

Amy Kaukau

MARAMATAKA ALIGNED TRAINING, A RESOURCE FOR TEACHERS

Connor Eastwood



AUT

TE WĀNANGA ARONUI
O TĀMAKI MAKAU RAU

KO AMY TŌKU INGOA

Ko Wairere te Maunga
Ko Waikato te Awa
Nō Matamata ahau
Ko Mikkelson tōku ingoa
tūturu
Ko Mike tōku hoa rangatira
Ko Luca, rātou ko Pikia, ko
Alfie ōku tamariki
Ko Kaukau tō mātou ingoa
whānau
Kei Kirikiriroa tō mātou kāinga
Ko Amy Kaukau tōku ingoa





**KO CONNOR
TŌKU INGOA**

Ko Hautere te Maunga

Ko Pokaiwhenua te Awa

ko Tainui te Waka

Ko Ngāti Raukawa te Iwi

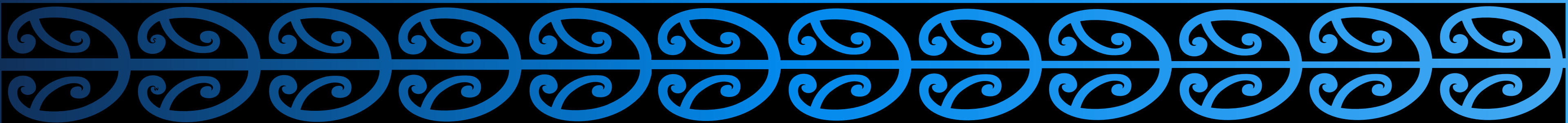
Ko Mangakaretu te Marae

Ko Mark raua ko Micaela tōku
Matua

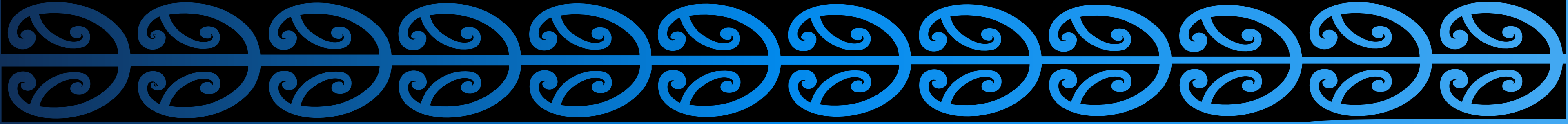
Ko Eastwood te whānau ingoa

Ko Connor tōku ingoa





**TĚNEI TE PO
NAU MAI TE AO**



Ā MĀTOU MAHI, TŌ
MĀTOU
HAERENGA!

OUR WORK AND
JOURNEY!

MARAMATAKA IN PHYSICAL EDUCATION

A Maramataka Framework for Principles of Training

MARAMATAKA & TRAINING

The resource supports you to design training programmes aligned with the Maramataka and Rua Matarua principles. It connects physical activity, energy levels and environmental awareness to traditional Māori knowledge systems. Use it to plan workouts that match lunar phases, develop holistic wellbeing, and design programmes to be done at night, dusk, and dawn environments. Whether you're sitting or standing, this guide helps you move with intention, balance, awareness, and purpose.

The **Intention, Communication, Activity, and Evaluation** aspects of this resource reflects practical connections applied to physical training provided in three knowledge systems. Each phase aligns with different energy levels and lunar phases, guiding how individuals prepare, engage, and reflect on their work in connection with the rising, high, and low moon phases.

PHASE

CONNECTION

INTENTION

EVALUATION

KEY PHASES OF MARAMATAKA

The Maramataka is split into daily cycles like a calendar, it moves more like a wave of energy moving throughout a given period of time. **Whānau, Tamarua, Hōkūmā, and Tangaroa** are key phases that represent, helping to guide our journey, while our **Phases** are key phases that represent, helping to guide our journey, while our **Phases** are key phases that represent, helping to guide our journey.

