

E ako ana ki te kaukau

Learning to Swim

Here are some words and phrases to use when teaching your child to swim. Some can be joined together. Others can be changed slightly to form new sentences to use on other occasions. Praise your child's efforts and reinforce the things they do right. They will feel good about what they are doing and learn faster.



Kotahi Mano Kāika

He Rārangi Kupu (Vocab List)

Taumata 1 (Level 1)		Taumata 2 (Level 2)		Taumata 3 (Level 3)	
1. arms	ringaringa	1. close	kati(a)	1. breath, breathe	hā
2. legs	waewae	2. open	tūwhera	2. hold breath	kuku
3. head	mahunga	3. kick	whana	3. blow	pupuhi (pūhia)
4. eyes	karu	4. swim	kauhoe	4. bubbles	merumeru
5. warm	mahana	5. jump	peke	5. surface	kārewa
6. cold	makariri	6. dive	ruku	6. float	tere
7. under side bottom	raro	7. fast	kūrapa	7. stretch out, touch	whātoro
8. in	roto	8. splash	pōhutu	8. turn around	huri(hia)
9. get in, enter	uru	9. put on (clothes, etc)	whakamau(a)	9. bomb	pōmu
10. get out, exit	puta	10. leave	waiho(tia)	10. slippery	pāhekeheke

He Rerenga Kōrero (Example Sentences)

1. Ka kaha rawa koe ki te kuku i tō hā.	1. You're doing a great job of holding your breath.
2. Kia kūrapa te whanawhana kia nui ai te pōhutu.	2. Kick fast so you make a big splash.
3. Kia puta kōrua ākuanei.	3. Time for you (2) to get out soon.
4. Whakamaua ō kahu kauhoe	4. Put your togs on.
5. Ko tō mahunga ki raro i te wai.	5. Put your head under water
6. Waiho ō karu kia tūwhera	6. Leave your eyes open.
7. Pūhia he merumeru kia maha	7. Blow heaps of bubbles.
8. Ka taea e ō waewae te whātoro atu ki te papa o raro?	8. Can your feet touch the bottom?

Kīwaha / Kīrehu (Colloquialisms / Idioms)

1. Ko runga ki raro	1. Upside down
2. Koinā te hāngai	2. That's the one! You're right on track!
3. Kua hē te manawa	3. Out of breath
4. Tau kē	4. Well done
5. Pai mutunga	5. Excellent

Whakataukī (Proverbs)

- 1. Mā te hanga, ka ako**
“Through doing comes learning.” – borrowed from the Hawai’ian proverb “Ma ka hana, ka ‘ike”
- 2. Tangaroa pūkanohi nui.**
“Big-eyed Tangaroa.” – The God of the sea can observe all that we do and hear all we say
- 3. Iti noa ana, he pito mata.**
“Just a little morsel, but it has not yet been cooked.” – If the uncooked morsel of the kūmera is planted, it will sprout and grow to produce more. Thus, this saying reminds the listener that even though something is small, it also has potential to be more.
- 4. Mauri mahi, mauri ora.**
“A working soul is a healthy soul.” – the industrious live well
- 5. Kauga e mate moki, engari kia mate mangō-ururoa**
“Do not die like a moki but rather die like the white shark.” – The moki succumbs without struggling but the white shark fights fiercely. Thus, this saying encourages ne to act game, fight hard and not give in quickly.

Kīnaki (A Little Something Extra)

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|---|---------------------------------|
| ● Kia mate ā ururoa! Kei mate tarakihi! | ● Kua pau taku/tō hau |
| ● Kia matenga ururoa te tangata! | ● Kua weto otaku/tō ngoi |
| ● Kei mate-ā-tarakihi koe, engari kia mate-ā-ururoa! | ● Kua hē te manawa. |

PRACTICE – WHAKAHARATAU

Thoughts can be expressed many ways. Have a look back over the sentences and sayings above and think of different ways you might say them. Practice one until it rolls off your tongue. Then move on to another. Keep pushing the boundaries to stimulate your child’s learning experience.

Mauria te taki!