

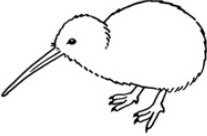
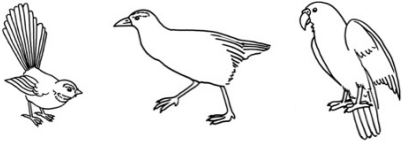
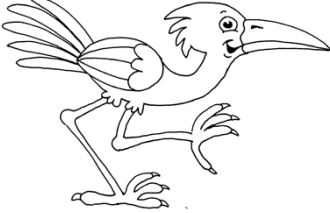



Move it! – Nekehia!

How many tasks can you complete this term? Colour in each square when you have completed each activity. Remember, it's more fun to do them with your friends.

<p>Manu Moves Choose three manu (birds) moves, e.g. flapping, hopping, pecking, shaking, wiggling your bootie, and do each one on the spot for 30 seconds. How many rounds can you do? Don't forget to rest at the end of each round.</p> 	 <p>Hī Hā Manu Dance Choose a song and make up your own Hī Hā manu dance with friends. Remember to keep the moves clear so we can see you.</p>	<p>Kiwi Dash A frightened kiwi can run as fast as a person. How many metres can you run in 30 seconds? Write it in the box below.</p> <div style="display: flex; align-items: center;"> <div style="border: 1px solid black; width: 100px; height: 30px; margin-right: 10px;"></div>  </div>
<p>Play Manu Charades! Imitate a bird dancing and get your friends to guess which bird you are! Try pīwakawaka (fantail), kiwi, kererū, kākā... or choose your own!</p> 	 <p>One-legged Challenge Imitate a bird standing on one leg! How many seconds can you stand on your right leg? On your left leg? Do it three times. Which leg is stronger?</p>	<p>Fitness Trail Make your own fitness trail in the school playground using these moves:</p> <p>Ki te matau! Ki te mauī - Right! Left! Ki mua! Ki muri! - Forwards! Back! Ki runga! Ki raro! - Up! Down! Huri huri! - Round and round!</p> <p>Could you climb, slide, swing, spin, crawl?</p>
<p>Spot the Manu How many different species of birds can you find around your school? How many of each species? Can you graph your results?</p> 	<p>Whio Walk Can you do a whio (duck) walk? Put your ankles together and drop your bottom low to the ground (make sure your knees don't go over your toes). Now walk forward. Ouch! It's harder than it looks! Can you whio race your friends?</p>	<p>Little Flappers Time yourself flapping 30 times with your arms stretched out to the sides! Then 30 times with your elbows tucked in. Which is faster?</p>