Ki o Rahi – Kelly Sports (Session 1)

Intro: (15-20 mins)

Introduce yourself (your name, how long you have been a coach, your favourite sport)
3 KS Rules:
- When the coach is talking you are listening
- When the coach blows the whistle, you stop
- Always have lots and lots of fun

Ask questions about Ki o Rahi

- Who has played Ki o Rahi before?
- Does anyone know any rules in Ki o Rahi?
- Where do you think this game originated?

NOTE: Pre-arrange a way of displaying the Legend. This could be through a teacher's notebook, on a projector or TV inside a classroom or hall.

Show the Legend of Rahi (**The Legend of Rahi** – Youtube)

Ask the following comprehension questions to check if the students understood the video.

What was the name of the man and his wife?
- Rahitutakahina and Te Arakurapakewai

What happened to Te Arakurapakewai?
- She was kidnapped as she slept in the meeting house

What was the name of the Tohunga that kidnapped Te Ara?
- Te Puhuru

What did Te Puhuru do to the forest to make Rahi's journey to find Te Ara more difficult?
- He cast a spell to make the forest grow thick

What did Rahi do to get past the thick forest as he could not go through it?
- His family created a Kite (Manu Tangata)

What did Rahi take with him on his flight over the forest?
- Several Ki (flax bags) filled with Moa Eggs

Who did Rahi's people call upon to help him fly safely over the forest?
- Tawhirimatea (God of the Wind)

When Te Puhuru could sense the approach of Rahi, who did he summon?
- Tama Nui Te Ra (The Sun) to scorch the earth

Where did Rahi find shelter from the heat?
- A large rock – this rock had a protective power for Rahi

Rahi was extremely thirsty and needed water – how did he rehydrate?
- The village bird (Namu) swooped down with water in it's beak

What kind of creature tried to attack Rahi while he was by the rock?
- A Taniwha (Utumai) – but he couldn't get him while he was by this rock

What did Utumai do because he could not get to Rahi?
- He circled around the rock, creating a moat

What did Te Puhuru try next to stop Rahi from getting near him?

- He called upon Tawhirimatea to send down a crippling blizzard

Rahi awoke, very cold and saw something – what was it?

- Three stars in alignment – this meant that his father (Eru) had cast a spell

What was the spell that Eru had cast to help Rahi?

- He created an ice bridge that rose from the chilling water in the moat

What did Utumai do when he saw Rahi was escaping?

- He threw 7 teeth to knock him off his perch

Where did Rahi and his men track down Te Puhuru?

- A cave in the mountains

How did Rahi and his men force Te Puhuru out of his cave?

- They steamed him out by plugging all off the holes in the mountain

How do the people remember this incident and prevent further violence?

- They created the game of Ki o Rahi!

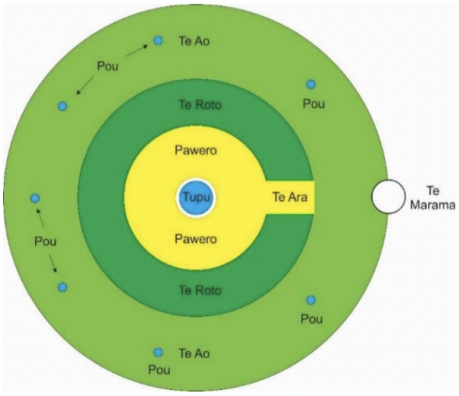
Take the Students out to the field (this should be set-up before you start the session)

Activity: - In the Zone (5-10 mins)

- Played on a Ki o Rahi field, coaches run through the zones for the children to remember.
- The coach then calls out the different zones and the players move quickly to get to them.
- The last 3-4 people to get to the zone must perform tasks for being last e.g. 5 pushups, star jumps etc.
- Start with 3 zones and then gradually add more including the equipment.

Ki o Rahi Zones and Equipment:

- Te Ara
- Pawero
- Te Roto
- Ki
- Te Ao
- Tupu
- Te Marama
- Pou



Game: - Taniwha & Kioma (5-10 mins)

- Mark out a rectangle area with cones approx. 15m long with a centre line or a row of cones to mark the middle.
- Children form two lines, standing either side of the line facing each other at arms-length.
- One line will be ‘Taniwha’ and the other will be ‘Kioma’.
- On your call (Taniwha or Kioma), the players of that team run to their end line, while the other team attempts to chase and tag them before they get to their end line.

Variation: Swap partners, start back-to-back or sitting down.

Outro: (5 mins)

Recap learnings of the session:

- Legend of Rahi
- Zones
- Team Names (Taniwha, Kioma)

Reminder of the 3 KS Rules

Thanks and have a great day!