

Pala'ie
by
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Grade Level: K-12

National Standards:

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Learning Objectives:

- The student will practice using accuracy to catch the ball in the loop.
- 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, but any area will work.

Equipment & Materials Needed:

- One (1) self-catcher ("pala'ie") per student.

Set-Up:

- Pass out one (1) self-catcher ("pala'ie") per student.

Description of Learning Activities:

- Teacher should encourage use proper vocabulary words for this activity.
- Students should hold the self-catcher ("pala'ie") horizontally.
- Students should make the ball rotate in a complete circle before trying to catch it.
- Option: Have students swing the ball to the beat of a chant.

Authentic Assessment:

- Teacher observation students' of social support.
- Teacher observation of students' effort level in attempting to catch the ball.

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 trying to catch the ball.
- "Did you change your technique and if so why?"