

Puka Kinipopo (Hole Ball)

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 circle.
- 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) “stone” (“maika”) per student. (May use small rubber balls or bean bags).
- 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 hula hoops (“po’ai”) in a straight line, two feet apart.
- Mark the throwing line 15-20 feet away from the first hula hoop. The 1st hula hoop is worth one (1) point, the 2nd = 2 points, the 3rd = 3 points, etc. 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 1st player uses proper underhand or overhand throwing pattern to throw their stone (“maika”) into one of the hula hoops (or circles, “po’ai”). Whichever hula hoop her stone lands in, she receives that number of points.
- The next player is the person’s who “owns” the hula hoop in which the previous player’s stone landed in.
- If the stone does not land in any hula hoop, the next player to throw is the person with the lowest score.
- The player who reaches the predetermined score or who has the highest score when times runs out is the winner.

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 stone.
- “Did you change your technique and if so why?”