



KAUORA

NGĀ PŪKENGĀ

Kautaki

Tikanga hei kuhu haumaru ki te wai

Te mahi: Taki karakia, whakarongo ki te taiao, kuhu ki te wai, kaukau ki te taha, puta mai

Kaukau

Te wairuatanga o te wai, te maanu me te petipeti ki rō wai

Te mahi: maanu, petipeti rānei ki runga i te wai mō te rua miniti, mōhio ana kei whea koe mō te wā katoa

Kauawhi

Ngā taputapu hei awahina te tangata

Te mahi: kaukau me tētahi taputapu haumaru, mōhio ki te tikanga o taua taputapu

Kauope

Kotahitanga, te mahitahi ki rō wai

Te mahi: mahitahi me ō hoa, kaha mōhio kei whea ō hoa ki rō wai

Kauruku

Te mau hā me te kauhoe ki raro i te wai

Te mahi: Kauhoe ki raro i te wai, kaha mōhio kei whea koe, tikina he taputapu mai i te papa, whakahokia ki te taha me taua taputapu

Kautiaki

Ngā kau hei tiaki i te tangata ki rō wai

Te mahi: Kauhoe ki tērā atu taha o te awa (200m rānei)



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He whakamārama o te ZEPA scale



1 - Te Kore

E kitea ana te ihi, kāore ano kia puta mai te mahi ā-tinana, ā-wairua rānei
Potential is present – the ākonga shows emerging awareness of Kauora competencies, but they are not yet demonstrated.



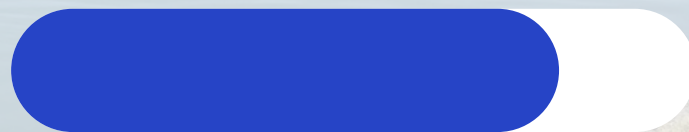
2 - Te Kore te whiwhia

Kua tīmata te torotoro, engari me nui te ārahi kia puta ai te māramatanga, te mahi rānei.
Exploration has begun – the ākonga is beginning to engage, but needs significant support to express or apply the competencies.



3 - Te Pō

Kua tīmata te whakamahinga, ahakoa he āwangawanga, he wā e mārama ai, e tutuki ai hoki.
Developing and experimenting – the ākonga is trying out the competencies, with growing confidence and occasional success.



4 - Te Pō nui

Kei te kaha whakamahi i ngā pūkenga, me te mōhio ki te horopaki me te pānga.
Strengthening and applying – the ākonga is using the competencies more consistently, with purpose and independence.



5 - Te Ao Mārama

Kua ora ngā pūkenga i te tauira, ā, kei te ārahi i ētahi atu i te huarahi Kauora.
Living the kaupapa – the ākonga confidently embodies the Kauora competencies and uplifts others through their practice.