

Junior Kapa Haka

Upper Hutt School Karakia

Me takatū, me whītiki - Get ready, get set

Me whakarongo ki te tangata kē - Just listen to others

Mahia ngā mahi papai ki a koe - Do things you enjoy

Kia ū ki ō whakaaro - Think for yourself

Tiakina tō tinana ake - Treasure your body

Me tū rangatira - Be awesome

Kia Māia, Kia Toa- Show Pride.

Tihei Mauri Ora

Created by Dayna, Kayden, Waimarie, Keira, Noah, Riana, Caleb, Xavier, Izzyah, Maika, Shaquan, Ani, Georgia and Chrissy

Waiata - He Hōnore - Mahi a ringa (Georgia)

He hōnore, he korōria

Maungārongo ki te whenua

Whakaaro pai e ki ngā tāngata katoa

Ake ake, Ake ake, Amine

Te Atua, Te piringa

Tōku oranga (x2)

A HA KA MA!

A ha ka ma

A ha ka ma na pa ra ta wa nga wha

E he ke me

E he ke me ne pe re te we nge whe

I hi ki mi

I hi ki mi ni pi ri ti wi ngi whi

O ho ko mo

O ho ko mo no po ro to wo ngo who

A E I O U

U hu ku mu

U hu ku mu nu pu ru tu wu ngu whu.

Sing through twice - once slow one fast!

Whakataka te Hau - Waiata

Whakataka te hau ki te uru

Whakataka te hau ki te tonga

Kia mākinakina ki uta

Kia mātaratara ki tai

E hī ake ana te atakura

He tio, he huka, he hau hū

Karakia mo te kai

E te Atua

Whakapaingia ēnei kai

Hei oranga mō ō mātou tinana

Me ō mātou wairua hoki

Āmine

NGA IWI E - Lyrics may differ from video but can sing both versions to same tune.

Nga iwi e! Nga iwi e!

Kia kotahi ra te Moana nui a kiwa x 2

E-i-a-i-e (whakarongo, tautoko)

Kia mau ra! Kia mau ra!
ki te mana motuhake me te aroha x 2

E-i-a-i-e

Wahine ma! Wahine ma!
Ma-ra-nga mai, Ma-ra-nga mai, kia kaha (Girls only sing this part)

E-i-a-i-e

E tama ma! E tama ma!
E tama tu, E tama tu, tama ora! (Boys sing only)

E-i-a-i-e

Nga iwi e! Nga iwi e!
Kia kotahi mai te Moana-"nui"-kiwa

E i-a i-e (whakarongo, tautoko)

Tihei mauri ora

Tihei mauri ora

Tihei mauri ora

Ngā iwi o te motu e

A Hi! Aue aue!

Tū ake, karangatia

Tū ake, manaakitia

Ngā iwi, kia ora rā

Ngā iwi, kia ora rā. (sing through again)

Tahi, rua, toru, wha kss hi aue hi!

Tutira Mai Nga Iwi

Tūtira mai ngā iwi

Line up together, people

Tātou tātou e

All of us, all of us.

Tūtira mai ngā iwi

Stand in rows, people

Tātou tātou e

All of us, all of us.

Whai-a te marama-tanga

Seek after knowledge

me te aroha - e ngā iwi!

and love of others - everybody!

Ki-a ko tapa-tahi, **FOOTNOTE**

Call ourselves one people,

Ki-a kotahi rā.

And stay united.

Tātou tātou e. (x2)

All of us, all of us.

Tā - tou, tā - tou E!!

All of us, all of us!!

Hi aue hei !!!

Hi aue hei !!!

