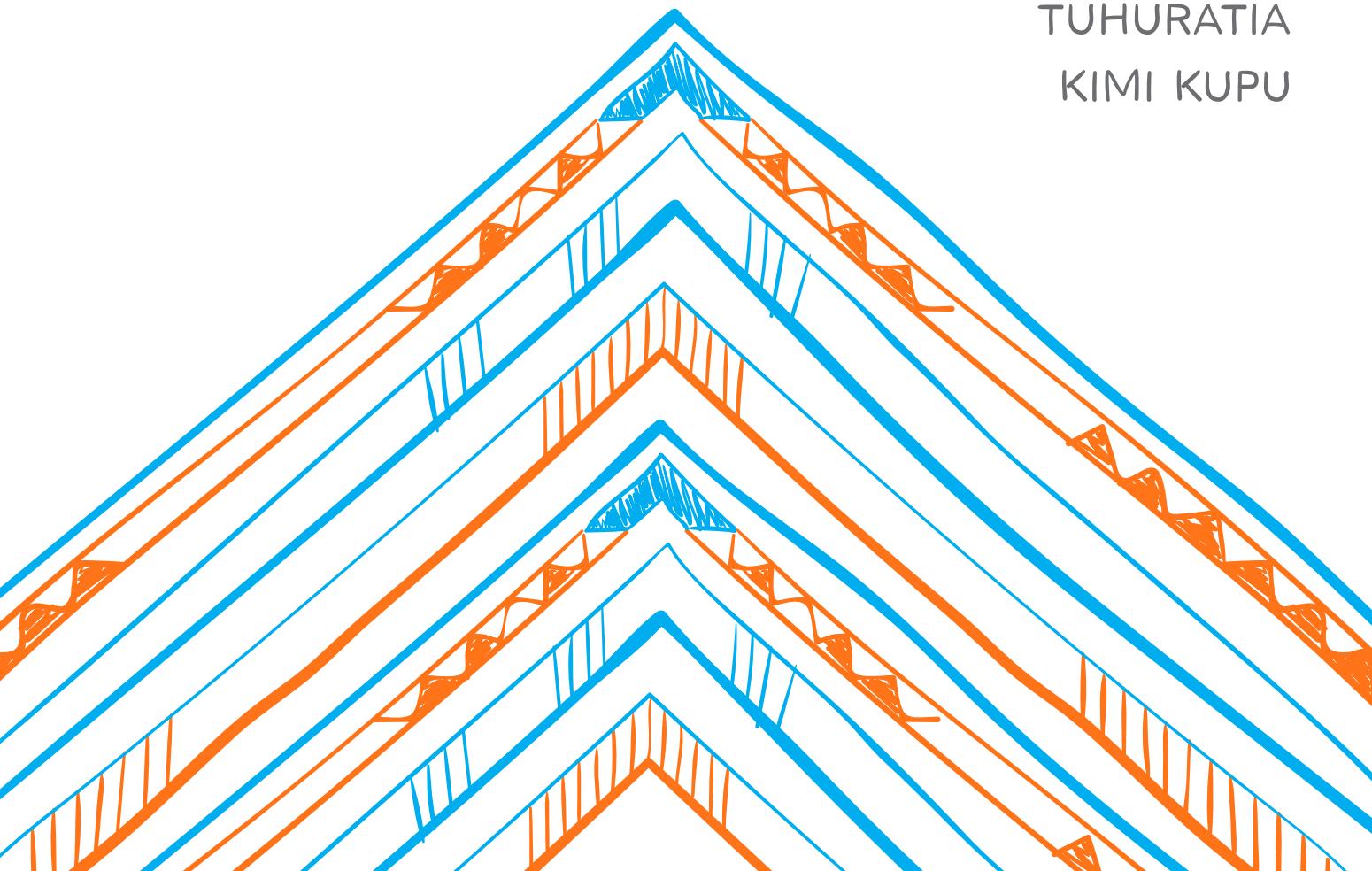
KIA MAU KI TŌU ĀHUA AKE!

HUI E!

