

Amy Kaukau

# Maramataka aligned Training, A resource for teachers

Connor Eastwood



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# Ko Amy Tōku Ingoa

Ko Wairere falls te māunga

Ko waikato te awa

No matamata ahau

Ko Mike tōku Tāne

Ko Luca raua ko pikia raua

ko Alfie raua ōku tamariki

ko Mikkel son tōku whāna u

ko Kauka u tōku whāna u

Ko Amy tōku ingoa

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# Ko Connor Tōku Ingoa

Ko Hautere te maunga  
Ko Pokaiwhenua te awa  
Ko Tainui te waka

Ko Ngāti Raukawa te iwi

Ko Ngā Ahuru te hapu

Ko Manga kareru te marae

Ko Mark Raua Ko Michaela tōku  
mātua

Ko Eastwood Te whānau ingoa

Ko Connor tōku ingoa

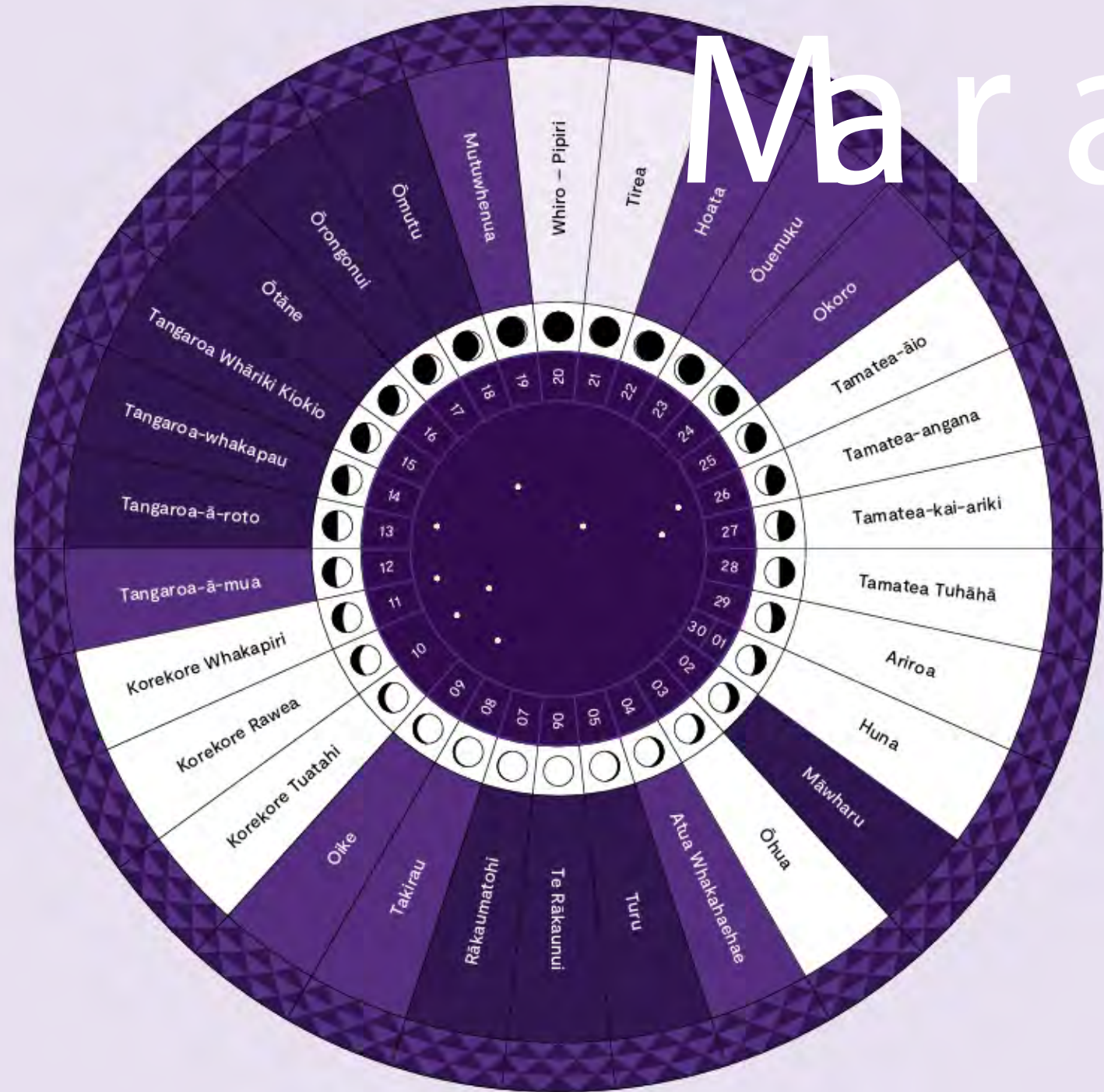




# What is Te

# Maramataka

Māori lunar calendar



Guiding daily life, activities and decisions

A connection with energy (in people and environment)

