

Nou Pohaku (Kukla)

by

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Grade Level: K-12

National Standards:

NS # : 1 2 3 4 5 6

Learning Objectives:

- The student will practice using accuracy to throw a stone into bucket.
- The student will use eye-hand coordination while participating in this activity.
- The student will display proper underhand 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:

- Two (2) “stones” (“maika”) per pair. (May use small rubber balls or bean bags).
- One (1) bucket (“pakeke”) per pair.
- One (1) hula hoop (“po’ai”) per pair.
- Rope, tape, chalk, rainbow sticks, or flat boards, etc. to mark the throwing line.

Set-Up:

- Place the bucket (“pakeke”) in the center of the hula hoop (“po’ai”).
- Mark the throwing line 5-10 feet away from the bucket (“pakeke”). Distance may vary according to the level of proficiency.

Description of Learning Activities:

- Teacher should encourage use proper vocabulary words for this activity.
- Students should be in pairs.
- The first student stands behind the throwing line (“Ku ma hope ka laina”).
- The student then uses proper underhand throwing pattern to throw the 1st stone (“maika”), attempting to knock the bucket (“pakeke”) over and out of the hula hoop. Repeat with the second stone (“maika”).
- The 2nd player is the “guard”, who stands behind the bucket and sets it back up when it gets knocked down. Once the guard replaces the bucket, she tries to tag the other player before that player crosses back over the throwing line.
- If the guard tags the player, that player then becomes the guard (or players can switch after every throw).
- When the bucket is knocked over, the thrower quickly runs to the hula hoop and touches it, then runs as quickly as possible back to the throwing line without getting tagged by the “guard”.
- One (1) point is scored when the bucket is knocked over and out of the hula hoop.

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 throwing pattern.
- Teacher video tapes the student's underhand 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 stone.
- "Did you change your technique and if so why?"