





◆ MAORI STICKS

General Outcomes													
	Activities		Benefits Health			Cooperation				Do It Daily...For Life			
Specific Outcomes	<i>Basic Skills</i>	<i>Application of Basic Skills</i>	<i>Functional Fitness</i>	<i>Body Image</i>	<i>Well-Being</i>	<i>Communication</i>	<i>Fair Play</i>	<i>Leadership</i>	<i>Team Work</i>	<i>Effort</i>	<i>Safety</i>	<i>Goal Setting/Personal Challenge</i>	<i>Active Living In The Community</i>

Equipment: 2 one-foot sticks for every student (old broom handles, dowels, relay batons, rolled newspaper)

Organization: Maori sticks is a partner activity where students sit facing each other and tap the sticks in the following patterns while singing the tune (or creating their own tune to sing!) "Maku e kaute o hikoi tanga" x 2 for each trick.

Down – Clap – Tap (Right), Down – Clap – Tap (Left)

Down = tap sticks on the floor, on either side of your body

Clap = tap sticks together in front of your body

Tap = tap stick in your right hand, with stick in your partner's right hand, then left

Down – Clap – Single Throw (Right), Down – Clap – Single Throw (Left)

Single Throw = instead of tapping right sticks, throw and exchange right sticks – then left sticks

Down – Clap - Double Throw (exchange right sticks twice in a row, then left sticks)

Down – Clap – Two Stick Throw (exchange both sticks – one partner throws inside, the other outside)

Down – Clap – Two Stick Double (exchange both sticks, twice in a row)

Down – Clap – Square (sticks move in a square, throw one to your right hand, the other one forward)

All of the above tricks, except flip instead of clapping the sticks, *Down – Flip – Tap!*

All of the above tricks in a group of three, four or more students!

Variation/Inclusion: Have students create tricks and share with the group. For students with developmental disabilities, work in partners and keep movements simple. Provide lots of visual demonstrations. Encourage them to mirror their partner. Verbal prompts will help a student with visual impairments participate – if not able to remember the words to the song, students could count to 12. Have students listen to the music and create movements based on the beat of the music.