

Nou Pohaku (Kukla)

by

Kelly E. Duell, M.A.

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:

- One (1) “stone” (“maika”) per student. (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 15-20 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.
- The first student stands behind the throwing line (“Ku ma hope ka laina”).
- The student then uses proper underhand throwing pattern to throw their stone (“maika”) knocking the bucket (“pakeke”) over and out of the hula hoop.
- The 3rd 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 one of the other two players.
- If the guard tags another player, that player then becomes the guard.
- When the bucket is knocked over, the 2 throwers quickly run to the hula hoop to pick up their stones, return to behind the 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?”