It's important to understand that not every day falls into one of these phases, as they may be combined or in between. The table on the right highlights the **Maramataka Phases** and possible connections to the **Whānau, Tamarua, Hōkūmā, and Tangaroa**. The connections show the **Whānau, Tamarua, Hōkūmā, and Tangaroa** phases. The connections show the **Whānau, Tamarua, Hōkūmā, and Tangaroa** phases. The connections show the **Whānau, Tamarua, Hōkūmā, and Tangaroa** phases.

PHASE	What is the phase?	Connection	Intention	Evaluation
Waxing Gibbous	The moon is growing in size, from a thin crescent to a full moon. This phase is associated with growth, expansion, and new beginnings.	Whānau	Intention: To grow, expand, and create new beginnings.	Evaluation: To assess growth, expansion, and new beginnings.
Full Moon	The moon is at its fullest, shining brightly. This phase is associated with completion, fulfillment, and celebration.	Tamarua	Intention: To complete, fulfill, and celebrate.	Evaluation: To assess completion, fulfillment, and celebration.
Waning Gibbous	The moon is shrinking in size, from a full moon to a thin crescent. This phase is associated with reflection, release, and letting go.	Hōkūmā	Intention: To reflect, release, and let go.	Evaluation: To assess reflection, release, and letting go.
New Moon	The moon is at its smallest, barely visible. This phase is associated with new beginnings, renewal, and rebirth.	Tangaroa	Intention: To begin, renew, and rebirth.	Evaluation: To assess new beginnings, renewal, and rebirth.

