

Pohaku Ho'oikaika

by

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Grade Level: K-12

National Standards:

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Learning Objectives:

- The student will practice using accuracy to throw the "Pohaku".
- The student will use eye-hand coordination while participating in this activity.
- The student will display proper shot put 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) "shot put" ("Pohaku") per student. (May use large nerf balls, or playground balls).
- Cones may be used to designate distances.
- Rope, tape, chalk, or flat boards, etc. to mark the throwing line.

Set-Up:

- Place the cones on the playing area every 1-5 feet depending upon the students' abilities.
- Mark the throwing line 1-5 feet from the first cone. 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 shot put throwing pattern to throw their "Pohaku", after which time, the landing spot is marked.
- The second student takes a turn throwing their "Pohaku", and their throw is marked.
- The student who has the furthest throw receives one (1) point.
- Alternative: The students may take up to three (3) steps running before making the throw, but must stay behind the line; When the "Pohaku" comes to rest, it must be left on the field until all "Pohakus" are thrown; the student whose "Pohaku" has gone the farthest, including the roll, 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 shot put 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?”