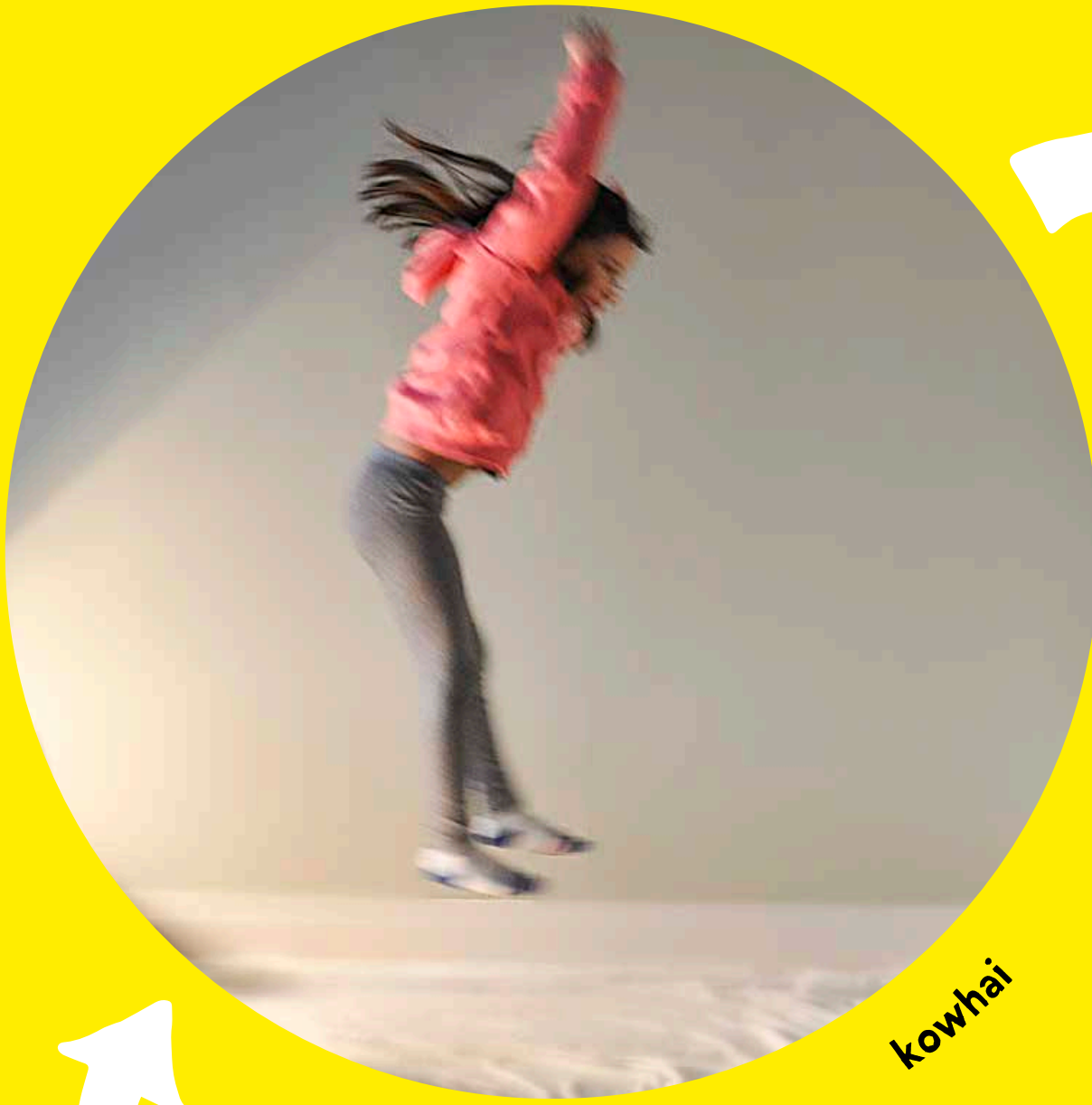


Jump high  
Jump high  
Touch the sky  
And I feel great



kowhai

Hop on one leg and then the other  
Hop on one leg and then the other  
You're doing great my best brother  
And I feel great



kākāriki

Dance dance I love to dance  
Dance dance I love to dance  
Whenever I get a chance  
And I feel great



START

March in time  
March in time  
Give a big high five  
And I feel great



whero

# MOVE!!

For hundreds of years Wairarapa Māori have encouraged their children to use their bodies in exploratory play to build foundations for whole of life physical skills and brain development.

Coordination, balance, poise, posture, attention and concentration are examples of the advantages of encouraging active movement in young children.

When more than one child is present teamwork and cooperation comes to the fore. Play in natural settings builds sensory awareness and an understanding of nature through observation and experience.

Physical fitness combined with mental, spiritual and whanau health leads to overall wellbeing for the individual, family and community.

## THINGS TO DO

- Set up obstacle courses
- Make up circuits
- Jump jam
- Relays
- The options are limitless. Just move!!!

karaka



Walk along a line  
Walk along a line  
One more time  
And I feel great

kahurangi



Look at me climb a tree  
Look at me climb a tree  
Feeling free  
And I feel great

mawhero



Roll on the ground  
Roll on the ground  
Moving all around  
And I feel great

tawa



Run on the spot  
Run on the spot  
Getting hot  
And I feel great