TĀNGAITI 2, 2020

HE TOKI O TE AO  
ANŌ TE REKA!  
RAPU RAWA

TŪHURATIA  
KIMI KUPU



# NGĀ TINO TOKI O TE AO



**JONAH LOMU**

**RĀ WHĀNAU:** 12.05.75

**RĀ MATE:** 18.11.15

**NŌ HEA:** TONGA ME AOTEAROA  

Nō te tau 2015, i hinga atu tēnei o ngā tōtara haemata o te wao nui a Tāne, tēnei hautipua o te ao whutupōro, ko tōna momo e kore pea e kitea anōtia e tātou i tēnei ao! Engari, i mōhio rānei koe he aha rā i tino ronganui ai a Jonah? Āe, he kaitākaro ia nō te tīma Ōpango, nō te tīma Tokowhitu anō rā. Engari, ehara ia i te kaitākaro noa iho nei. E ai ki ūnā pia, katoa ngā pūkenga nui whakaharahara o te kaitākaro whutupōro, kei a Jonah. Te kaha – auē, e hia kē kōrero mō tōna kaha ki te kaupare ake i te tangata. Te fāroaroa – tōna hanga he ōrite ki tētahi poumua. Te tere hoki – ānō nei he kaioma ronganui o te ao kaiaka!

Heoi, he whakapāwerawera nui tō Jonah i a ia e eke taumata ana i te ao whutupōro. I te tino māuiui ia i te mate tākihi. Otirā, i ngaua kinotia ia e tērā momo mate. Nā whai anō te kōrero, kihai tātou i kite i te tino autaia o te toki nei. Me i kore rawa tēnā mate nanakia i pā ki a ia, he aha rawa rā ngā taumata ake ka ekengia e Jonah?



**BETHANY HAMILTON**

**RĀ WHĀNAU:** 08.02.90

**NŌ HEA:** AMERIKA 

Tekau mā toru noa iho te pakeke a Bethany i te wā i motuhia tōna ringa. I tētahi rangi i puta rātou ko ūnā hoa me ētahi o tōna whānau ki te moana ki te eke ngaru. I a ia e tāpapa ana i runga i tana papa eke ngaru, ka whātoro atu ūnā ringa ki te wai, me te aha, ka kitea e tētahi mako! Kātahi ka ngaua tōna ringa e te mako hei kai māna! Ahakoa te nui o te toto i heke mai i a Bethany, i ora tonu ia, ā, ka hoki atu ia ki te eke ngaru toru wiki i muri mai i te aituā nei! Toru wiki?! Te māia hoki o te kōtiro nei! Engari, e kore e mutu tōna aumangea ki reira. Ka ngana tonu kia waia haere ia ki te eke ngaru me tōna ringa kotahi. Nāwai, nāwai, ka eke ia ki ngā taumata o ngā whakataetae eke ngaru o Amerika. Bethany Hamilton – te mutunga kē mai o te manawanui, o te manawaroa!



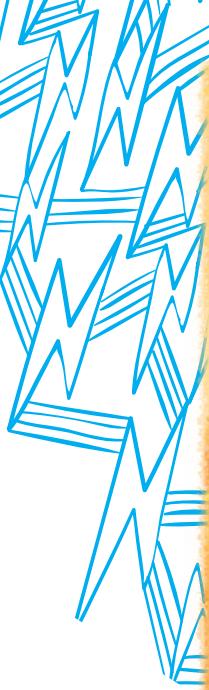
## MICHAEL JORDAN

RĀ WHĀNAU: 17.02.63

NŌ HEA: AMERIKA

He mōhio te ao katoa ki tēnei o ngā kaitākaro poitūkohu rongonui, a Michael Jordan. E ono ngā taitara NBA i whakawhiwhia ki a ia me tana tīma, arā, ko te Chicago Bulls, otirā, nāna te tohu MVP i riro mō ngā tau e rima. Heoi, he tika rā te kōrero, kāore ia i eke mā te waewae tūtuki noa, engari mā te upoko pakaru kē. I a ia i tana kura tuarua, ka poroa ia e te kaiako o te tīma poitūkohu matua. Heoi, ka ngana ia ki te whakaharatau, ki te whakapakari i tōna tinana, ki te whakawhanake i ōna pūmanawa mō te kēmu. Nāwai, nāwai, ko ngā taumata ikeike o te ao poitūkohu ka ekengia e ia, ā, ko tōna ingoa me tōna rongonui i roto i tēnei kēmu ka puta whānui, ka mau roa. Hara mai tētahi īhua!

