

Title	Throw the tika		
Level	3	Credits	2

Purpose	People credited with this unit standard are able to explain how to throw, and throw, the tika.
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Classification	Niue Arts and Crafts > Niue Crafts
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Available grade	Achieved
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Guidance Information

- 1 Safe practices for the throwing of the tika should be followed to ensure the health and safety of self and others.
- 2 Definitions
Tika (or pulele) is an implement used in a traditional sporting event of Niue. It is a long throwing rod with a smooth hardwood head;
Traditional refers to a specific body of knowledge and practice held by pulotu imparted to learners through community resources such as cultural leaders and advisors.

Outcomes and performance criteria

Outcome 1

Explain how to throw the tika.

Performance criteria

- 1.1 Traditional techniques for throwing the tika are explained in terms of associated key scientific concepts.

Range techniques include but are not limited to – angles of projection, speed, force, effects of wind on flight.

Outcome 2

Throw the tika.

Performance criteria

- 2.1 Throwing action is achieved in a single motion.
- 2.2 Throwing angle and force achieve the landing required for the event.

2.3 Throwing sequence achieves speed required for the event.

Range run, steps, extended arm, whole body, forward thrust.

Planned review date	31 December 2025
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	26 July 2005	31 December 2016
Rollover	2	19 March 2010	31 December 2016
Review	3	16 April 2015	N/A
Rollover and Revision	4	27 September 2018	N/A
Rollover	5	16 December 2021	N/A

Consent and Moderation Requirements (CMR) reference	0226
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Comments on this unit standard

Please contact NZQA National Qualifications Services nqs@nzqa.govt.nz if you wish to suggest changes to the content of this unit standard.