Used to stay in tune with te taiao, our body and mind



# WHAT ARE THE PHASES

Whir o



Tamate



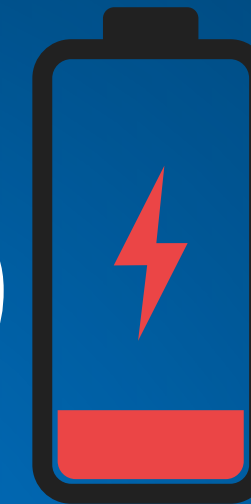
Rākaunu



Tangaro



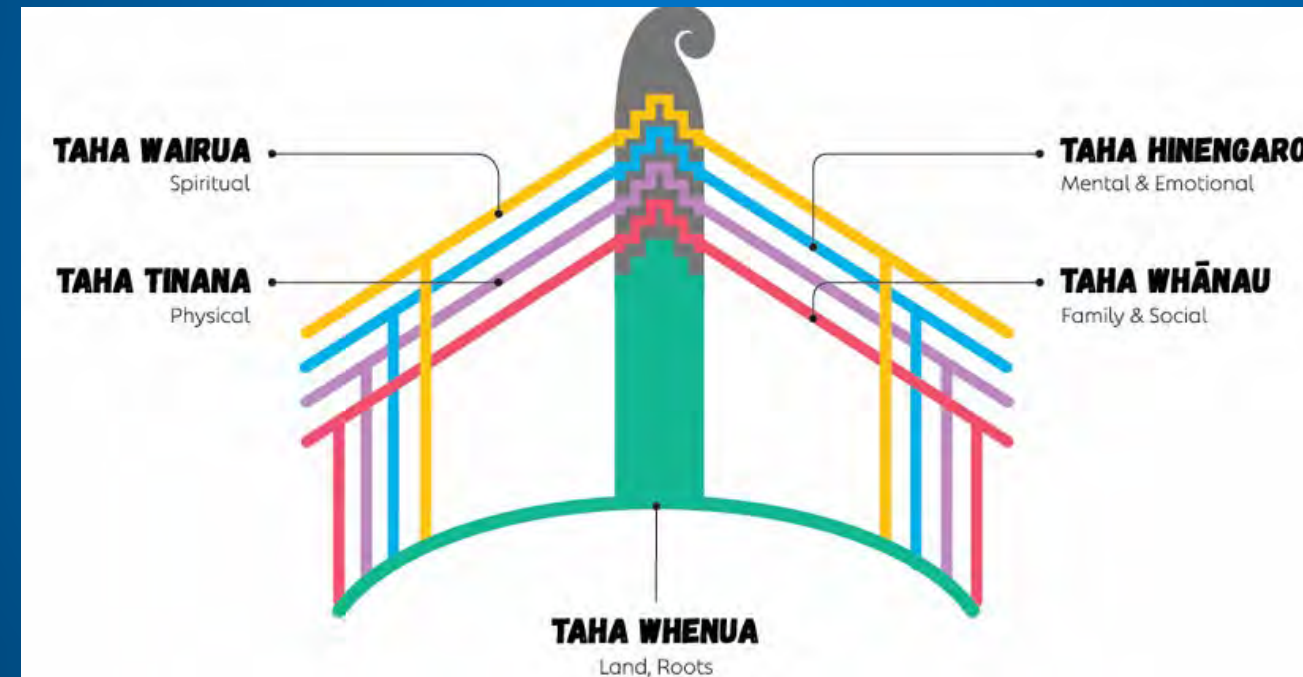
# Whiro



- Beginning of Te mārama tākā
- Low energy
- Rest up and recover!