E Rere Taku Poi

E rere taku poi

E rere taku poi ki runga (ki runga)

E rere taku poi

E rere taku poi ki raro (ki raro)

E rere runga

E rere raro

E rere roto

E rere waho

E rere taku poi E rere taku poi

Ki runga (ki runga) Hei

Purerehua

*Pūrerehua
rere runga hau
Papaki parirau
Rere runga hau
(Ka piki, ka piki
Runga rawa e
Papaki parirau
rere runga hau.) x 2*

*Butterfly
carried on the wind.
Fluttering its wings
on the wind
Up and up
Way up high
Fluttering its wings
on the wind*

Kia eke te maunga - School Haka

Kaea: *Taringa, whakarongo..*

Kaea: *Kia mau, Hi!, Kia mau, Hi, Kia mau, Ha!*

Ko te maunga Rimutaka- Tau kē!

Ko te Awakairangi – Tau kē!

Kia eke tātou ki te taumata

Kia ū ngā wawata- whaia!

Kia eke te maunga – kia eke, kia eke

kss aue x2

Poutini - Haka

Poutini, Poutini

Ki te rua rere hä

Aué kapa, aué kapa

Ki te rua rere hä

Ü atu ana, auahi ana

Ü atu ana, auahi ana

Kss hī, kss hī, kss hī, hā

Kss hī, kss hī, kss hī hā

Hī!

Karakia Whakamutunga

Kaea: Me inoi tatou

E te Atua

kua mutu tatou i nga mahi kapa haka

Amine

PREVIOUS MATERIAL...

Te Tinana

Upoko

Pakihiwi

Puku

Hope

Waewae x3

Taringa

Whatu

Ihu

Waha e

Upoko

Pakihiwi

Turi

Waewae x3

Taringa

Whakarongo E!

Korero Parirau

Korero, parirau

Korero, parirau

Korero, parirau

Korero, parirau

Hopehope, pakipaki

Hopehope, pakipaki

Hopehope, pakipaki

Hopehope, pakipaki

Hurihuri, hurihuri

Pekepeke, pekepeke

Oma-oma, oma-oma

Kanikani, kanikani

Huri - Ki runga!

Peke - E tū!

Oma - E tū!

Kani - Kia tau!

Hurihuri, hurihuri

Huri - Ki raro!

Pakipaki, pakipaki, tamariki ma(x2) **CLAP!**

Kanikani, kanikani, tamariki ma (2) **DANCE!**

E hula, E hula tamariki ma (x2) **HULA!**

E Peke, E peke, tamariki ma (x2) **JUMP!**

Hurihuri, hurihuri, tamariki ma (x2) **TURN!**

Hikoi, hikoi, hikoi, hikoi, tamariki ma(x2) **MARCH!**

E oma, E oma, tamariki ma (x2) **RUN!**

Titiro, titiro, tamariki ma (x2) **LOOK!**

E moe, e moe, tamariki ma (x2) **SLEEP!**

Ka Mate - Waiata

Ka mate ka mate - ka mate ka mate

Ka ora ka ora - ka ora ka ora

Tenei te tangata - tenei te tangata

Puhuruhuru - puhuruhuru

Nana i tiki mai - whakawhiti te ra!

Nana i tiki mai - whakawhiti te ra

Hupane - hupane

Kaupane - kaupane

Whakawhiti te ra

Matariki Macarena

Waiti Waita Waipunarangi

Tupuanuku Tupuarangi

Ko Ururangi te potiki

O te whanau Matariki (x5)

Nga Tamariki o Matariki

Waiti Waita Waipunarangi
Tupuanuku Tupuarangi Ururangi e

Koinei ngā tamariki o Matariki
(These are the children of Matariki)

Ngā whetū e pīataata i te rangi e
(The bright stars that shine in the sky)

Ngā whetū e pīataata i te rangi e
(The bright stars that shine in the sky) x2

Himene

E toru nga mea x 2

Nga mea nunui x2

E kī ana x2

Te Paipera x2

Whakapono x2

Tumanako x2

Ko te mea nui x2

Ko te aroha. (Everyone)

Kaea - Directions

E tū - Stand up

E noho - Sit down

Kia mau - Hands on hips/get ready

Waewae takahia - stamp your legs

Whakararangi - line up

Hurihia - turn around

He Kēmu mo te hinengaro - For our brain!