PHASE

CONNECTION

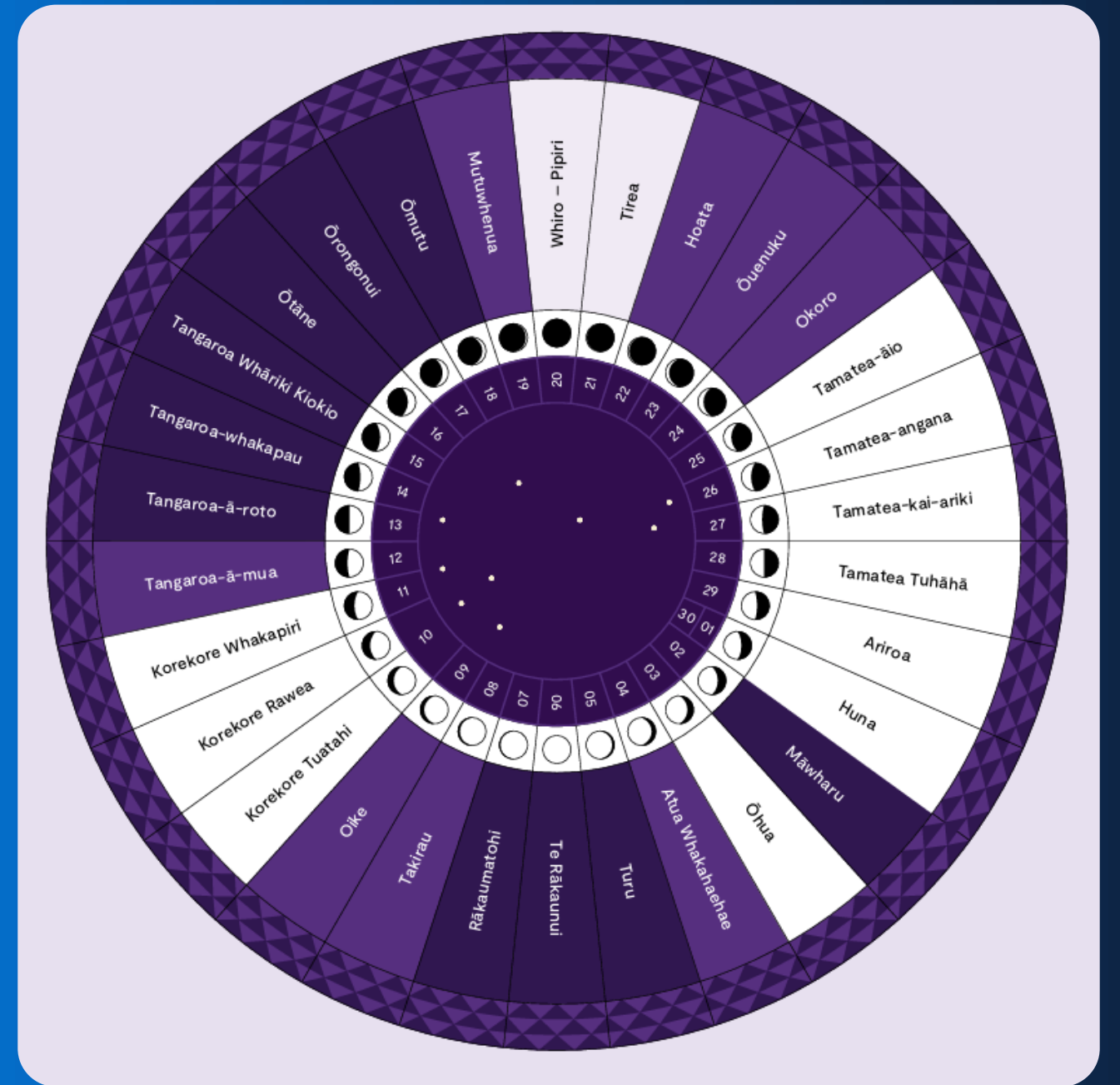
INTENTION

EVALUATION

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WHAT IS TE MARAMATAKA?

- MĀORI LUNAR CALANDER
- FLUCTUATION OF ENERGY FROM AN ENVIRONMENT
- ENCOURAGES HOLISTIC HEALTH AND WELLBEING
- TRADITIONALLY USED AS A WAY TO CONNECT WITH AND UNDERSTAND LIVING WITHIN THE ENVIORNMENT



WHAT ARE THE PHASES

WHIRO



TAMATEA



RĀKAUNUI



TANGAROA

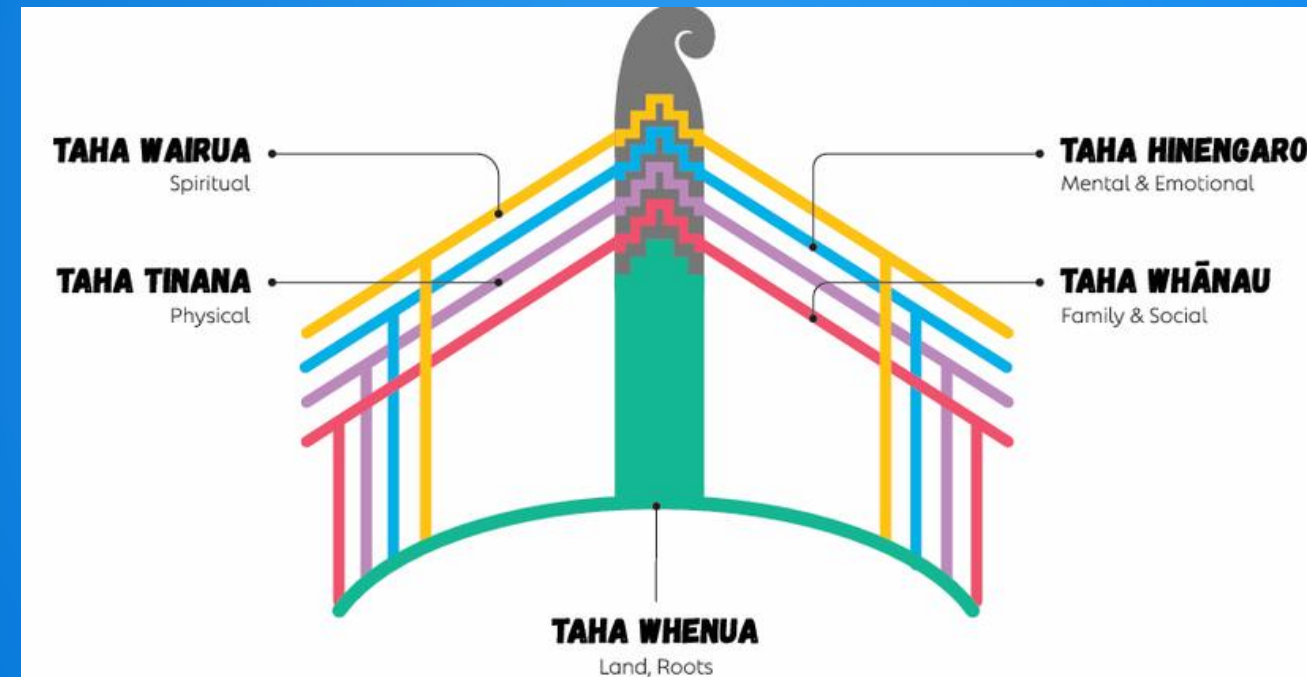


WHIRO

- BEGINNING OF TE MARAMATAKA
- LOW ENERGY
- REST UP AND RECOVER!