## Dur at ion:

- Whir o (day 1)
- Tir ea (Day 2)
- Hoat a (Day 3)
- Ōenuku (Day 4)



Taha wairua  
Connect with mauri

Taha Whānau  
Support one another

Taha Hinengaro  
rest your thoughts and  
give your mind a break

# Tamate

- Unpredictable phase
- Energy all over the place
  - buckle up

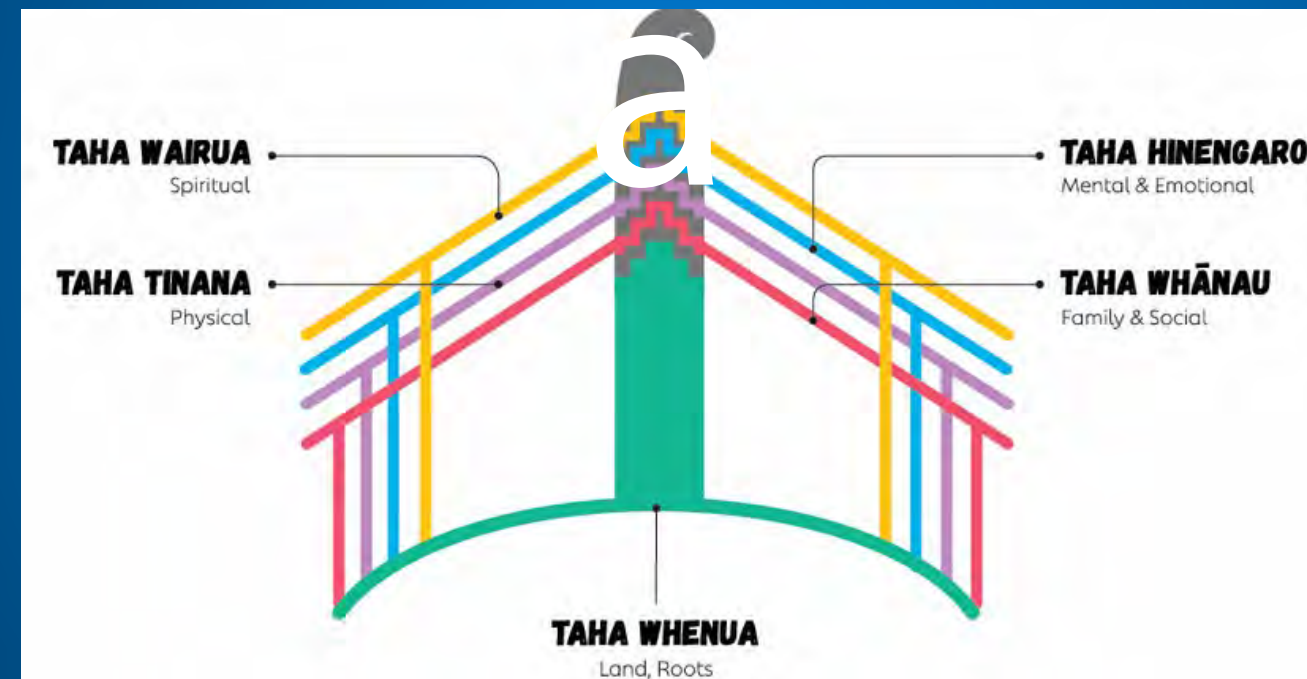
## Duration:

Tamate āio (Day 6)

Tamate āngana (Day 7)

Tamate kai-āriki (Day 8)

Tamate Tūhāhā (Day 9)



