

Po'ia Target Throwing I

by
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Grade Level: K-12

National Standards:

#1: #2: #3: #4: #5: #6:

Learning Objectives:

- The student will practice overhand throwing pattern.
- The student will work cooperatively in a group and maintain proper personal responsibility.
- The student will use proper social support.
- The student will have the opportunity to integrate mathematics during the lesson.

Space Needed:

- A large, flat area is best such as a grassy field, cafeteria, blacktop, or gym.

Equipment & Materials Needed:

- One (1) Po'ia (Hula Hoop) per pair of students.
- One (1) base to hold the po'ia per pair of students.
- One (1) rainbow stick per pair of students (may use chalk or rope).
- Three (3) yarn balls per student (two different colors per pair).

Set-Up:

- Place rainbow stick on the ground to make the ku ma hope ka laina (throwing line).
- Place the po'ia 3-5 feet from the ku ma hope ka laina (throwing line).

Description of Learning Activities:

- Two (2) students take three (3) turns each; alternating turns.
- Students must use proper overhand throwing pattern or the throw does not count.
- If the student steps on or over the rainbow stick, the throw does not count.
- The student is to throw the yarn ball through the po'ia.
- Students leave the yarn balls where they land until all yarn balls are thrown.
- Scoring: through the po'ia = 5 points.

Authentic Assessment:

- Teacher observation of students' social support and group cooperation working with their partner.
- Students give themselves an assessment regarding how they interacted with their partner.
- Instructor may use a skills checklist to determine skill level of each student, for overhand throwing pattern.