*Pārekareka ana ngā kōrero mō Sarah Walker rāua ko Bethany Hamilton ki a au. Ki a au nei, nā rāua te mana wahine me te whakataukī “Kaua mā te waewae tūtuki engari mā te upoko pakaru” i whakatinana.*



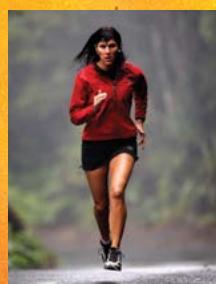
# I MŌHIO RĀNEI KOE?



Tērā pea kei te mōhio koe he kaiwhawhai rongonui a Kyle Maynard i roto i te mamau me te Mixed Martial Arts. Engari i mōhio rānei koe, kāore ōna ringaringa me ōna waewae!!! Kāore i kō atu, i kō mai i a ia mō te okeroa, nē rā?



I mōhio rānei koe, i a LeBron James i te whare wānanga, i tākaro ia i te poitūkohu me te grid iron? I tōna tau whakamutunga, ka whati i a ia tōna ringa, otirā, ka whakatahangia ia e tōna kaiako grid iron. Me te aha? Kāore i hoki atu ki taua kēmu anō rā, ka whakawhāiti tana whai i te poitūkohu.



Ko tētahi tākaro e whakatinanahia ana te kupu “oke”, ko te omaroa ki ngā koraha rongonui o te ao pēnei i te Sahara. Ko te “ultra marathon” tēnei. Ko tētahi o ngā toa ki tēnei momo hākinakina ko tētahi wahine nō Aotearoa nei, ko Lisa Tamati tōna ingoa. He uri ia nō Te Āti Awa. Ahakoa tōna kaha ki te whai i tēnei hākinakina, i mōhio rānei koe i pāngia ia e te mate huangō? E kore e mutu ōna wharahanga ki reira, i whati hoki i a ia tōna tuarā, engari ka koke, ka kakari, kia hoki anō ai ia ki tāna i kaingākau nei! Pai mārika koe Lisa!

# ANŌ TE REKA!

He parakuihi pārekareka  
mā te whānau

Nā Ngarewai Paikea

## Ngā taputapu

- He pēkana
- He hēki  
(kia rua mō ia tangata)
- He hinu ūriwa  
(kia rua noa iho ngā tīpune)
- He parāoa
- He pata



Mahia tēnei kai hei parakuihi mā te whānau. Mā tētahi pakeke koe e āwhina.

1



Whakakāngia tētahi pātunu kia 3 te wera. Waiho te parai ki runga kia wera rawa.

2



Maringihia te hinu ūriwa ki te parai.

3



Tukua te pēkana ki te parai, kia toru mineti te roa o te tunu ki ia taha o te pēkana.

4



Waiho te pēkana ki runga i te perēti, kia maoa anō ngā hēki. Paraitia ngā hēki kia maoa.

5



I taua wā tonu whakatōhitia te parāoa.

6



Tukua ngā hēki ki te perēti. Mā tētahi pakeke koe e āwhina.

7



Pania ngā tōhi ki te pata.



**Horahia te tēpu ki te inu wai, ki te tote, ki te pepa hoki. Kaua e wareware ki ngā taputapu kai.**

**E KAI!**

# RAPU RAWA

Kimihia ēnei:





TIROHIA  
WHĀRANGI  
11 MŌ NGĀ  
WHAKAUTU.

# Tūhuratia!



He aha tō tino mahi?

Ka mīharo atu koe ki a Benji Marshall? Pēhea a Beyoncé? Arā noa atu te tini tāngata e mīharo atu ana tātou, ahakoa kaiwaiata mai, ringawera mai, kaiwhakapaoho mai. He tāngata kua whai atu i ā rātou iti kahurangi, ā, kua eke ki ngā taumata. Kia mōhio mai koe, ka taea e te tangata ahakoa ko wai!