## Taha wairua

Stay aware and grounded

## Taha Whānau

Be patient and check in on each other

## Taha Hinengaro

Stay sharp and cut yourself some slack

# Rākaunui

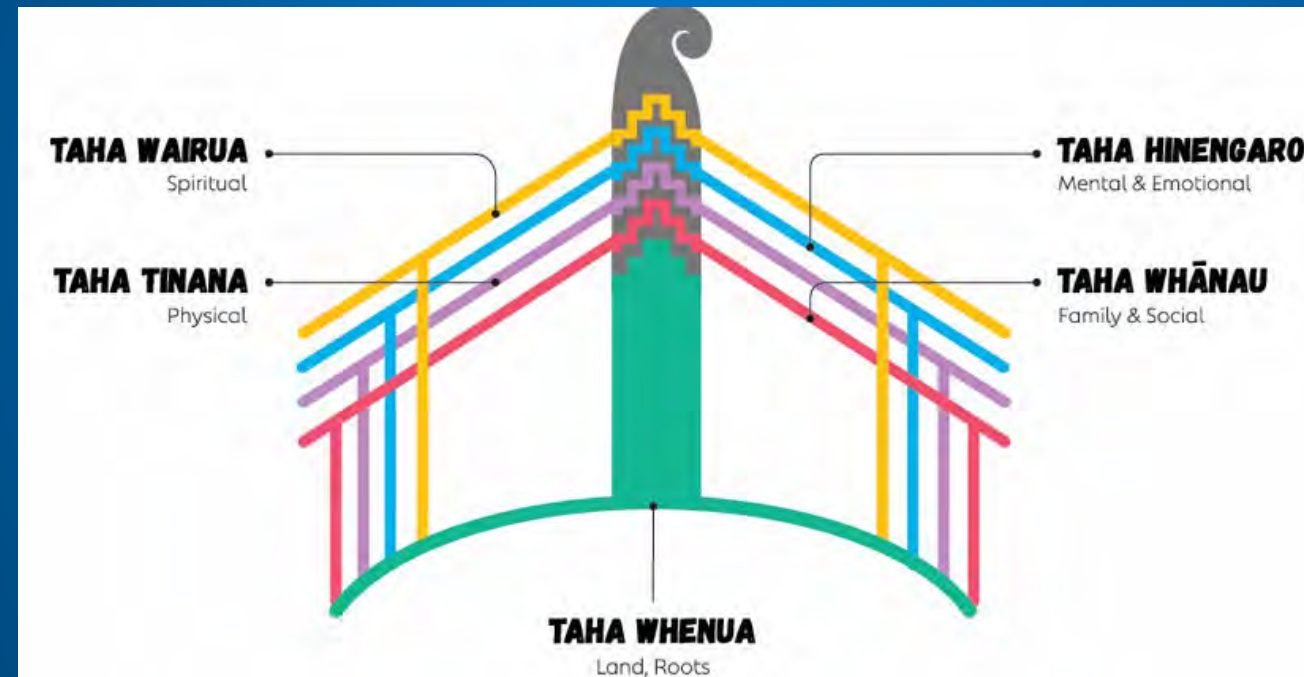
- Full moon
- Peak energy
- bring your A game!

## Duration:

Turu (Day 15)

Te Rākaunui (Day 16)

Rākaumatohi (Day 17)