DURATION:

WHIRO (DAY 1)
TIREA (DAY 2)
HOATA (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

- UNPREDICTABLE PHASE
- ENERGY ALL OVER THE PLACE
- BUCKLE UP

DURATION:

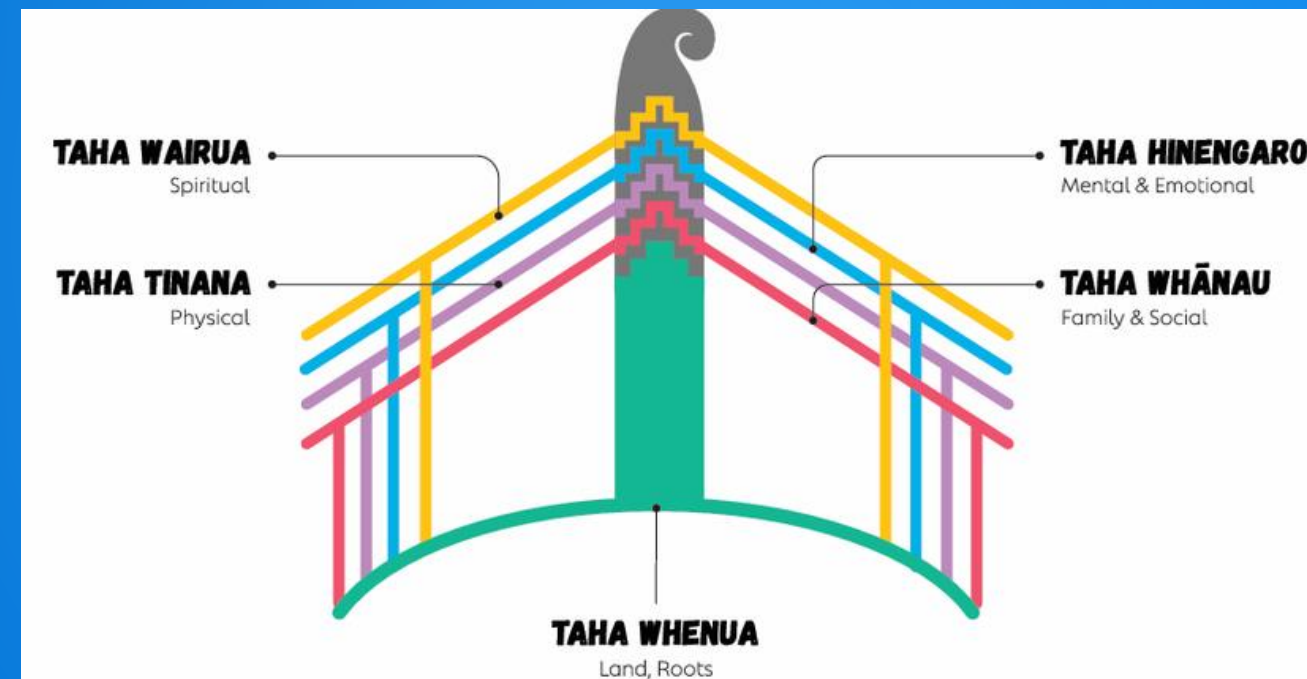
TAMATEA ĀIO (DAY 6)

TAMATEA A NGANA (DAY 7)

TAMATEA KAI-ARIKI (DAY 8)

TAMATEA TŪHĀHĀ (DAY 9)