Tirohia ngā tūmomo kaimahi kua hora mai nei.  
He aha ngā mahi e rata ana koe?

|             |              |                    |        |                 |
|-------------|--------------|--------------------|--------|-----------------|
| hōia        | ÉTITA        | kaipōkai tuarangi  | kāmura | KAIWHAKAWĀ      |
| hangareka   |              | kairuku            |        | KAWE MĒRA       |
| kaiahuhenua |              | kaitākaro          |        | mātanga nīho    |
| KAIAKO      |              | KAITANGO WHAKAAHUA |        | NĒHI            |
| kaihautū    | kaieke hōihō | KAITAO PARĀOA      |        | PIRIHIMANA      |
| kaihī ika   | kaikanikani  | KAITARAIWA TEREINA |        | ringawera       |
| KAIAUHOE    | kaipakihi    | kaitārei makawe    | tākuta | rōia            |
|             | kaipatu ahi  | kaitātaki          |        | tākuta kararehe |
|             |              | KAITIAKI           |        | TŪMAU           |
|             |              | kaiwhakapaoho      |        |                 |
|             |              | kaiwhakatika       |        |                 |
|             |              | pūkaha             |        |                 |

Māu anō ētahi atu tūmomo kaimahi e tuhi.

# Hei mahi māu

## Tuatahi

Whiriwhiria tētahi tangata, pakeke nei, e mīharo atu ana koe. Tērā pea he whanaunga ia, he tangata e tino mōhio ana koe, he tangata rongonui rānei – kei a koe te tikanga.  
*\*Tāngia mai tō tangata me tōna ingoa ki waenganui i te whetū nei.*

He mahi uiui tangata tēnei kia  
ako ai koe i ētahi āhuatanga o  
ngā tūmomo kaimahi.

## Tuarua

Whakautua mai ēnei pātai:

- He aha koe e mīharo atu ai ki te tangata nei?
- He aha tāu e mōhio ana e pā ana ki āna mahi?
- He aha ōna pūkenga?

*\*Tuhia mai īu whakautu ki ngā taha katoa o te whetū.*

Mō ētahi atu kōrero  
mō ngā tūmomo umanga,  
he rawe tēnei pae  
tukutuku pāhekohoko:  
<https://www.careers.govt.nz/>



# KIMI KUPU

RAPUA NGĀ KUPU E HĀNGAI ANA KI NGĀ KAUPAPA O TĒNEI PUTANGA O HUI E!

|    |   |   |   |    |   |   |   |   |   |    |    |   |    |
|----|---|---|---|----|---|---|---|---|---|----|----|---|----|
| K  | A | H | M | Ā  | T | O | A | K | U | T  | Ā  | T | H  |
| O  | T | A | A | WH | I | O | O | Ū | I | NG | A  | A | Ū  |
| R  | E | U | O | R  | A | A | K | K | R | T  | K  | A | P  |
| I  | P | O | R | Ō  | I | U | Ō | O | I | R  | A  | R | E  |
| K  | A | R | A | K  | A | R | I | I | P | E  | K  | O | K  |
| O  | P | A | T | H  | T | U | A | R | I | U  | Ā  | U | E  |
| R  | A | N | I | E  | K | A | R | A | R | E  | A  | A | WH |
| I  | P | I | N | K  | W | O | H | R | I | R  | U  | H | NG |
| A  | K | K | A | A  | N | P | A | A | E | A  | WH | Ō | A  |
| U  | M | A | N | Ū  | A | R | O | R | A | NG | I  | P | N  |
| E  | T | A | A | P  | K | Ā | R | E | A | I  | E  | E | A  |
| NG | M | I | T | O  | R | O | A | I | R | A  | R  | R | H  |
| A  | H | Ō | I | A  | N | K | A | N | I | K  | A  | N | I  |
| R  | A | M | Ī | H  | I | N | I | Ā | T | E  | A  | P | A  |

