



This booklet includes lots of Māori vocabulary and simple phrases to do with sporting activities that will help expand and polish your skills in our nation's unique language.

So whether you simply want to ask *kei hea te pōro* (where's the ball?) or support your favourite team with a cheer *Kia Kaha te Kapa Ō Pango* (Go hard All Blacks) then this booklet is a great place to start.

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oooooooooooooooooooo

The National Anthem
God Defend New Zealand

oooooooooooooooooooo

E Ihowa Atua
O ngā iwi mātou rā
Āta whakarangona
Me aroha noa
Kia hua ko te pai
Kia tau tō atawhai
Manaakitia mai
Aotearoa

God of Nations at thy feet
In the bonds of love we meet
Hear our voices, we entreat
God defend our free land
Guard Pacific's triple star
From the shafts of strife and war
Make her praises heard afar
God defend New Zealand

PŪHURUHURU NĀNA NEI I TIKI MAI

Pronunciation

Vowels Ngā oropuare

Māori vowels are much the same as many other languages (except English!). Here are the short vowels:

a as in cup

e as in egg



Macrons Ngā tohutō

A macron is a line written above a vowel and indicates a long vowel sound. Many people are unsure when to use them, but they make a big difference!

ā ē ī ō ū



ā as in car

ī as in heel

ū as in roof

ē as in measure

ō as in your

For example Hei tauira

He *keke* māu?

Would you like some *cake*?



He *kēkē* māu?

Would you like some *armpit*?

i o u

i as in eat

u as in to

o as in for

Consonants Ngā orokati

ng as in singer

p t k m n ng
wh r h w

wh as in father

r is a rolling 'r' sometimes described as being close to an English 'd' or 'l' sound

**NŌ
HEA
KOE?**

Where are you from?

New Zealand Aotearoa

A great way to promote the correct pronunciation of the language is to say place names correctly in daily conversation. It takes a bit of effort at first, but it won't be long before it becomes second nature!



**Impress
your
friends!**

Learn how to say NZ's longest place name:

**Taumatawhakatangihangakōauau
aTamateaturipūkakapikimaunga
horonukupōkaiwhenuakitanatahu**



General phrases

Now you've got the basic pronunciation covered have a go at these simple, everyday phrases.

Hello

Kia ora

Tēnā koe

How are you?

Kei te pēhea koe?

E pēhea ana koe?

Kei te aha koe?

Did you know?

Kia ora

means

Thank you

as well as

Hello

Good

Kei te pai

E pai ana

Ka nui te ora

Bye

Hei konā

Haere rā!
(speaker stays)

E noho rā
(speaker leaves)



Sports phrases

Kupu hākinakina

Kēmu

Game

Hākinakina

Sport

Taiwhanga hākinakina

Stadium

People

Kaitaki
Captain

Kaiwhakaako
Coach

Kaitākaro
Player

Hoariri
Opponent

Kaiwawao
Referee

Scoring

Kaute Score

Toa Win/winner

Kairaru Loser

Rite Draw

Timings

Timata Start/Kick off

Haurua tuatahi First half

Hauruatanga Half-time

Haurua tuarua Second half



On and off the field phrases

Ngā kīanga mā ngā kaitautoko
me ngā kaitākaro

Kua wana ake rātou!
They're making a
comeback!

**Kia kaha
ake e
kare mā!**

Kua pī te tero
Couldn't quite
get the win

Kia manawanui
Hang in there

Let's go team!

Kua whānakohia
We were robbed

Haukerekerehia
Smash 'em!

**Tau kē
Aotearoa!**

Waimarie!
Lucky

Ka mau te wehi!
That's
outstanding!

Awesome Aotearoa!

Kei raro e
putu ana!
We/They lost

Ānana!
That's it!

Kei te wātea a ...
... is free!

Kei reira!
He's in!

Profiles

Hinewehi Mohi

One song, one singer, one language



Singer Hinewehi Mohi has a special place in the history of the revitalisation

of the Māori language. In 1999 she was in the UK promoting her first album, *Oceania*, when she was asked to sing the national anthem at Twickenham before the New Zealand-England World Cup game. And she did. In Māori.

“Put your hand on your heart and feel the wairua of those that have been and those who still live and breathe the strength and vitality of our nation. Sing your heart out.”

▶ You can read the full interview with Hinewehi Mohi here: www.tetaurawhiri.govt.nz/resources

Wayne Shelford

Buck brings it back



Former All Black captain Wayne ‘Buck’ Shelford is still

celebrated as the leader who revitalised the haka as a key part of the All Blacks’ brand and performance.

