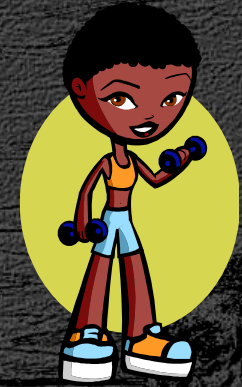


# Engaging in healthy lifestyles with whānau

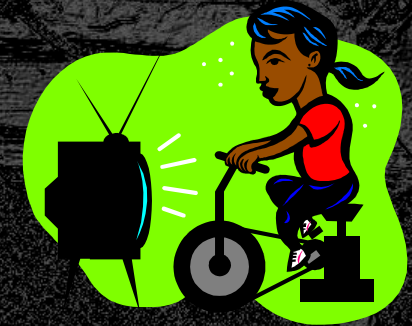


**Te Papa Takaro o Te Arawa**

ANA Forum 2008 – Rotorua 29 May 2008



More Māori  
More active  
More Often



**PUSH  PLAY**  
30 MINUTES A DAY

# Who are we?

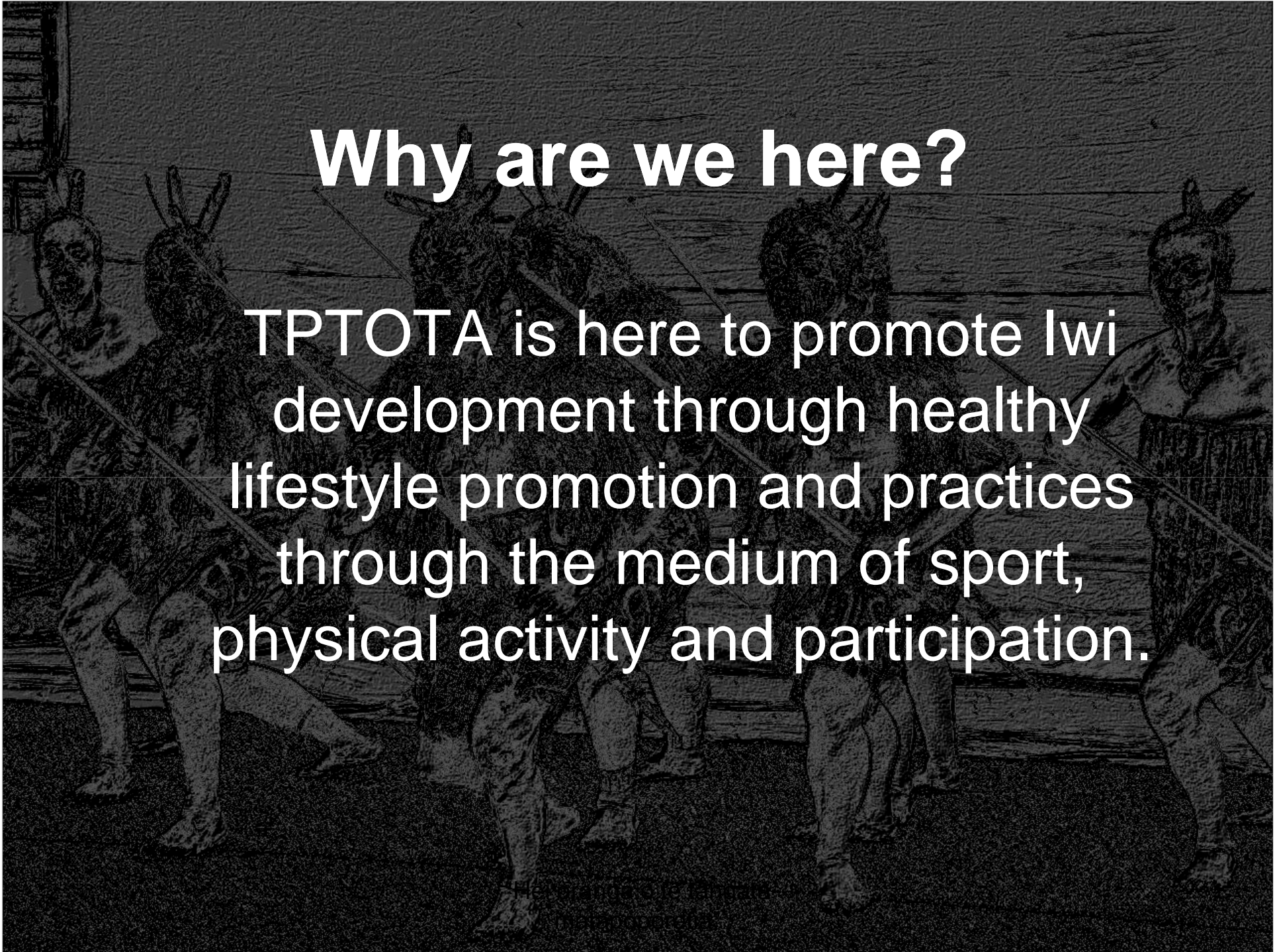
In operation since 1991, TPTOTA is mandated by Te Arawa for sport, physical activity, recreation, education and health