## Kimihia ēnei kupu:

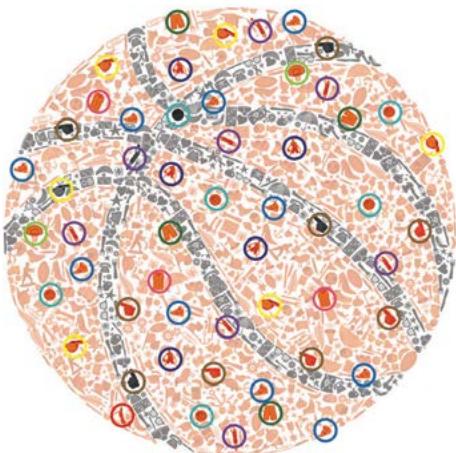
|           |             |          |
|-----------|-------------|----------|
| Arorangi  | Mihini Ātea | Kanikani |
| Tinana    | Hūpeke      | Korikori |
| Tokopuaha | Toa Kutā    | Tuari    |
| Ngana     | Toro        | Manawa   |
| Te Papa   | Hauora      |          |



TIROHIA  
WHĀRANGI 11 MŌ  
NGĀ WHAKAUTU.

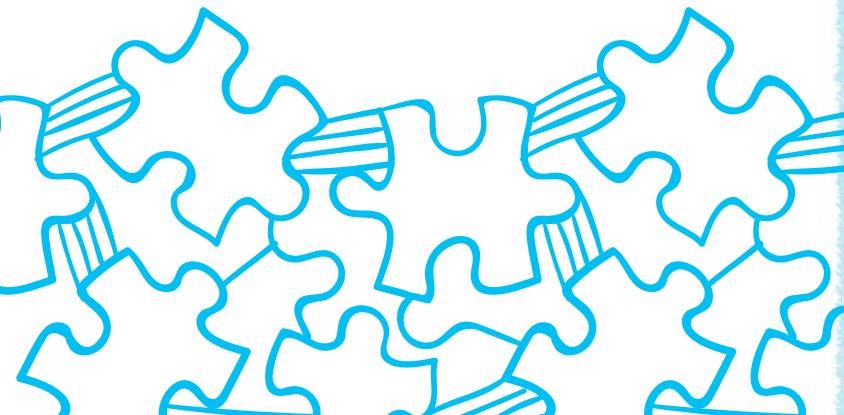
# NGĀ WHAKAUTU

RAPU RAWA, WH. 6 & 7



## KIMI KUPU, WH. 10

|    |   |   |   |   |   |   |   |   |   |    |   |   |    |
|----|---|---|---|---|---|---|---|---|---|----|---|---|----|
| K  | A | H | M | Ā | T | O | A | K | U | T  | Ā | T | H  |
| O  | T | A | A | W | I | O | O | Ū | I | N  | G | A | A  |
| R  | E | U | O | R | A | A | K | K | R | T  | K | A | P  |
| I  | P | O | R | ō | I | U | O | O | I | R  | A | R | E  |
| K  | A | R | A | K | A | R | I | I | P | E  | K | O | K  |
| O  | P | A | T | H | T | U | A | R | I | U  | Ā | U | E  |
| R  | A | N | I | E | K | A | R | A | R | E  | A | A | W  |
| I  | P | I | N | K | W | O | H | R | I | R  | U | H | NG |
| A  | K | K | A | A | N | P | A | A | E | A  | W | ō | A  |
| U  | M | A | N | ū | A | R | O | R | A | NG | I | P | N  |
| E  | T | A | A | P | K | ā | R | E | A | I  | E | E | A  |
| NG | M | I | T | O | R | O | A | I | R | A  | R | R | H  |
| A  | H | ō | I | A | N | K | A | N | I | K  | A | N | I  |
| R  | A | M | I | H | I | N | I | A | T | E  | A | P | A  |



# HUI E!

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## KAITĀ PIKITIA

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Kua noho manatā tēnei moheni. Atu i ngā take pēnei i  
ngākoranga whaiaro, te rangahau, te arotake me te  
arohaehae mahi e whakaetia ana i raro i te Copyright  
Act, kore rawa e tukuna kia tāia anō tētahi wāhanga o ngā  
kōrero nei, ahakoa te huarahi tā. Me mātua tono whakaae  
ki te rōpū nāna te moheni i tā.

ISSN 2703-5050  
Hui E! Tāngaiti 2, 2020



He mea whakaputa tēnei moheni mō  
Te Tāhuu o te Mātauranga e Huia.  
Pouaka Poutāpetā 12-280  
Te Whanganui-a-Tara 6144  
Aotearoa



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