TAMATEA



TAHA WAIRUA

STAY AWARE AND
GROUNDED

TAHA WHĀNAU

BE PATIENT AND CHECK IN
ON EACH OTHER

TAHA HINENGARO

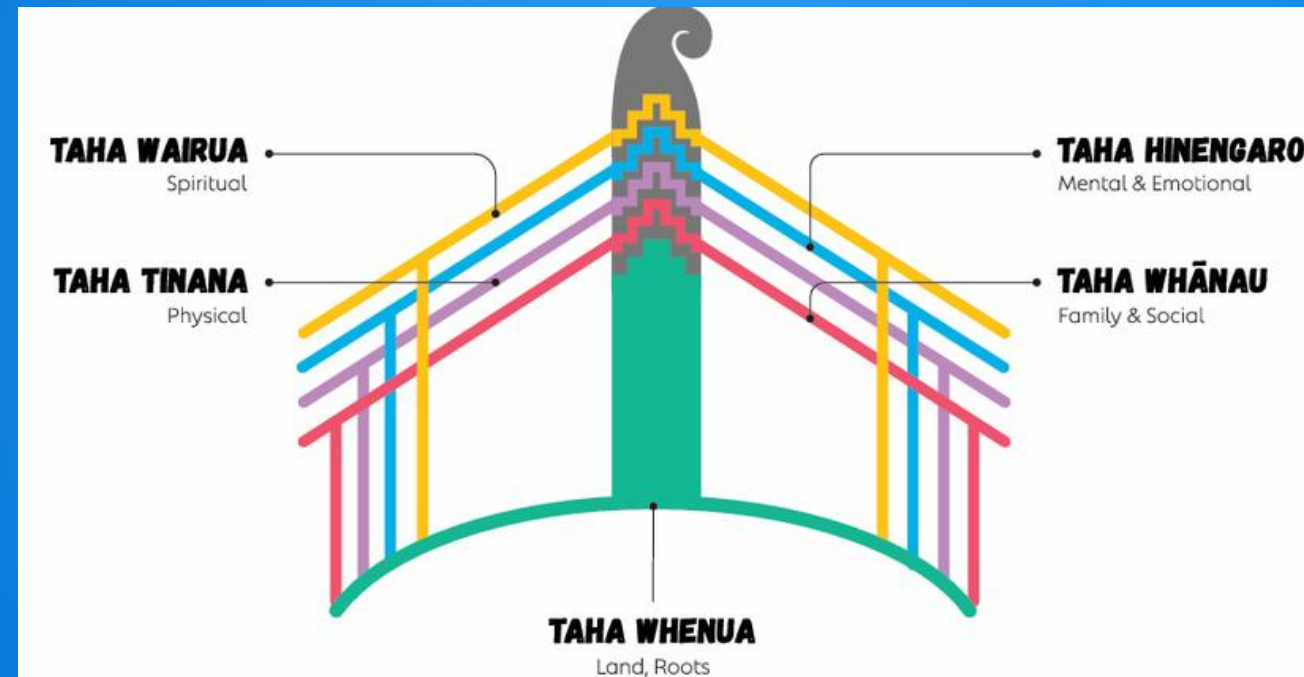
STAY SHARP AND CUT
YOURSELF SOME SLACK

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 TE WAIRUA

TAHA WHĀNAU

PUSH EACHOTHER, 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

TANGAROA

TAHA WAIRUA

MOST IN SYNC WITH TE
TAIAO (THE ENVIRONMENT)

DURATION:

TANGAROA-Ā-MUA (DAY 23)

TANGAROA-Ā-ROTO (DAY 24)