Tiki Tame Hare

Tiki Tame Hare

Tiki Tame

Tiki Tame

Tiki Tame Hare

Kei hea te tuna?

Kei hea te tuna? Kei hea te tuna?
Kei roto I te awa! Kei roto I te awa!

Kei hea te tuna? Kei hea te tuna?
Kei roto I te moana! Kei roto I te moana!

Kei hea te tuna? Kei hea te tuna?
Kei raro I te toka! Kei raro I te toka!

Kei hea te tuna? Kei hea te tuna?
Kei roto I te hinaki! Kei roto I te hinaki!

Kei hea te tuna? Kei hea te tuna?
Kei roto I te hangi! Kei roto I te hangi!

Kei hea te tuna? Kei hea te tuna?
Kei roto I te rourou! Kei roto I te rourou!

Kei hea te tuna? Kei hea te tuna?
Kei roto I taku PUKU!



Where is the eel?
In the river

In the sea

Under the rock

In the eel trap

In the earth oven

In the food basket

In my TUMMY!

Titiro - Look

E tū - Stand

E peke - Jump

E Oma - Run

Hītoki - Hop

A E I O U

E noho - Sit

E moe - Sleep

E oho- Wake up

Paki paki - Clap

Kōrero - Talk

A E I O U

Toia Mai - Haka Powhiri

Kaea: Aue Hei runga, hei raro. X 2

Katoa: Hi hā x2

Kaea: A ha tōia mai

Katoa: Te waka!

Kaea: Ki te urunga

Katoa: Te waka!

Kaea: Ki te moenga

Katoa: Te waka!

Katoa: Ki te takotoranga takoto ai te waka! X2

Katoa: Hi!

He Kēmu mo te hinengaro - A game for our brain!

Tahi - 1

Rua - 2

Toru - 3

Wha - 4

Rima - 5

Ono - 6

Whitu - 7

A number song from Anika
Moa!

Tahi
Rua
Toru
Wha
Rima
Ono
Whitu
Waru
Iwa
Tekau

Ngā Rā o Te Wiki

Kei te ako i te

Rāhina, Rātu, Raapa, Rāpare me te Rāmere

He rite ki te

Mane, Te Turei, Te wenerei, Taite, Paraire

Ngā rā whakatā

Ko te Rāhoroi, Ko te Rātapu

Ko ngā rā o te wiki e

Me ka harikoa koe!

Me kā harikoa koe
Takahia (stamp your feet)
Me kā harikoa koe
Takahia (stamp your feet)
Me kā harikoa koe
ka mūmura to kanohi
Me kā harikoa koe
Takahia (stamp your feet)

...Rū mahunga (Shake your head)
...Papaki ringa (Clap your hands)
...hurihuri (turn around)
...Peke atu (Jump forwards)
...Peke mai (Jump back)
...Whawhati turi (Bend your knees)

OMA RAPETI

Oma rāpeti, oma rāpeti

Oma, oma, oma

Oma rāpeti, oma rāpeti

Oma, oma, oma

Piko piko piko piko piko piko Toro Piko

Toro toro toro toro toro toro Piko Toro

Te Aroha

Te Aroha

Te Whakapono

Me Te Rangimarie

Tatou Tatou e x2

Takahia

Takahia Paki

Te piiti piiti paki

Ki te maui/matau/runga/raro/hope paki

Te piiti piiti paki

HI!

Kei te haere mai a Hanakoko - Santa Claus is coming!

Kei te haere mai a Hanakoko

Kei te haere mai a Hanakoko

Kei te haere mai a Hanakoko

Ki runga terei

Kia hari, kia koa

Kia hari, Kia koa

Kia hari, kia koa

Mo Hanakoko