



*E tipu ai te pakiaka tangata, me whakatō he purapura wairua.*

*Whakahaukūtia te whenua ki te waiora pūmau kia puta ai ko te Hauora.*

Ko te oranga te tino pūmanawa i hōmai ki a tāua ki te tangata. Kei a tāua te tino kawenga ki te manaaki, ki te tiaki i tēnei taonga tuku iho.

Ko ā tātou tamariki ngā rangatira mō āpōpō. Mā te tiaki, mā te poipoi ka puta te oranga ki a tātou katoa.

(*Te Marautanga o Aotearoa*, Mana pupuri © Te Karauna, 2008, p. 60)

**Te Whaitake o te Ako i te Hauora**

Ko tā tēnei wāhanga ako, he whakatuwhera i ngā kūaha o te hauora ki te ākonga kia mātau ia ki te oranga tangata, oranga wairua, oranga hinengaro, oranga tinana, oranga ngākau, tae noa ki te oranga taiao. Ka whai wāhi te ākonga ki te whakaahua, ki te whakamārama, ki te whakamātau me te arotake i ngā āhuatanga huhua o te hauora.

**Te Hanga o tēnei Wāhanga Ako**

Ko ngā whenu, he anga hei whakarite, hei whakawhaiti i ngā kaupapa o te wāhanga ako. E whā ngā whenu o tēnei wāhanga ako, o te hauora. Ara, ko te:

1. **Waiora**

*Piki mai*

*Kake mai*

*Hōmai te waiora ki ahau.*

Ka tūhura, ka whakamārama te akonga i ngā āhuatanga o ngā momo kai hei oranga a-tinana, a-hinengaro, a-wairua hoki. Ka whakaahua, ka whakaaroaro, ka tatari hoki te akonga i ngā āhuatanga o te tupuranga me te haumarutanga hei takapau mō tōna hikoi i te ao.

1. **Koiri**

*Ko te piko o te māhuri, tērā te tupu o te rākau.* Ka whakawhanake, ka whakamahi te akonga i ōna pūkenga neke, pūkenga koiri, mōhiotanga hoki hei whakapakari i te tinana, hei whakakoakoa i te ngākau, hei whakaauaha i te wairua.

1. **Taiao**

*Haha te whenua, haha te tangata.*

Ka whakawhiti kōrero, ka whakaputa whakaaro te akonga mō ngā āhuatanga taiao, i te hononga tangata ki a Ranginui rāua ko Papatūānuku, a, i tō rāua hononga hoki ki te tangata. Ka whai whakaaro hoki te akonga mō te pahekohekotanga o te tangata ki te taiao hei hāpai i te noho tahi ki a Papatūānuku, me te noho tahi ki ētahi atu.

1. **Tangata**

*He taura taonga e motu,*

*he taura tangata e kore e motu.*

Ka whakaatu, ka tatari te akonga i tōna kawai here ki ētahi atu hei aka matua mō tōna noho i te mata o te whenua. Kei ia whenu ōna kaupapa hei whakaahua, hei whakamārama i ngā tino āhuatanga o aua whenu. Ko ngā whāinga paetae i takea mai i ēnei kaupapa. Ahakoa te noho motuhake o tēnā whenu, o tēnā whenu me ngā kaupapa, kei te hono tonu ki era atu whenu, ki era atu kaupapa o tēnei wāhanga ako.

Hei tawharau i ēnei whenu, ko te wairua, ko ngā tikanga, ko te reo, ko ngā uara me ngā waiaro. E tika ana kia kotuituia ēnei āhuatanga ki ngā whenu katoa. Ko te reo me ng ngā tikanga hei whakanikoniko i ngā whakaaro o te akonga, hei arahi i tāna mahi. Waihoki, ko te wairua, ko ngā uara me ng ngā waiaro hei tautoko, hei whakau i tā te Māori titiro ki te ao.

**HAUORA**

**Hauora**

Kei raro nei ngā kupu o te mahere o tēnei wāhanga ako, o te hauora (i *Te Marautanga o Aotearoa*, 2008, wh. 61)

**Ngā whenu:** Waiora, Koiri, Taiao, Tangata

**Kia kotuituia ēnei āhuatanga ki ngā whenu:** te wairua, ngā tikanga, te reo, ngā uara me ngā waiaro

**Ngā kaupapa:**

Kai, Tupuranga,Haumarutanga

Akoranga koiri, Whakamahinga Pūkenga Koiri, Mātauranga Pūtaiao, Hangarau, Taiao me te Koiri

Hononga ki a Ranginui rāua ko Papatūānuku

Hononga ki ētahi atu Taiao

Whanaungatanga

Huatau i te Whanaungatanga

**Hauora – Whāinga Paetae**

**Taumata 1**

**Kia kotuituia ēnei āhuatanga ki ngā whenu katoa:**

1. Te Wairua
2. Ngā Tikanga
3. Te Reo
4. Ngā Uara me ngā Waiaro

**Waiora**

**Tupuranga**

1. Ka whakawhiti korero, ka whakaputa kare a-roto hoki e pa ana ki tōna tupu, pērā i te kai, te tiaki i a ia anō me te whai haere i ngā tikanga o te kainga.

