

The two strategies I have chosen that show how kotahitanga was promoted is effective communication and manaakitanga. Effective communication is being able to communicate ideas, so others understand them, as well as actively listening. In our soccer unit, this meant that I was able to talk to others about different strategies we could use in the game, as well as talking about what to improve on. This is important so that everyone knows what their role in the team is and so there is no miscommunications. Manaakitanga is showing respect, generosity, and care. In our soccer unit, this meant that I was able encourage my teammates and make sure everyone felt included. This is important so that people on my team feel motivated and involved.

A specific example of when I used effective communication was when we were doing a passing drill. I was about to pass to LA but he wasn't looking so I said, "Here". After I saw he had heard me, I passed the ball to him. By using this strategy and saying something to LA to get his attention, the drill was more fast paced. Kotahitanga was promoted because by doing the drill faster, there was better teamwork. Everyone worked together to build important relationships with the team. This meant that everyone was more focused, which helped everyone improve and learn better. This is significant because it meant that overall participation and engagement was higher.

Another specific example of when I used effective communication was when we were playing a game. SN and I were defenders, and we were both standing on the left side. I told him, "Stand on the other side so that we're more spread out." After I said that, he nodded and moved to the other side. If someone was dribbling down the right side of the field, we wouldn't have been able to defend them, since we were both on the other side. By using this strategy, it was less likely that the other team would score. Kotahitanga was promoted because it showed my teammates that I cared about the game and wanted to help come up with different strategies, which strengthened my relationship with them. Talking about different strategies influences how the group works together because everyone cooperates better with each other, which improves how we play in the game.

A specific example of when I used manaakitanga was when we were doing a shooting drill. I saw that SN didn't have a ball so I passed a ball to him and said, "You can go now". After that, he waited in the line so he could have a turn at shooting. SN wasn't really participating in the drill, so I wanted to include him. Kotahitanga was promoted because SN may have felt excluded so by passing the ball to him, I tried to encourage him to participate. As a team, it is important to lift each other up. Everyone on the team should feel comfortable with each other, which improves teamwork and cooperation.

Another specific example of when I used manaakitanga was when we were playing a game. KN was the goalkeeper for our team, and he made a good save. The ball was on the other side of the field, and I was close to the goal so I told him, "Nice save" and he said "Thanks". I was a defender so after that, I jogged forward a bit to help guard. Kotahitanga was promoted because this could have made KN feel he was doing a good job as goalkeeper and may have motivated him. Encouraging teammates influences how the group works

together because it creates a positive environment for the team.

Effective communication was very effective because in order for someone to understand what you are trying to say, you need to explain it properly. If you don't, the other person won't get what you're trying to say. Manaakitanga was also very effective as being respectful, generous, and caring helps build respect with others.

Effective communication and manaakitanga could be used together because by being respectful and generous, your team will be more likely to listen to you. For example, you may be trying to give your teammates advice on what to do in the game. You might be trying to help them but if your tone is rude and disrespectful, they are less likely to listen to you because they may feel upset or annoyed. However, if you give advice in a positive and respectful way, your teammates are more likely to feel grateful that you gave them advice and try to use that advice. This promotes Kotahitanga because it helps you build respectful relationships with your peers.