

KI O RAHI PONEKE DEVELOPMENT PROJECT



Absolutely Positively
Wellington City Council
Me Heke Ki Poneke

Ki o Rahi is a game of skill, strategy, whanaungatanga - team work, tikanga - conduct, purpose, motive, pūrākau and whakapapa - history. Ki o Rahi involves strategic thinking and skills which are transferable to a range of sports and applicable to many life skills.

The game is played between two teams 'team kioma' and 'team taniwha' on a circular field and is a game for all ages and abilities. Traditionally played with a flax 'ki', but more usually now with a small, softer ball, 'team kioma' aims to score points by touching the ball onto outlying posts and then returning it in hand, rugby style, over a central try line. Meanwhile, 'team taniwha' aims to score points by throwing the ball and hitting the tupu (central target). Each area in the circular area relates to a part of the legend of Ki o Rahi. It can be played full contact, touch or 'flag' style. It is an entertaining game whether a player or spectator, with a small playing area meaning lots of action!

The game of Ki o Rahi has been thriving in the Wellington region since 2009. The momentum began when local sports trust, Sport Wellington, invited Dr Ihirangi Heke, a leading Māori health and physical activity practitioner, to run a Taonga tākaro (traditional Māori games) workshop for community and recreation organisations. Through this initial workshop a connection evolved between Rangatahi Tu Rangatira (R2R), a national provider contracted to deliver Taonga tākaro using Ki o Rahi as the flagship, Sport Wellington and Wellington City Council. Together these organisations have since provided opportunities for young people and whānau to 'have a go' at Ki o Rahi. Staff from each organisation have trained to teach and deliver Ki o Rahi and have provided a number of community Ki o Rahi events, school and community based training sessions across the region. From these successful initiatives there was a strong interest for the game of Ki o Rahi to grow across Wellington.

In 2013, a successful application led by Wellington City Council in partnership with Regional Public Health, Te Kura Kaupapa Māori o Ngā Mokopuna and Sport Wellington was made to Sport New Zealand's Active Communities fund for a 3-year Ki o Rahi Poneke development project. The vision for Ki o Rahi Poneke is to grow the knowledge and interest of Ki o Rahi in Wellington and to engage and empower communities with low participation in sport and recreation through Ki o Rahi. The project aims to connect with organisations already working with whānau and individuals in areas of high deprivation and where engagement in sport and recreation is low.



Taniwha going for a hit



Praxis youth workers and Eastern Suburbs Youth Trust

Some key achievements from the programme so far include:

- an increase in the confidence to teach, play and referee the game of Ki o Rahi empowering individuals to recognise and grow their leadership skills.
- strong relationships and connections with a number of community organisations including schools, youth trusts and local council's city housing complexes.
- whānau participating in Ki o Rahi events after being inactive for many years and finding a sport that they enjoy and can participate in, whatever their fitness level.
- an increase in kupu Māori me ona tikanga through the planning, teaching and delivery of Ki o Rahi.

Feedback from a recent event held at Te Rauparaha Arena, Porirua with Te Kohanga Reo Kaiaka. Participants ranged from 10 years to 50 years.

"When can we play again?"

"Loved it.....awesome"

"Mum I didn't know you could run!!!"

"Nan, you are ruthless, no one wanted to 'rip your tag'"

"Can we have a whānau challenge???"

"Rawe (awesome).... didn't think I could do this for 10 minutes, but half a day later and I'm still going"

To find out more about Ki o Rahi [click here](#) or contact:

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