



## MAU RĀKAU

**UNIT STANDARD 20949** (version 5)

Demonstrate knowledge of, and perform toroparawae

(Level 2, 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 **20949 Demonstrate knowledge of, and perform toroparawae**

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, and perform, toroparawae.	Demonstrate in-depth knowledge of toroparawae, and perform toroparawae with purpose.	Demonstrate comprehensive knowledge of toroparawae, and perform toroparawae with accuracy and fluency.

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 toroparawae movements.

## Instructions

The tasks are:

- Demonstrate and explain toroparawae in accordance with iwi tradition or a specific Whare Tū Taua.
- Perform combinations of at least nine tūwaewae with at least six appropriate whakatautau movements.in accordance with iwi variation or a specific Whare Tū Taua.

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 toroparawae**

### Assessment Task 1 - Tikanga

**Demonstrate and explain toroparawae in accordance with iwi tradition or a specific Whare Tū Taua**

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

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**Outcome 2 Perform toroparawae**

### Assessment Task 2 - Performance

**Perform combinations of at least NINE tūwaewae with at least SIX appropriate whakatautau movements incorporating iwi or Whare Tū Taua variation, generating ihi, wehi, and wana, 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

# A few things for you to think about

## Mō Paetae/Achieved, me:

- hāngai ngā whakamārama ki ngā akoranga a iwi, a Whare rānei;
- hāngai ngā toroparawae ki ngā tohutohu, ki ngā ture anō hoki o te mau o te rākau;
- hāngai ki ngā tikanga me te pūtake o ngā toroparawae;
- puta te ihi, te wehi, me te mana!

## Mō Kaiaka/Merit, me:

- iho roa koe ki ngā pukenga a iwi, a Whare rānei e pā ana ki ngā toroparawae (demonstrate the iwi or Whare Tū Taua specific movements with confidence);
- iho roa āu whakamārama i ngā pukenga a iwi, a Whare rānei e pā ana ki ngā toroparawae (identify and describe toroparawae movements and combinations specific to iwi or Whare Tū Taua);
- hāngai āu nā mahi a hinengaro, a tinana, a waewae ki ngā toroparawae, kia tika te tū (perform toroparawae with deliberate movements and appropriate actions);
- puta te ihi, te wehi, te wana, me te mataara!

## Mō Kairangi/Excellence, me:

- iho matua koe ki ngā pukenga a iwi, a Whare rānei e pā ana ki ngā toroparawae (demonstrate the iwi or Whare Tū Taua specific movements with fluency);
- iho matua koe ki te whakamārama i ngā pukenga a iwi, a Whare rānei e pā ana ki ngā toroparawae (link the importance of iwi or Whare specific toroparawae movements to the development of physical skills essential for mau rākau);
- hāngai āu mahi a hinengaro, a tinana, a waewae ki ngā toroparawae, ā, kua puta mai te wairua i te ngākau nui ki āna mahi (perform toroparawae spontaneously with deliberate movements and appropriate actions);
- puta te ihi, te wehi, te wana, me te mataara i te tīmatanga ki te mutunga.

The combinations of at least NINE tūwaewae with at least SIX appropriate whakatautau movements should incorporate:

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

You may be recorded demonstrating the toroparawae movements, either individually or in a group. Your kaiako will discuss how and when this will occur.

Kia kaha!