



Kotahitanga is when you and your group work in unity, and togetherness to achieve different goals. The feeling of working together towards a goal gives me that sense of unity and togetherness. Using things like effective communication and cooperation can help a lot when promoting kotahitanga when working towards a goal. When a group isn't working well together you don't get that sense of unity and togetherness, therefore you do not promote kotahitanga. You probably aren't using any effective communication between your peers, or you aren't cooperating and aren't doing any work within your group.

During our football assessment I demonstrated the two strategies of effective communication and cooperation to promote kotahitanga during our football assessment to help achieve our goals. Using these two strategies I was then able to work together as a team to promote kotahitanga and gain a sense of unity and togetherness between my team. I demonstrated the strategy of effective communication during our football assessment to promote kotahitanga by communicating effectively between my teammates to try and achieve the goal of scoring a goal. A specific example of this was when I went over to my teammate IC and told him "IC run up the field and when I get the ball, I will pass it to you then you can try and score". After I told IC this, he then did what I told him, he ran up the field and got close to the goal. As soon I received the ball I looked up and glanced to see where IC was. I saw him waiting near the goal, so I played a long pass to him which he then received the ball then controlled it then took a shot at goal and it went in. Me and the rest of my teammates then went over to IC to celebrate with him after he had then scored the goal. After applying the strategy of effective communication in the game of Football it then helped me to promote kotahitanga as we built up a sense of unity and togetherness in between our team.

Another way I promoted kotahitanga in the game of football during our football assessment was that I used the strategy of cooperation to help achieve the goal of scoring and to help promote kotahitanga. The definition of cooperation is the action or process of working together to the same end. To clarify it further during a football game cooperation could be used when the entire team is passing the ball around between each other to get the ball up the field and get it towards the goal so that someone could receive the ball in front of goal and take a shot and score. A specific example of when I used cooperation during the game of football in our football assessment was when I demonstrated the strategy in our drills before playing the official game. In the drill we had 4 people on the outside which formed a square and then two people on the inside trying to intercept the ball. The goal of this game was for the people on the outside to pass the ball around and make it difficult for the people on the inside to intercept the ball, if the person on the inside intercepted the ball, then they would swap out with the person who last passed the

ball and then they would continue passing the ball around. I began the drill by passing the ball to IC who then passed the ball to CB. I cooperated well with my teammates and passed the ball around making it very difficult for the people on the inside to intercept the ball. This then helped to promote kotahitanga because after passing the ball around and cooperating it built togetherness and unity.

Using these two strategies to promote kotahitanga when trying to achieve a goal during our football assessment was very effective in promoting kotahitanga because it gave all of us that sense of unity and togetherness in between our group and it helped us to achieve our goals and helped me to effectively communicate more and cooperate a lot more with my teammates. These two strategies were effective during our football assessment because using the strategy of cooperation helped to promote togetherness which then is a factor of kotahitanga because passing the ball around my teammates and getting everyone involved made the game much more enjoyable. The strategy of effective communication was effective in our game of football because it helped us to communicate a lot more between our group and helped promote kotahitanga because there was a sense of unity between our group, and we achieved our goals during the games of football and kotahitanga was promoted.