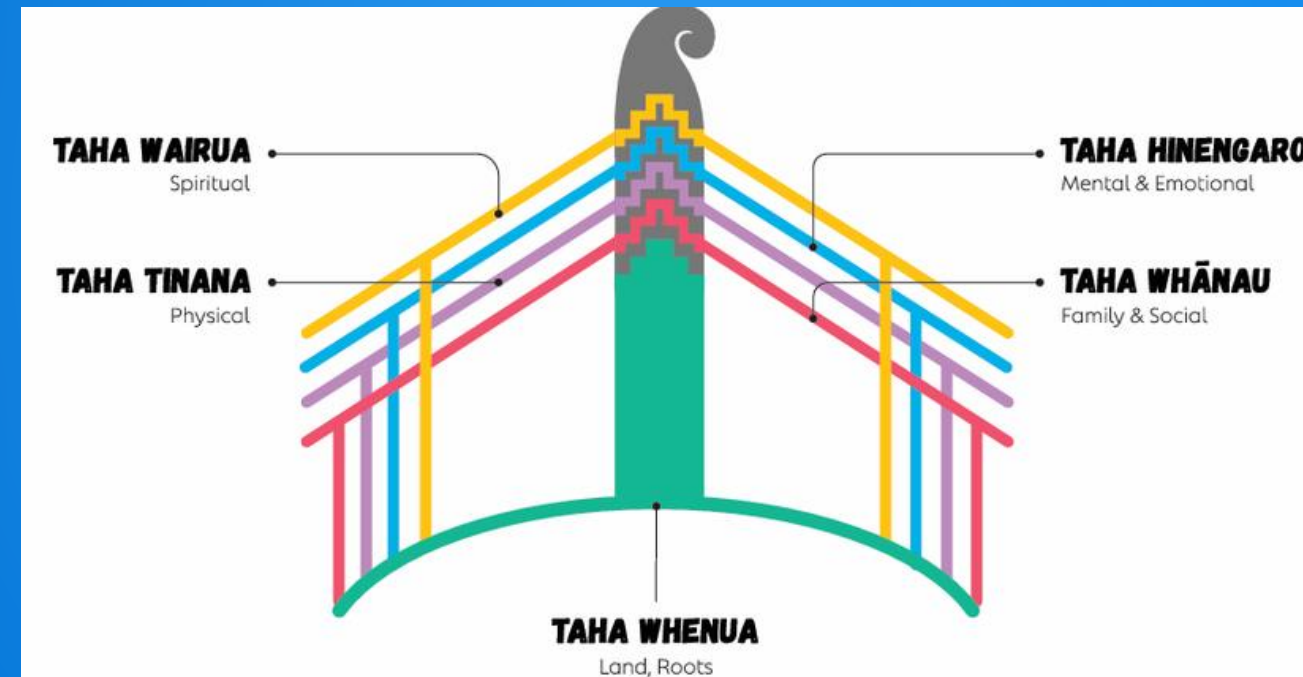
TANGAROA WHAKAPAU (DAY
25)

TANGAROA WHĀRIKI KIOKIO
(DAY 26)

ŌTANE (DAY 27)

ŌRONGONUI (DAY 28)

ŌMUTU (DAY 29)



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
Tāwhirimātea	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
Tangaroa	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
Tūmataunga	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
Tāne Mahuta	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
Rongomātāne	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
Whiro	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



TĀWHIRIMĀTEA

ATUA OF THE WIND



ASSOCIATED WITH:

SPEED

REACTION

EMOTIONAL INTENSITY

MOVEMENT EXAMPLES:

SPRINTING

AGILITY

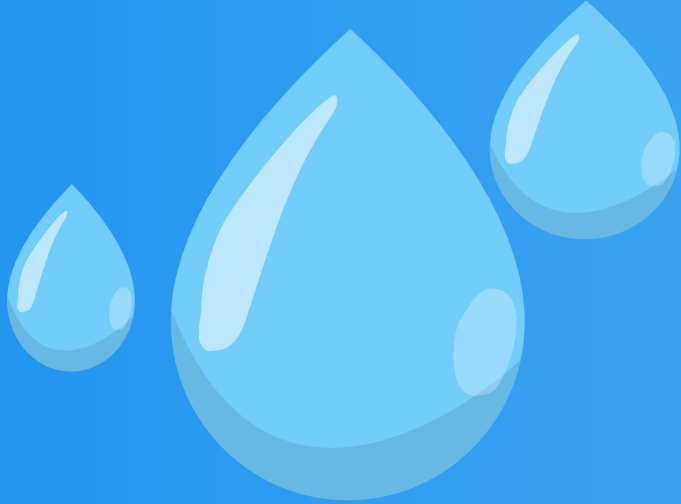
CHANGE OF DIRECTION

Atua / state	Whakapapa Position (pūrakau)	Atua Description	Atua Movements	Links to movement	Movement examples
Tāwhirimātea	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