## Taha wairua

Spiritually on point to connect to the wairua

## Taha Whānau

Push each other, see what you are capable of

## Taha Hinengaro

Make use of motivation and go achieve your

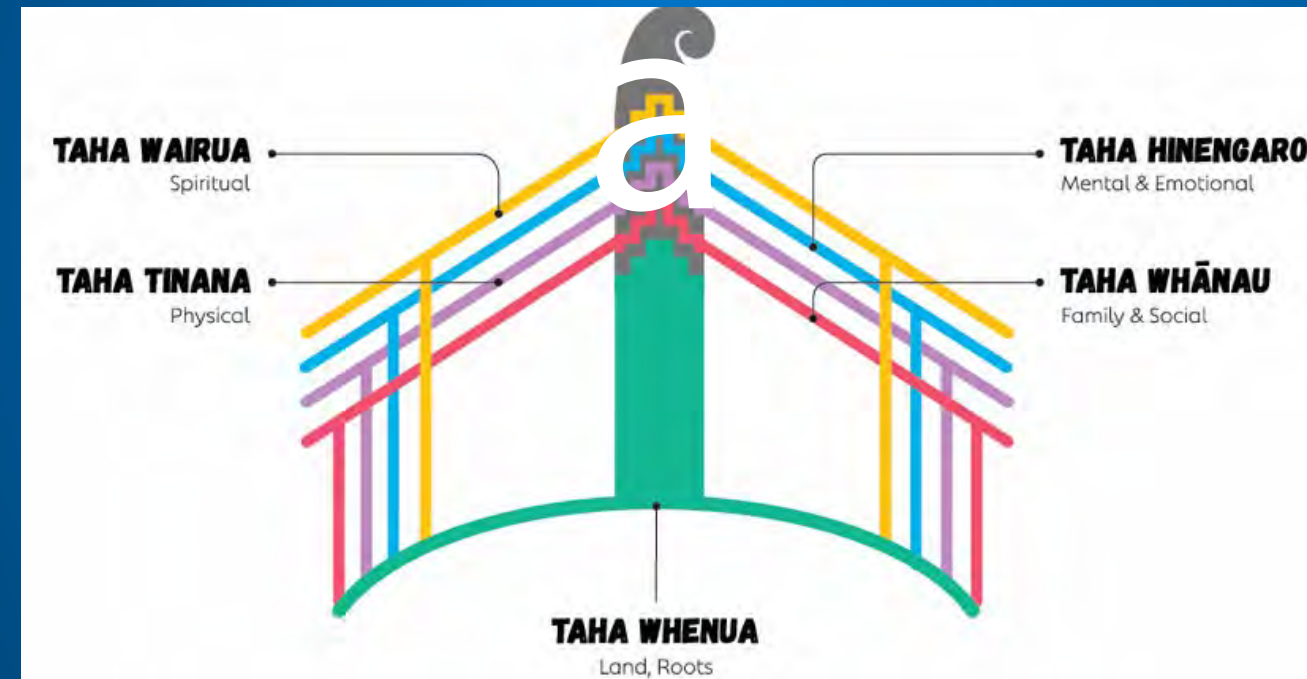
goals

- Last phase
- high energy
- lasts for a while
- Physical growth

# Tangaro

## Duration:

- Tangaroa-Ā-mua (Day 23)
- Tangaroa-ā-roto (Day 24)
- Tangaroa-whakapaū (Day 25)
- Tangaroa-whāriki-kiokio (Day 26)
- Ōtane (Day 27)
- Ōrongonui (Day 28)
- ōmutu (day 29)



## Taha wairua

Most in sync with the taiao (the environment)

## Taha Whānau

strive towards and complete shared goals

## Taha Hinengaro

challenge yourself and stay focused

Atua / state	Whakapapa Position (pūrakau)	Atua Description	Atua Movements	Links to movement	Movement examples
<b>Tāwhirimātea</b>	Eldest or among the first-born of Rangi and Papa	Atua of weather, wind, storms — unpredictable and forceful	Speed, reaction, emotional intensity	Speed / Reaction Time	Sprint starts, agility ladders, fast footwork drills
<b>Tangaroa</b>	Direct child of Rangi and Papa	Atua of the oceans and marine life — flowing, rhythmic, dynamic	Plyometrics, reaction time, agility	Agility / Muscular Power / Coordination	Jump squats, lateral bounds, dodging, movement on uneven surfaces
<b>Tūmatauenga</b>	Direct child of Rangi and Papa	Atua of war and humanity — strategic, enduring, combative	Muscular strength, anaerobic power, cardiovascular endurance Mind and body connection	Muscular Strength / Muscular Power / Anaerobic Capacity / Muscular Endurance Mental focus / Preparation	Resistance circuits, sprints, loaded carries, combat-based drills Karakia, breathwork, centring, stillness before action
<b>Tāne Mahuta</b>	Direct child of Rangi and Papa	Atua of forests, birds, and knowledge — persistent and life-giving	Muscular endurance	Muscular Endurance	Long bodyweight sets, hill walks, extended aerobic circuits
<b>Rongomātāne</b>	Direct child of Rangi and Papa	Atua of peace and cultivated food — restorative, grounding	Flexibility, coordination, balance	Flexibility / Balance / Coordination	Yoga flows, dynamic stretches, balance challenges
<b>Whiro</b>	Atua or force often placed outside main atua line	Atua of darkness, decay, illness — inner tension and imbalance	Fatigue awareness, risk identification	Risk Management / Fatigue Awareness	Monitoring technique under strain, pacing strategies

# BLOOKET TIME



LET'S PLAY



LET'S PLAY



# How can this be implemented within

schools?  
Reframes Training Around Te Ao Māori

Challenging western concepts of periodisation

An environment centred approach to training

timing, Energy Levels, types of training informed by tohu

Holistic approaches to Training

Not just physical, but mental, spiritual and social

**NORMALISES ATUA**

Considers environmental knowledge and links to Training

# How can this be implemented within schools?

## Kor i

Movement and activity



Promotes basic activities that align with energy

encourages a change of movement and activity within programmes

## Ka i

Fuel the movement!!!



Supports the concept of kai linking with energy

Maximise the affects of māramataka through appropriate diet

## Ka h

Intensity



Not every day is max effort

Uses wairua, sleep, stress and māramataka to guide intensity

Helps to match effort to energy

Group 2

Tamatea

unpredictable  
energy phase

Group 3

Rākaunui

peak energy  
phase

Group 1

Whirō

Low energy  
phase

Group discussion

How could you use this resource in  
your school during each of your  
phases

come up with a quick plan and  
examples

Group 4

Tangaroa

high  
energy  
phase

He Patai?



Ngā mihi nui e te whānau  
t h a n k y o u f o r y o u r t i m e