Governed by a Board of Trustees who are made up of Hapu representatives from within Te Arawa

TPTOTA encourages Hapu development through the Iwi delegates forum where by Hapu and Marae representatives strategise together for common purposes.

# Why are we here?

TPTOTA is here to promote Iwi development through healthy lifestyle promotion and practices through the medium of sport, physical activity and participation.





# Vision

Our vision is of a fit healthy Iwi that are strong and that enjoy high levels of collective and individual activity that contributes to their overall wellbeing.

***“Te Arawa is the healthiest and most physically active Iwi and group with in Aotearoa”***

# Philosophy

TPTOTA's philosophical driving force is to put our people and their health at the forefront of all activity.

***“Hei oranga o te tangata matapoporetia”***

***‘The health of the person is paramount’***

# Mission

TPTOTA strives to lead all organisations in the area of health and wellbeing.

We want to be a dynamic and bold organisation at the cutting edge in approach whilst allowing diversity.

We encourage a Māori specific learning environment and embrace innovation, changing paradigms and new thinking to benefit our people.

***“Here te weri kia kiki, kia kore e matata”***

***“Securely fasten the tassels never to be loosened”  
Ensure to keep kin ties close upon the cloak of the people***

# Point of difference

Te Papa Takaro O Te Arawa operates with in a Māori philosophical framework, holistic delivery methodologies, group culture and through principle based engagement strategies.

