

# 29. WHAKARONGO TAMARIKI MĀ

TE ATAARANGI TRUST



Whakarongo tamariki mā	<i>Listen children</i>
Tītaha te haere e	<i>Move sideways</i>
Hīkoi whakamua	<i>Walk forwards</i>
E oma whakamuri	<i>Run backwards</i>
Āwhio tuku pona e	<i>Let your knees swivel</i>
Tuku pona huri matau e	<i>Knees turn to the right</i>
Tuku pona huri mauī e	<i>Knees turn to the left</i>
Turi wiriwiri	<i>Knees shaking</i>
Waewae takahia	<i>Feet stamping</i>
Ringaringa kei waho hoki mai ( <i>repeat</i> )	<i>Hands stretch out and return</i>

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This waiata is an invitation to do some physical activity in the classroom. Develop a line dance using the waiata to direct the students' movements. Chart the movements using symbols to assist vocabulary understanding. Students could also make up their own routine using some of these words.

Focus on words that describe the movement, for example, "whakamua", "whakamuri", "matau", "mauī".

Draw attention to the commands and use these every day, for example, "Whakarongo tamariki mā" (Listen children).

Add words and phrases to the ngā kupu hou chart. Develop a list of te reo kori words. These words express movement or exercise.

*The song sheets for all waiata and haka are at the back of this book.*