

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.



He Rāraki Kupu (Vocab List)

Taumata 1 (Level 1)		Taumata 2 (Level 2)		Taumata 3 (Level 3)	
1. arms	rikarika	1. close	kati(a)	1. breath, breathe	hā
2. legs	waewae	2. open	huaki(na)	2. hold breath	kuku
3. head	māhuka	3. kick	hōkaikai/ whanawhana	3. blow	pupuhi (pūhia)
4. eyes	konohi	4. swim	kauhoe	4. bubbles	mirumiru
5. warm	mahana	5. jump	peke	5. surface	maiea
6. cold	makariri	6. dive	ruku	6. float	mānu
7. under side bottom	raro	7. fast	kūrapa	7. stretch out, touch	whātoro
8. in	roto	8. splash	pōhutu/pōrutu	8. turn around	huri(hia)
9. get in, enter	uru	9. put on (clothes)	komo(hia)	9. bomb	pahū
10. get out, exit	puta	10. leave it	waiho	10. slippery	pāhekeheke

He Rereka Kōrero (Example Sentences)

1. Me haere ki te kauhoe?	1. Should we go for a swim?
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. Komohia ō weruweru kauhoe.	4. Put your togs on.
5. Kia tūpato ki kā wai hōhonu, koi toromi.	5. Be careful of the deep water, lest you drown.
6. He makariri/mahana te wai.	6. The water is cold/warm.
7. Puta atu i te wai.	7. Get out of the water.
8. Kai hea te tauera hai whakamaroke i tō tinana?	8. Where is the towel so we can dry you off?

Kīwaha / Kīrehu (Colloquialisms / Idioms)

1. Ko pau te hau	1. Out of breath/exhausted
2. Kia kūrapa mai, kia kūrehu mai!	2. Hurry up!
3. Anō nei he ika e kauhoe ana	3. Swimming like a fish
4. Tau kē!	4. Awesome!

Whakataukī (Proverbs)

- 1. Mā te haka, ka ako**
“Through doing comes learning.” borrowed from the Hawai’ian proverb “Ma ka hana, ka ‘ike”.
- 2. Takaroa 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. Kauraka e mate moki, ekari kia mate makō-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 me to act game, fight hard and not give in quickly.

Kīnaki (A Little Something Extra)

- He mana nui tō te wai, me kauanuanu tātou i te mana o te wai.

Water is very powerful, we need to respect the water.

- Kauraka e kaukau mēnā kāhore ō hoa, kāhore he pakeke i waeka i a koutou.

Don't swim if you haven't got anyone with you.

- Me haere tātou ki hea kaukau ai? Āe! Ki waekanui i kā haki manapou!

Where should we go for a swim? Yes! In between the flags!

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.

Rukuhia!