# Kauae runga

Whakapapa

Ako

Taha Tane

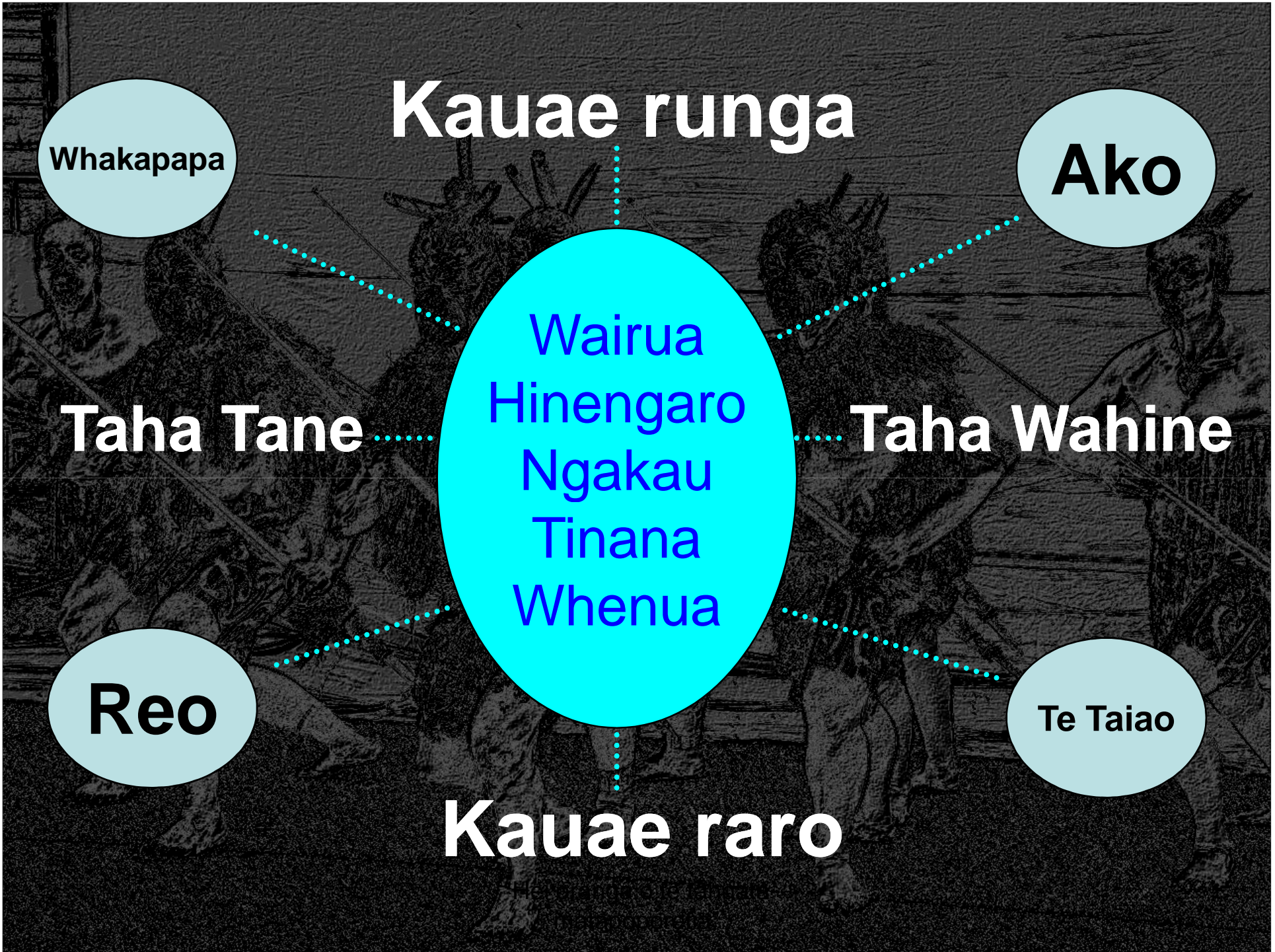
Wairua  
Hinengaro  
Ngakau  
Tinana  
Whenua

Taha Wahine

Reo

Te Taiao

# Kauae raro



# Delivery

## Māori pedagogical practices

- Context: how messages are conveyed

## By whanau for whanau

- Community lead and driven

## Bite size pieces (small steps)

- Delivered to the level and need (as prescribed by the individual or group)

## Seed and Exit

- Plant the seed, nurture and know when to exit

# Group Culture

- ④ Able to be involved as a whanau
- ④ Competitive or **FUN???**
- ④ Low cost/cost effective
- ④ Low investment – high yield



**IWI**

**HAPU**

**MARAE**

**WHANAU**



**WHANAU**

**Marae**

**Hapu**

**IWI**

# Values

TPTOTA operates at all times with in Te Arawa Iwi and Hapu protocols.