**Haumarutanga**

2. Ka whakaahua mai i ngā tikanga mama o te noho haumaru me ngā punaha haumaru.

**Koiri**

**Akoranga Koiri**

1. Ka whakawhanake i ngā nekehanga huhua.

**Whakamahinga Pūkenga Koiri**

2. Ka whai wāhi atu ki ngā momo tākaro, ngā momo nekehanga, ngā mahi koiri hoki,

me te tautohu he aha i pārekareka ai ki a ia.

**Taiao**

**Hononga ki a Ranginui rāua ko Papatūānuku**

1. Ka tautohu, ka whakaahua i ētahi whakapapa o te taiao me ngā hononga o te tangata ki te taiao, hei oranga mōna.

**Hononga ki ētahi atu Taiao**

2. Ka whakawhiti kōrero e pā ana ki ngā taiao e taunga ana ia.

**Tangata**

**Whanaungatanga**

1. Ka whakaahua i tāna whai wāhi atu ki te whanau me ētahi atu horopaki.

**Huatau o te Whanaungatanga**

2. Ka whakatinana i te aroha, i te manaaki me te awhi i te tangata, kia pūmau ai ngā taiao hei wāhi pārekareka mō te katoa.

**Hauora – Whāinga Paetae**

**Taumata 2**

**Kia kotuituia ēnei āhuatanga ki ngā whenu katoa.**

1. Te Wairua
2. Ngā Tikanga
3. Te Reo
4. Ngā Uara me Ngā Waiaro

**Waiora**

**Kai**

1. Ka whakaputa whakaaro mō ngā momo kai, me te pānga o aua kai ki tōna tupu.

**Tupuranga**

2. Ka tautohu, ka whakapūaki i ōna whakaaro, i ōna hiahia e pa ana ki tōna tupu.

**Haumarutanga**

3. Ka whakaatu i ngā tikanga o te noho haumaru me ngā pūnaha haumaru i roto i ngā horopaki huhua.

**Koiri**

**Akoranga Koiri**

1. Ka whakapakari i tana mōhio ki te tūhono i ētahi pūkenga koiri e tūtuki pai ai ētahi raupapa koiri.

**Whakamahinga Pūkenga Koiri**

2. Ka whai tonu i ngā momo tākaro, mahi koiri hoki e pārekareka ana ki a ia, me te

whakaahua i ngā hua oranga.

3. Ka whakawhanake i ngā whakaaro, i ngā tikanga me ngā ture tōtika o ana mahi tākaro.

**Taiao**

**Hononga ki a Ranginui rāua ko Papatūānuku**

1. Ka whakawhiti kōrero e pā ana ki te hiranga o Papatūānuku rāua ko Ranginui ki te oranga tangata.

**Hononga ki ētahi atu Taiao**

2. Ka tautohu, ka whakaputa whakaaro mō ngā āhuatanga pārekareka o ngā taiao e taunga ana ia.

**Tangata**

**Whanaungatanga**

1. Ka whakaatu i ngā huarahi hei whai, hei whakau, hei whakakaha ake

i ngā hononga i waenganui i te tokorua, i te rōpū, i ngā horopaki huhua hoki.

**Huatau o te Whanaungatanga**

2. Ka torotoro i ngā uara, ngā waiaro me ngā haepapa a te tangata hei whakapiki i

te oranga o te whānau, te hapū me te iwi.

**Hauora – Whāinga Paetae**

**Taumata 3**

**Kia kotuituia ēnei āhuatanga ki ngā whenu katoa.**

1. Te Wairua
2. Ngā Tikanga
3. Te Reo
4. Ngā Uara me Ngā Waiaro

**Waiora**

**Kai**

1. Ka torotoro i ngā tikanga e pa ana ki te kai, pērā i te manaaki manuhiri, i ngā horopaki e taunga ana ia.

**Tupuranga**

2. Ka tautohu i ngā āhuatanga e rerekē ai tōna tupu.

3. Ka whakaahua i ōna kare a-roto, i ōna whakapono, tae atu ki o ētahi atu, e mōhio ai ia ki ōna ake pūkenga.

**Haumarutanga**

4. Ka tautohu, ka whakamahi i ngā tikanga haumaru o roto i te kura, kia whaihua ēnei tikanga.

**Koiri**

**Akoranga koiri**

1. Ka whakaatu i tōna hihiri ki te ako i ētahi raupapa neke, i ētahi raupapa koiri āhua uaua i ētahi horopaki huhua.

2. Ka whakawhānui i ngā pūmanawa koiri e pārekareka ana ki a ia, me te whakaaroaro ki ngā painga o aua mahi mōna.

**Whakamahinga Pūkenga Koiri**

3. Ka whai wāhi atu ki ngā tākaro whakataetae, tākaro pāhekoheko, me te whakaahua i ngā whanonga o te tangata ngākaunui ki te whakataetae.

