

Kotahitanga is a Māori concept that refers to unity, togetherness and solidarity. Kotahitanga helps in Physical Education, kotahitanga which working together to build towards a common goal with peers. Many strategies can be applied to develop kotahitanga, which enhances relationships, respect, and unity in group settings.

During this unit we had to select two strategies and work on them during practical lesson where we played football. We had to use these strategies to promote within or teams and class. We first got randomly sorted into teams of six. Each person in the teams took on a role whether it was coaching, Referring, warm up coach or equipment manager. I took on the role of coach.

*In my group, I took on the role of coaching. During this lesson, I started off with a simple drill which is a passing drill that works to keep your head up. I demonstrated problem-solving during the lesson, I saw that my team clearly understood the drill, and they were starting to lose interest because the intensity was dropping. Some of the boys like LA and JS even started walking. I decide to add an extra ball to increase the challenge. Making sure the drill had enough challenge to it helped promote kotahitanga making sure I had everyone knowing the basics before we advanced. This meant we could move forward together as a team. This makes sure were all on the same page and helps us work together during the lesson. During the game of eight-a-side football, I saw JS was struggling to get into a space to receive a ball I worked with my teammates to ensure he got the ball which helped promote kotahitanga by passing the ball to James and including him, helped him feel as part of team. Making sure we help each other by passing to everyone helps with inclusiveness and builds our team for togetherness. Making sure everyone has an equal chance to practice their skills. This is one example of how I used problem solving to promote kotahitanga which helps us build towards the common goal of developing our football skills and a basic understanding of the game football. My problem-solving was highly effective as everyone was involved and included within our small team. This helped with group functioning, which helps us build towards the common goal of developing as a team. One example of how I used problem solving to promote kotahitanga which helps us build towards the common goal of developing this then had a positive effect on our team. As we work together to build our skills, we build close relationships within our team.*

*Another strategy I demonstrated during the football unit was leadership. During one lesson I created shooting drills, working on controlling and shooting the ball towards a target. In this practical lesson, I showed leadership by instructing my peer through the drill. In one example KN was struggling with building power so the ball will reach the goal I helped guide him saying “try increasing your run up and maybe try a faster swing.” KN ended up scoring a goal and I congratulated him. KN scoring and learning this new skill helped our group come together and promoted kotahitanga. This promoted Kotahitanga because this helped KN’s confidence which resulted in better group functioning as we all came together to support him. This helped impact his confidence which meant he could improve and build better connections within the group, and I had a better connection with him the coach. This had a positive effect as it built better relationships within the group which meant that there were better connections within the teams. We started out with laying off the ball and then shooting and after I changed the drill to keep everyone engaged. Aiden helped me by encouraging me to take lead and work within the group he helped me display and make me promote kotahitanga. At the end of that lesson, we all became closer as not only peers but also as a team. This helped promote positive relationships within our class.*

Reflecting on my strategies I used to promote kotahitanga using both leadership and problem solving. What I learnt about leadership in this unit is that people's perception on leadership can vary. *Normally people think of leadership as someone being higher up and more knowledgeable. In my opinion, a good leader is someone who is more open to listening and helps build people up rather than just thinking they're better than everyone. In this unit, I used Problem-solving as a way of coming up with solutions to better my team's performance. Being able to identify people's individual needs and skill levels helps me to demonstrate leadership by changing the drills to create solutions where everyone can learn in and build as a team these strategies together in a group environment means that my team could promote kotahitanga and work together to develop as a team.* If I were to complete this unit again, I would like to apply my kotahitanga strategies more often during our lessons to try maximise positive relationships within my group. Hopefully meaning my peers and I will have a strong enough relationship to continue to build closer connection throughout the rest of the year.