“Many can do Kapa haka but not speak. You can see now the All Blacks they are really enjoying it – and with Kapa haka comes the language. I think well, if you can learn a haka you can learn the reo.”

▶ You can read the full interview with Wayne Shelford here: www.tetaurawhiri.govt.nz/resources

**Kia kaha
te Kapa ...**

Go hard (team name)

○
Maka
Pass

○
Rutu
Tackle

○
Pou mua
Forwards

○
Pou muri
Backs

E oma!

Run!



Whutū

○
Whiu
Penalty

○
Piro Whiu
Penalty Try

○
Maka Whakamua
Forward Pass

Maranga!

○
Tūhapa!
Offside!

Get up!

○
Taka whakamua!
Knock On!

○
Whana Whiu
Penalty Kick

○
Whana Taka
Drop Kick

○
Whana Whakaū
Conversion

**Kaua e
pāhia,
whanahia!**

Don't pass it, kick it!

ipōro

Rugby

○
Pae Whiu
Sin Bin

**Maka
Whakamua!**

Forward Pass!

○
**Tuohu +
Whītikī + Mau**
Crouch +
Bind + Set

○
Whakarārangi
Lineout

○
Maka hōhipera
Hospital pass

○
Kakari
Scrum



Water sports

Ngā hākinakina wai

Kaukauranga
Swimming
pool

**Me haere
tātou ki te
kauhoe**

Waka ama
Outrigger
canoe

Kahu kauhoe
Swimming togs

Let's go for a swim

Hoe Waka
Rowing

Wai
Water

Hoe
Row

**Ānō nei
he ika e
kauhoe ana**

**Nāna i kau
te awa**
He swam
the river

Swimming like a fish

**Tino pai ia
ki te kauhoe**
He/she is
very good at
swimming

Papa reti ngaru
Surfboard

Kau tīraha
Backstroke

Kau tāwhai
Freestyle

Kau āpuru
Breast stroke



Health
Hauora

Upoko

Head

Pakihiwi

Shoulder

Ringa

Arm/hand

Turi

Knee

Waewae

Leg/foot

Whakamahana Warm ups



Hikituri

Knee lift



Whakapūioio remu

Buttock exercise



Makawae

Heel flicks



Tiriwae

Grape vine



Whakapūioio puku

Abdominal exercise



Turitike

High knees

Kei reira koe!

You've got to get
into the zone

Tikeikei
Treadmill

Haukori angi
Cardio funk



Whare

Whakakapa
manawa
Up the heartbeat

Ngā akoranga
whakapakari tinana
Fitness Class

Whakakaha i a koe

Give yourself energy

Karaehe pahikara
RPM cycling class

Pahikara kori tinana
Exercycle

**Kia tere
tonu tō
haere!**

Go as fast as you can!

**Me haere
koe ki tō
ake tūāoma**

Go at your own pace

rēhia

**The
Gym**

Ka nui tēnā

That's enough

**Whakapakari
tinana
Workout**

**Haukori
Aerobics**

**Tūoma
Running on the spot**

**Kia āta
haere**

Go as slow as you like

Hāua te pōro!

Hit the ball!

Poi tarawhiti
Netball

Poitūkohu
Basketball

Poirewa
Volleyball

Pūkuru
Badminton

Ngā hāki pa

Pā tinana
Contact

Painga
Advantage

Papua te poirewa

Pump up the
volleyball

Hōtaetae
Obstruction

Hara
Foul

**Kei hea
te pōro?**

Where is the ball?

○
Tēnihi
Tennis

○
Mātiratira
Net

○
Papatākaro
Court

nakina patākaro

**Court
sports**

○
Kurupiro
Slam dunk

○
Wati tū
Stop watch



Patua!

Hit it!

Other sports

He hākinakina kē



Eke tangaroa!
Win! Made It!

—
Kirikiti
Cricket

—
Poiuka
Softball

—
Piriota
Billiards

—
Waka ama
Outrigger
canoe

Karawhiua!

Give it heaps!

Hopukina!

Catch it!

Eke tangaroa!

Win! Made It!

Heke ana te werawera!
Lots of sweat!

—
Haupōro
Golf

—
Haupoi
Hockey

—
Whana poikiri
Soccer

—
Rīki
League

○
Panga Matā
Shotput

○
Omaoma-a-Tōhe
Marathon

○
Poroāwhio
Discus