TANGAROA

ATUA OF THE OCEANS



ASSOCIATED WITH: MOVEMENT EXAMPLES:

PLYOMETRICS

JUMPING

EXPLOSIVE MOVEMENT

CHANGE OF DIRECTION

AGILITY

MED BALL THROWS

Atua / state	Whakapapa Position (pūrakau)	Atua Description	Atua Movements	Links to movement	Movement examples
Tangaroa	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



TŪMATAUENGA

ATUA OF WAR AND MAN



ASSOCIATED WITH: MOVEMENT EXAMPLES:

STRENGTH/POWER

HIIT

ENDURANCE

COMPOUND LIFTS

MIND – BODY CONNECTION

CIRCUITS

Atua / state	Whakapapa Position (pūrakau)	Atua Description	Atua Movements	Links to movement	Movement examples
Tūmatauenga	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



TĀNE MAHUTA

ATUA OF FORESTS



- ASSOCIATED WITH:
- MUSCULAR ENDURANCE
- OUTDOORS EXERCISE
- MOVEMENT EXAMPLES:
- TRACK RUN
- AEROBIC EXERCISE
- BODYWEIGHT EXERCISE

Atua / state	Whakapapa Position (pūrakau)	Atua Description	Atua Movements	Links to movement	Movement examples
Tāne Mahuta	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



RONGO-MĀ-TĀNE

RONGOMĀTĀNE

ATUA OF PEACE



ASSOCIATED WITH: MOVEMENT EXAMPLES:

BALANCE
COORDINATION
FLEXIBILITY

STRETCHING
YOGA
CORE EXERCISES

Atua / state	Whakapapa Position (pūrakau)	Atua Description	Atua Movements	Links to movement	Movement examples
Rongomātāne	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



WHIRO

ATUA OF DARKNESS



ASSOCIATED WITH: **MOVEMENT EXAMPLES:**

AWARENESS

OBSERVING TECHNIQUE

RISK IDENTIFICATION

INJURY REGULATION

Atua / state	Whakapapa Position (pūrakau)	Atua Description	Atua Movements	Links to movement	Movement examples
Whiro	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

BLOCKET 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 AND TIME EG MONTH CYCLES INSTEAD OF WEEKLY DAYS

HOLISTIC APPROACHES TO TRAINING

NOT JUST PHYSICAL, BUT MENTAL, SPIRITUAL AND SOCIAL

NORMALISES ATUA

CONSIDERS ENVIRONMENTAL KNOWLEDGE AND LINKS TO TRAINING

ENVIRONMENTAL CENTRED PEDAGOGY WITH STUDENTS

EG LESSON APPROACHES, ASSESSMENTS INFORMED BY MARAMATAKA

HOW CAN THIS BE IMPLEMENTED WITHIN SCHOOLS?

