

# Moa Pahe'e

by  
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**Grade Level:** K-12

**National Standards:**

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**Learning Objectives:**

- The student will practice using accuracy to slide a dart 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) "dart" ("moa") per student. (Use any object which has a torpedo shape to it).
- 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 slide their dart 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 dart, if desired.
- One (1) point is scored for each dart which goes through and clears the stakes.
- The second student and the first student switch positions, allowing the second student a turn at sliding their dart.
- Alternative: Sliding the "Moa" for distance. The differences are: first, the students may take up to three (3) steps running before making the slide, but must stay behind the line; second, when the dart comes to rest, it must be left on the field until all darts are thrown, the student whose dart 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?”