

Ihe Pahe'e

by
Kelly E. Duell, M.A.

Grade Level: K-12

National Standards:

NS # :

NS# :

NS # :

Learning Objectives:

- The student will practice using accuracy to slide a spear through two stakes.
- The student will use eye-hand coordination while participating in this activity.
- The student will display proper underhand or overhand throwing technique.
- The student will use proper social support and group cooperation while participating in this activity.
- The student will use proper personal responsibility and self control while participating in this activity.

Space Needed:

- Large, open flat grassy surface is best, which was called "kahua maika".

Equipment & Materials Needed:

- One (1) "spears" ("ihe") per student. (May use water noodles, broom sticks, or PVC piping as spears).
- Two (2) stakes per pair. (Cones may be used instead of stakes).
- Rope, tape, chalk, or flat boards, etc. to mark the throwing line.

Set-Up:

- Place the two (2) stakes 8-10" apart.
- Mark the throwing line 15-20 feet away from the stakes. Distance may vary according to the level of proficiency.

Description of Learning Activities:

- Teacher should encourage use proper vocabulary words for this activity.
- The first student stands behind the throwing line.
- The student then uses proper underhand throwing pattern to throw their spear through the two stakes at the opposite end of the "course".
- The second student may stand a few feet beyond the stakes to collect the spear, if desired.
- One (1) point is scored for each spear which goes through and clears the stakes.
- The second student and the first student switch positions, allowing the second student a turn at throwing their spear.
- Alternative: Throwing the "Ihe" for distance. The differences are: first, the students may take up to three (3) steps running before making the throw, but must stay behind the line; second, when the spear comes to rest, it must be left on the field until all spears are thrown, the student whose spear has gone the farthest receives one (1) point.

Authentic Assessment:

- Students complete a peer assessment form regarding their group cooperation and social support.
- Students and/or teacher complete a skills assessment form for underhand or overhand throwing pattern.

- Teacher video tapes the student's underhand or overhand throwing pattern, allows the student to view the video, and then complete their own assessment.
- Teacher may give a quiz on the proper terminology and vocabulary for this activity.

Debriefing & Reflection:

- Teacher orally asks questions regarding the vocabulary used in this activity to check for comprehension.
- Teacher leads a discussion about the ancient Hawaiian activity.
- In their partnerships, the students should discuss the different strategies used while throwing the spear.
- "Did you change your technique and if so why?"