KORI

MOVEMENT AND ACTIVITY



**PROMOTES BASIC ACTIVITIES THAT
ALIGN WITH ENERGY**

**ENCOURAGES A CHANGE OF
MOVEMENT AND ACTIVITY WITHIN
PROGRAMMING**

KAI

FUEL THE MOVEMENT



**SUPPORTS THE CONCEPT OF KAI
LINKING WITH ENERGY**

**MAXIMIZE THE EFFECTS OF
MARAMATAKA THROUGH
APPROPRIATE DIET**

KAHA

HOW HARD WE GO



**USES WAIRUA, SLEEP, STRESS AND
MATAMATAKA TO GUIDE INTENSITY**

**HELPS TO MATCH EFFORT TO
ENERGY, NOT ALWAYS MAX**

TAMATEA
UNPREDICTABLE
ENERGY PHASE

RĀKAUNUI
PEAK ENERGY
PHASE

WHIRO
LOW ENERGY
PHASE

TANGAROA
HIGH ENERGY
PHASE

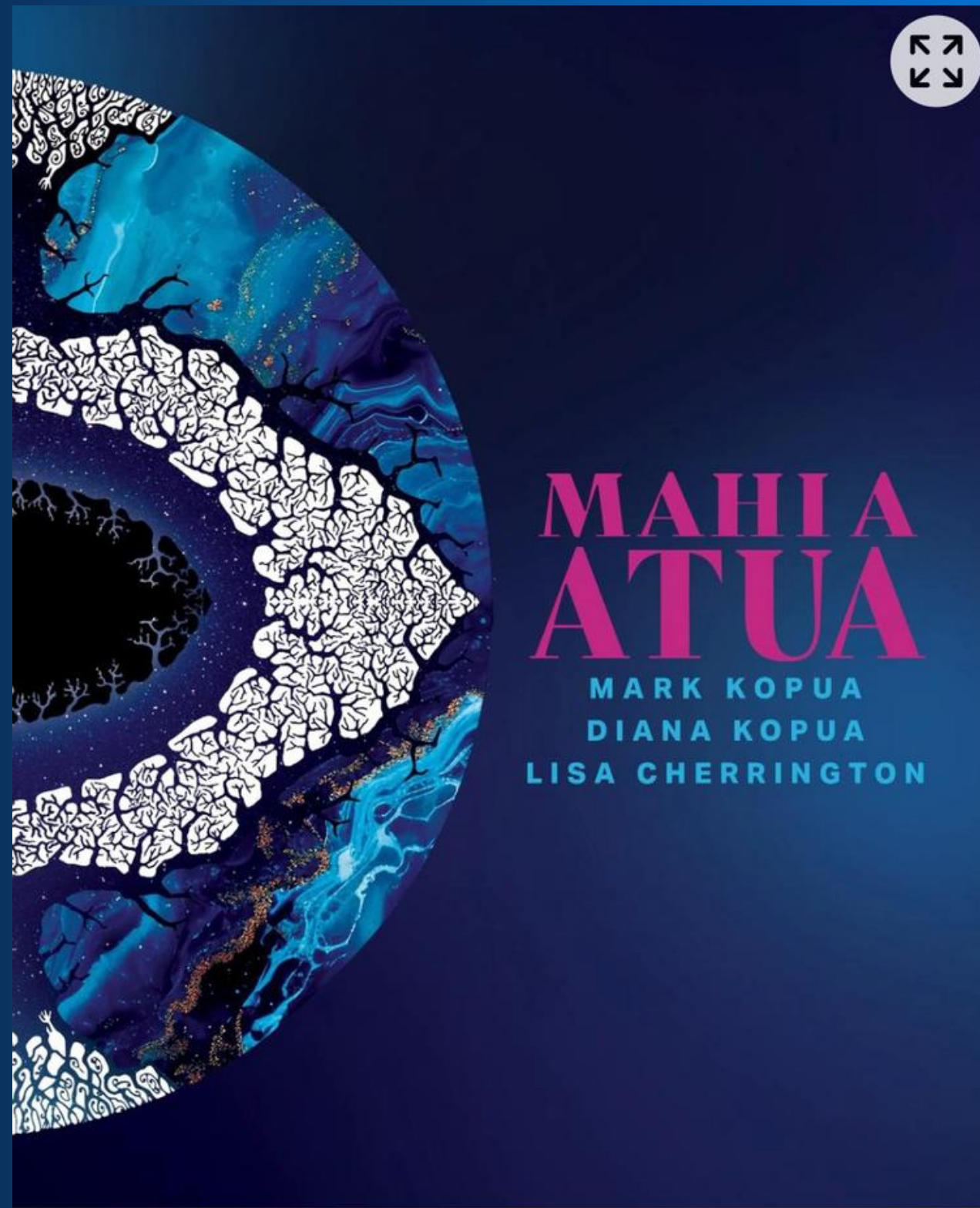
GROUP DISCUSSION

**CHOOSE A PHASE TAMATEA, TANGAROA, WHIRO, OR
RĀKAUNUI,**

**THEN NAME ONE THING YOU COULD TRY IN HPE DURING
THAT PHASE AND WHY IT FITS.**

**TALKING PROMPT – PHASE. ONE ACTION. WHY IT FITS.
WHEN I WILL DO IT.**

FURTHER READING AND RESOURCES





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NGĀ MIHI E TE

WHĀNAU!

PATAI?