

Kōtuia ngā wāhanga katoa
o te pāngarau



Te Ine i te Wā

He wāti tū ēnei:



Whakamahia ai te wāti tū hei ine i te wā. Tīkina tētahi wāti tū hei mahi māu i konei.

Hei Mahi 1

a) Whakatau tatangia te wā e oti i a koe ēnei mahi:

Te mahi	Te whakatau tata i te wā
Kia 5 ngā tuhinga o tō ingoa	
Omangia te 20 mita	
Kia 50 ngā papaki ringaringa	
Tatau mawhiti-5 mai i te 0 ki te 50	
Herea tētahi hū ki te koromāhangā	



e) Whakamāramahia ō whiriwhiringa hei whakatau tata i te wā e oti i a koe ngā papaki ringaringa 50.

Hei Mahi 2

a) Whakamahia he wāti tū hei ine i te wā e oti i a koe ēnei mahi. He pai te mahi takirua kōrua ko tētahi hoa:

Te mahi	Te whakatau tata i te wā	Te ine i te wā
Kia 5 ngā tuhinga o tō ingoa		
Omangia te 20 mita		
Kia 50 ngā papaki ringaringa		
Tatau mawhiti-5 mai i te 0 ki te 50		
Herea tētahi hū ki te koromāhanga		



e) Pēhea nei tō pai ki te whakatau tata i ēnei wā? He pātata ō wā whakataunga tata ki ngā wā ine, he tawhīti rānei?

h) He aha ngā mahi o runga ake nei i oti i a koe i raro i te hautekau meneti?

i) He aha ngā mahi o runga ake nei i oti i a koe i waenganui i te hautekau meneti me te hauono meneti?

k) He aha ngā mahi o runga ake nei i oti i a koe i runga ake i te hauwhā meneti?

Hei Mahi 3

a) Titiro ki ngā wā i oti i a koe ngā mahi o te Hei Mahi 2, ka whakatau tata ai i ēnei:

Te mahi	Te whakatau tata i te wā
Kia 7 ngā tuhinga o tō ingoa	
Omangia te 30 mita	
Kia 20 ngā papaki ringaringa	
Tatau mawhiti-5 mai i te 0 ki te 75	
Herea tētahi hū ki te koromāhangā	

e) Whakamāramahia tō rautaki whakatau tata i te wā ka oti i a koe te 30m te oma.

Hei Mahi 4

a) Whakamahia he wāti tū hei ine i te wā e oti i a koe ēnei mahi. He pai te mahi takirua kōrua ko tētahi hoa:

Te mahi	Te whakatau tata i te wā	Te ine i te wā
Kia 7 ngā tuhinga o tō ingoa		
Omangia te 30 mita		
Kia 20 ngā papaki ringaringa		
Tatau mawhiti-5 mai i te 0 ki te 75		
Herea tētahi hū ki te koromāhangā		

e) Pēhea nei tō pai ki te whakatau tata i ēnei wā? He pai ake i ō whakataunga tata i te Hei Mahi 2 o runga ake nei, kāore rānei i tata ake? He aha i pēnā ai?

h) Tekau mā rima hēkona te wā ka oti i a Rongo te 100m te oma. Koia nei āna whakataunga tata:

Te oma a Rongo	Te whakatau tata a Rongo i te wā
200m	30 hēkona
400m	1 meneti
1000m	2.5 meneti

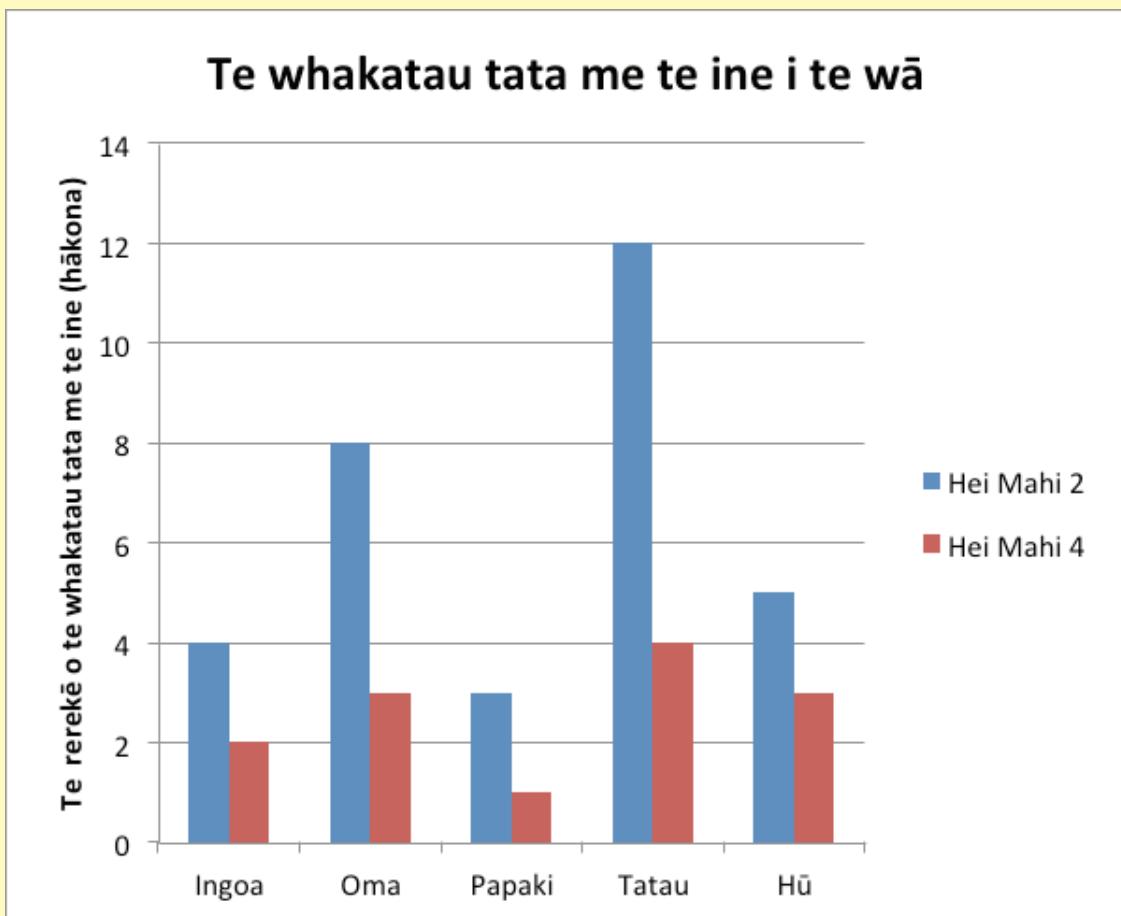
He aha te rautaki a Rongo ki te whakatau tata i ēnei wā?



i) Pēhea nei ō whakaaro ki ngā whakataunga tata a Rongo?

Hei Mahi 5

I oti i a Pare te Hei Mahi 2 me te Hei Mahi 4 i runga ake nei. Ka tātaihia e ia te rerekē o ngā wā whakatau tata me ngā wā ine. Ka whakaaturia ēnei ki te kauwhata pou nei:



- a) Whakamāramahia te tikanga o te pou kahurangi tuatahi o te kauwhata.
- e) Whakamāramahia te tikanga o te pou whero tuatahi o te kauwhata.
- h) Tuhia he kōrero hei whakatairite i te pai o āna whakatau tata i ēnei Hei Mahi e rua nei.