

Kotahitanga is a Maori concept that we can use in PE. It refers to working in unity and solidarity to achieve a common goal with your peers. It makes connections within a team and helps people bond with each other. In the recent Ki o Rahi unit, I primarily used 2 strategies to promote kotahitanga. These were Tuākana-tēina and effective communication. Tuākana-tēina is the relationship between a person more experienced sharing their knowledge to someone who knows less about a topic. Effective communication is when people exchange ideas while ensuring everyone is on the same page and understands the topic.

I effectively used tuakana-teina to promote kotahitanga. An example of this was when me, LL and CC were playing as the Taniwha. I noticed that we were frequently missing the tupu, and the ball would fly out of our allowed zone. Then I remembered that when I played Ki O Rahi at intermediate, I used a strategy where a person would be directly opposite the Taniwha with the ball. I told CC and LL that if we applied this tactic to our game, we would always have a person to recover the ball in case we missed. For example, I said to CC, "hey CC quick cover the shot in case it misses" By me sharing my knowledge and previous experience is an exact demonstration of Tuakana-Teina. This helped promote kotahitanga in the team because I shared my expertise for our group to achieve a common goal of keeping the ball in play. Likewise, trust is also built amongst a group when people share and are open to learning. It creates a healthier learning environment and promotes kotahitanga when there is unity in the team.

The other strategy I used to encourage kotahitanga was effective communication. Our team had two international students, DD and LL. At the start of the Ki O Rahi unit, both struggled with understanding the different plays or strategies we used in the game, such as zone defense. They did not understand the way that it was introduced to them. This meant I needed to communicate it to them in a way that they could easily understand. To promote kotahitanga, I need to make sure everyone understands and is included. After a few games, I observed that they were still struggling with understanding the zone defence, so I took them aside and slowly explained it with simple wording. For example, I said to DD "this is the area you will defend" I then ran around the set area for DD to see. Then I said "you mark anyone that comes into this area from getting the ball." He slowly understood that he had a specific area to look after while protecting the cones and while throwing as a taniwha. Although he sometimes slipped up, DD fully understood the importance of zone defence at the end of the unit. Simply breaking down a complicated strategy and carefully explaining it to DD is a representation of my effective communication and this led to promoting kotahitanga as now DD understood what he had to do and knew his role in the team, he felt more connected with the team. For example, DD was able to mark players in the set zone not letting them get the ball helping. He felt he was contributing to the team. This helped promote kotahitanga by everybody being on the same page and everyone knowing their role for us to succeed.