**Taiao**

**Hononga ki a Ranginui rāua ko Papatūānuku**

1. Ka whakaatu me pēhea te tiaki i ngā rawa o te taiao, kia pūmau ai te taiao hei puna rongoa, hei puna oranga whānui.

**Hononga ki ētahi atu Taiao**

2. Ka whakaputa whakaaro mō te herenga o te tangata ki tōna taiao, te taiao hoki

ki te tangata, me te whakarite rautaki kia pārekareka tonu ai ngā taiao mōna ake, mō te tangata hoki.

**Tangata**

**Whanaungatanga**

1. Ka whakataurite i te rerekē haere o ngā huarahi whakau i ngā hononga tangata, me ngā huarahi whakataki.

**Huatau o te Whanaungatanga**

1. Ka torotoro i ngā aupehi e whakararu ana i a ia, me te whakaahua i ētahi rautaki mama hei kaupare i ēnei āhuatanga.
2. Ka whai wāhi atu ki ētahi huihuinga tangata, ki ētahi taiopenga tangata, me te whakamārama ka pēhea te whakakaha ake a ēnei tūmomo hui i te oranga o te hapori.

**Hauora – Whāinga Paetae**

**Taumata 4**

**Kia kotuituia ēnei āhuatanga ki ngā whenu katoa.**

1. Te Wairua
2. Ngā Tikanga
3. Te Reo
4. Ngā Uara me Ngā Waiaro

**Waiora**

**Kai**

1. Ka whakawhiti whakaaro mō ngā momo kai, mō te oranga a-wairua, a-hinengaro,

a-tinana.

**Tupuranga**

2. Ka whakaahua i ngā āhuatanga o te puhuruhurutanga kia tau pai ai tōna wairua ki te rerekē haere o tōna tinana me o ētahi atu.

3. Ka tautohu i ngā pānga mai o ngā karere o te hapori, me te whakaahua i ngā uara tōtika mo te oranga o te tangata.

**Koiri**

**Haumarutanga**

4. Ka kimi, ka whakamahi mōhiohio i ngā horopaki huhua hei whakatau, hei whakatinana i ngā kowhiringa haumaru.

**Akoranga Koiri**

1. Ka maia te tū i te wā e whakaatu ana i ētahi raupapa neke i ngā horopaki huhua.

2. Ka whakaatu i tōna hiahia ki te kawe i ngātake me ngā rautaki koiri, ki te whakawhānui atu i ōna aheinga koiri.

**Whakamahinga Pūkenga Koiri**

1. Ka whai wāhi atu me te whakaputa maramatanga ki ngā mahi ngātahi i roto i ngā mahi koiri, a-iwi, a-hapori hoki.

**Taiao**

**Mātauranga Pūtaiao, Hangarau, Taiao me te Koiri**

1. Ka tūhura i te pānga o te pūtaiao, o te Hangarau me te taiao ki ngā taputapu

ka kowhiria, ka whakamahia i ētahi horopaki maha.

**Hononga ki a Ranginui rāua ko Papatūānuku**

1. Ka whakataurite i ngā ture, i ngā tikanga rānei o te ao Pakeha, o te ao Maori, o hea ake rānei, e pa ana ki te mahi a te tangata i roto i te taiao.
2. Ka tūhura me pēhea e pai ake ai te āhua o te taiao kura me ētahi atu taiao.
3. Ka tūhura i te pānga mai o te hapori whānui ki te noho ora o ngā hapori akonga.

**Tangata**

**Whanaungatanga**

1. Ka tautohu, ka whakamārama i te rerekē haere o ngā horopaki whanaungatanga

me te pānga hoki ki ngā haepapa o ia tangata, kātahi ka whakaahua i ngā whakautu e tika ana.

**Huatau o te Whanaungatanga**

2. Ka whakaatu i te huhua o ngā pūmanawa whakapūaki whakaaro i runga i te wairua whakawhena e tōtika ai te mahi ngātahi.

3. Ka tautohu i ngā mahi whakatoihara me te tautoko i ētahi atu tangata e rongo ana i ngā kino o tēnei mahi, kia tū tangata ai.

**HAUORA**