



MAU RĀKAU

UNIT STANDARD 20948 (version 5)

Demonstrate knowledge of tūwaewae

(Level 1, Credits 10)

ĀKONGA BOOKLET

Name/ Ingoa	
Provider/ School/ Kura	
Assessor/ Kaiako	
NSN Number	

Tēnā koe

This is your assessment booklet for Mau Rākau unit standard **20948 Demonstrate knowledge of tūwaewae**.

This standard is about Mau Rākau so you'll be expected to do a demonstration, either individually or in a group. Your kaiako will tell you more about this.

Assessment criteria

Paetae/Achieved	Kaiaka/Achievement with Merit	Kairangi/Achievement with Excellence
Demonstrate knowledge of tūwaewae	Demonstrate in-depth knowledge of tūwaewae.	Demonstrate comprehensive knowledge of tūwaewae.

There are **TWO** (2) assessment tasks for this standard that you must correctly complete. The grades for this assessment include PAETAE (Achieved), KAIAKA (Merit), or KAIRANGI (Excellence). Your grade will depend on how well you demonstrate tikanga associated with mau rākau, and how well you perform the tūwaewae movements.

Instructions

The tasks are:

- Recite karakia and whakatauākī associated with tūwaewae.
- Demonstrate at least 12 tūwaewae movements displaying endurance, flexibility, posture agility and other physical and mental skills important to mau rākau in accordance with iwi variation or a specific Whare Tū Tau.

Your explanations and demonstrations may be recorded or verified for Tasks 1 and 2. Task 2 is a demonstration. Your kaiako will discuss this with you.

Your kaiako will discuss the length of time you have to complete this.

Authenticity

As per NZQA requirements:

- all work submitted for assessment must be produced by you
- the Assessor will consider (and manage) the potential for work to have been copied, borrowed from another ākonga, photocopied from a book, or downloaded from the internet.

You may work with and learn from others to gather information from a variety of sources. However, the Assessor must be clear that the work to be assessed has been processed and produced by you. To help manage authenticity of your work, where you are asked to complete any written tasks, you will be asked to use your own words as well as provide reference/s for your information.

If you have any pātai, or are unsure about anything, kōrero ki tō kaiako.

For further information, please refer to the following link:

<https://www.nzqa.govt.nz/providers-partners/assessment-and-moderation-of-standards/assessment-of-standards/generic-resources/authenticity/>

ĀKONGA ASSESSMENT & TASK SHEETS

Name

NSN #

Outcome 1 Demonstrate knowledge of tikanga relevant to tūwaewae

Assessment Task 1 - Tikanga

Explain karakia and whakatauākī relevant to tūwaewae.

The information must be in your own words. Provide references for your information.

Kaiako (Please tick)

PC 1.1

Not Achieved

Achieved

Merit

Excellence

Outcome 2 Demonstrate tūwaewae

Assessment Task 2 - Performance

Perform TWELVE tūwaewae movements incorporating iwi or Whare Tū Taua variation, and displaying an awareness of physical and mental skills that are important to mau rākau

Physical and mental skills includes but is not limited to:

Endurance

flexibility

posture

agility

Kaiako (Please tick)

PC 1.1

Not Achieved

Achieved

Merit

Excellence

A few things for you to think about

Mō Paetae/Achieved, me:

- matatau ki ngā kupu o te karakia me te whakatauaki
- tika te mita o te reo, te whakahua i ngā kupu, me te hā
- hāngai ngā tūwaewae ki ngā tohutohu, ki ngā ture anō hoki o te mau o te rākau,
- hāngai ki ngā tikanga me te pūtake o te tūwaewae.

Mō Kaiaka/Merit, me:

- iho roa ki ngā tikanga a iwi, a Whare rānei, e pā ana ki ngā tūwaewae
- iho roa ki te whakamārama i ngā tikanga a iwi, a Whare rānei, e pā ana ki ngā tūwaewae (identify specific iwi or Whare tikanga relevant to tūwaewae)
- iho roa ki ngā nuku me ngā ture o ngā momo tūwaewae a iwi, a Whare rānei
- iho roa ki ngā mātauranga a iwi, a Whare rānei mo ngā momo tūwaewae (describe specific iwi or Whare features of tūwaewae)
- hāngai ngā mahi a hinengaro, a tinana, a waewae ki ngā tūwaewae, kia tika te tū (demonstrate deliberate movements and appropriate actions, which are relevant to tūwaewae).

Mō Kairangi/Excellence, me:

- iho matua ki ngā tikanga e pā ana ki ngā tūwaewae
- iho matua ki te whakamārama i ngā tikanga a iwi, a Whare rānei e pā ana ki ngā tūwaewae (identify and explain tikanga relevant to tūwaewae unique to iwi or Whare Tū Taua)
- iho matua ki ngā nuku me ngā ture mo ngā tūwaewae a iwi, a Whare rānei
- iho matua ki ngā mātauranga a iwi, a Whare rānei e pā ana ki ngā tūwaewae (describe the significance of iwi or Whare specific features of tūwaewae)
- mataara, ā, me hāngai hoki ngā mahi a hinengaro, a tinana, a waewae ki te tūwaewae, ā, kia puta mai te wairua o te ngākaunui ki āu mahi (give an attentive and spontaneous demonstration with deliberate and focused movements and appropriate actions, which are relevant to tūwaewae).

The **TWELVE** tūwaewae movements should incorporate

- The tikanga of one iwi or Whare Tū Taua
- Endurance
- Flexibility
- Posture
- Agility

You may be recorded performing **TWELVE** different tūwaewae movements, either individually or in a group. Your kaiako will discuss how and when this will occur.

Kia kaha!