



Māia Confidence

Mā raro, mā wira rānei nā te mea he pai mō tōku toiora!
I walk or wheel because it builds confidence!

What teachers need to know

Teacher preparation:

- Read resource.
- Print the [Māia \(Confidence\)](#) worksheet, which includes:
 - The kerb drill and crossing song (English and Te Reo Māori)
 - KWL (Know, Want to Know, Learned) chart

Learning intention – students will:

- Develop their road safety skills and knowledge.
- Feel empowered to make good decisions to keep safe, which builds their self-confidence and independence.

Success criteria – students can:

- Fill in a KWL chart.
- Perform the kerb drill to safely cross the road.
- Rate their confidence.

Te Whare Tapa Whā:

Te Whare Tapa Whā is a holistic model of health from a Māori world view. It encompasses more than just physical health as the pinnacle to wellbeing. Based on a whare (house model) the taha (sides) of the whare (house) are; taha tinana (physical wellbeing), taha hinengaro (mental wellbeing), taha wairua (spiritual wellbeing) and taha whānau (family wellbeing). You can incorporate these into the Movin' March Learning Experiences.

For information, go to [Hauora](#). This also shows the Fonofale model of wellbeing from a Pacific perspective.

 5 mins

New Zealand Curriculum Achievement Objectives

Health and Physical Education:

Level 1 – Personal health and physical development – A:

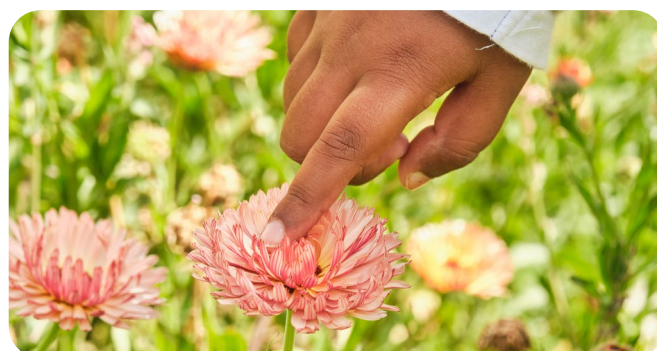
A3 Safety management: Students will describe and use safe practices in a range of contexts and identify people who can help.

Level 2 – Personal health and physical development – A:

A3 Safety management: Students will identify risk and use safe practices in a range of contexts.

Level 3 – Personal health and physical development – A:

A3 Safety management: Students will identify risks and their causes and describe safe practices to manage these.



Learning experience

Year 0 - 3  10 mins

Discussion

Discuss how active journeys (walking or wheeling) build your self-confidence and independence. These increase by knowing about road safety and safe routes. Walking, scootering, and biking all require different skills, so we all need to know how to keep safe on our roads. Ask these questions:

- Where is the safest place to cross the road?
- What do we need to do before we cross the road together?
- Why do we hold hands to cross the road together?
- What do we look for when we are crossing the road?
- What sounds are we listening for when we are crossing the road?
- When is it safe for us to cross the road?

KWL chart

Make a KWL Chart about Road Safety – see [Māia \(Confidence\)](#) worksheet. Either give a chart to each ākonga or do one as a whole class together. Fill in the columns with what you ‘know’ about road safety, what you ‘want to know’, and later, what you’ve ‘learned’. Depending on ability, ākonga can write key words, whole sentences or draw pictures.

Year 0 - 6  15 mins

The kerb drill

Talk about how to cross the road safely, by showing the class the kerb drill:

1. Find a safe place to cross.
2. STOP – one step back from the kerb.
3. LOOK and LISTEN – for traffic coming from all directions.
4. WAIT – if there is traffic coming and then look again.
If there is no traffic coming:
5. WALK – quickly, straight across the road.
6. While crossing, LOOK and LISTEN for traffic, wherever it may come from.

Note that with more electric vehicles on our roads (ie, quieter vehicles), we must look and listen very carefully. Read these instructions on how to cross the road safely. Go outside and practice these skills together in the playground, using markings on the court as roads, etc. Some children could pretend to be cars, bikes, and buses on the road, so there is traffic to negotiate.



Year 0 - 3  15 mins

Tuakana-Teina (Year 5-8): Here is an opportunity to include senior students. Ask for their help to practice the kerb drill outside in the playground. Older responsible students can hold hands with younger ones. They can role-model or teach younger ones how to do the kerb drill.

Road safety and scooter safety videos

Year 0 - 6  10 - 25 mins

Year 0-3:

[Moe Explores](#)

Road safety – staying safe on the footpath and crossing the road.

[Sing along to this song](#)


Road safety song lyric video (stop, look and listen).

4 min, 42 secs  Ads: 

4 min, 16 secs  Ads: 

Year 0-6:

[Scooter safety videos](#) (click on “+ show more” to expand)

Total 12 mins  Ads: 

Watch these fun safety videos by Officer O’Leary and Sergeant Maaka, from the ‘Wellington Paranormal’ Unit. There are 4 episodes, available in both English and Te Reo Māori. Show them to your class and then get out in the playground and practice these skills.



Year 0 - 6  4 mins

Rate confidence

Ask ākonga to rate their confidence levels regarding walking and wheeling to and from kura:

- What could affect their confidence either positively or negatively?
- How confident do they feel regarding taha tinana, taha hinengaro, taha whānau?

Encourage them to share their thoughts and feelings with their whānau and friends.

- Will they feel more confident by the end of March?

Further activities, resources, and links

- Ākonga could make posters or write letters to residents about road safety and keeping safe (showing student voice).
- Invite [Pedal Ready](#) and [Scooter Ready](#) to your kura to teach skills and safety.
- [Ready Steady Go!](#) – Active Travel resource from Auckland Transport, Lesson 3.
- New Zealand Transport Agency Waka Kotahi [Education Portal](#) including:
 - [Road safety advice for families](#)
 - [Hike it Bike it Scoot it Skate it](#)
 - [Bike Ready \(cycle skills\) resources](#)
 - [Road and rail safety posters \(in Te Reo Māori and in English\)](#)

Explore other Movin' March resources such as:

- [Toiora \(Wellbeing\)](#)
- [Hono \(Connecting\)](#)
- [Te Taiao \(Environment\)](#)
- [Mahi Mātātoa \(Adventure\)](#)
- [Te Haerenga o ngā Tamariki \(The Children's Journey\)](#)