Our values are best encapsulated through a principle based engagement approach;

- **Hauora – Health**
- **Mauri ora – Wellbeing**
- **Toiora – Healthy Lifestyles**
- **Whanaungatanga – Meaningful Connections**
- **Kaitiakitanga – Responsible Guardianship**
- **Rangatiratanga – Self Determination**
- **Ahurutanga – Safe Environment**

# Initiatives



📍 Tri Relay

📍 Te Arawa Sports Festival

📍 Reo Kori – Mini Movement

# Tri relay

- Run/Walk, Bike and Swim
- 114 Participants
- Community idea
- Ages: 5 up
- Categories:
  - ❖ Mokopuna: 5 – 12
  - ❖ Rangatahi: 12 – 18
  - ❖ Pakeke: Adults
  - ❖ Kaumatua: Elders
- Collaboration:
  - ❖ Rotorua District Council
  - ❖ Sport BOP
  - ❖ Recreation Rotorua
  - ❖ Rotorua Aquatic Centre
  - ❖ Health Rotorua - PHO

# Te Arawa Sports Festival

- **Waka Ama:**
  - ❖ Circumnavigate Lake Rotorua
- **Waka Tete:**
  - ❖ Paddling skills display
- **Entertainment Stage**
  - ❖ Music, Dance, Kapa Haka Martial Arts, Aerobics, Lumber Jacks, Trampoline, Boxing
- **Health Promotion**
- **Food Stalls**
- **Ages: 5 up**
- **Sponsors:**
  - ❖ Te Wananga o Aotearoa
  - ❖ Pumanawa FM
  - ❖ Health Rotorua PHO
  - ❖ Te Waiariki Purea Trust

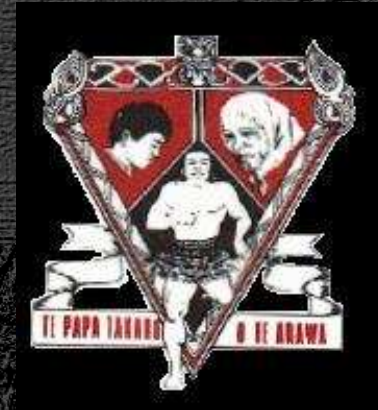
# Reo Kori – Mini Movements



- 4 Stage programme
- 13 Kohanga Reo
- Ages: 3 to 5
- Activating motor skills
- Community demand
- Partners:
  - ❖ Regional Kohanga Reo Trust
  - ❖ Local Kohanga Reo
  - ❖ Toi te ora Public Health

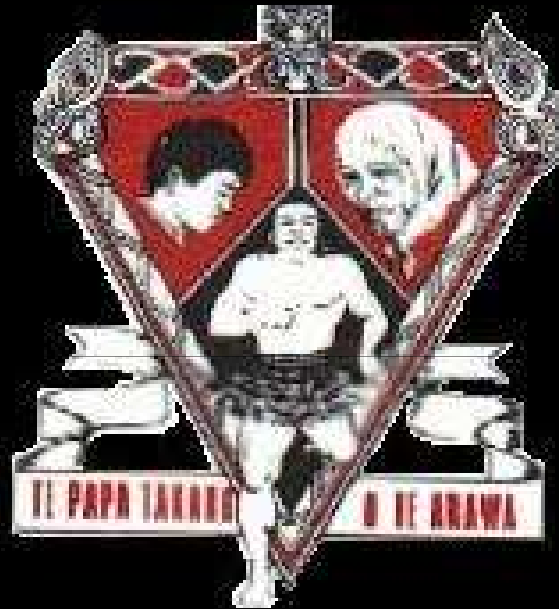
# TPTOTA

## 2008 Current Initiatives



- *Mau Rakau classes*
- *Marae Wellness Road Show*
- *Kung Fu classes*
- *National Iwi Sports Challenge*
- *Kaumatua Tai Chi*
- *Māori Cultural Education Initiative*
- *Tamariki Ora Day*
- *Te Arawa Sports Awards*
- *Māori Waka Revival*
- *Rangatahi Achievement Awards*

**Te Arawa ... e**



***“It’s our time, it’s our future”***