

‘Ulu Maika
by
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Grade Level: K-12

National Standards:

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Learning Objectives:

- The student will practice using accuracy to roll a stone through two stakes.
- 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:

- Four (4) “stone” (maika) per student. (May use hockey pucks, juggling balls, yarn balls, foot bags, etc. as stones).
- Two (2) stakes per pair. (Cones may be used instead of stakes).
- Rope, tape, chalk, or flat boards, etc. to mark the throwing line.

Set-Up:

- Place the two (2) stakes 8-10” apart.
- Mark the throwing line 15-20 feet away from the stakes. 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 underhand throwing pattern to roll the first stone through the two stakes at the opposite end of the “course”.
- The student continues this pattern until all four stones have been rolled.
- The second student may stand a few feet beyond the stakes to collect the rolling stones, if desired.
- One (1) point is scored for each stone which rolls through the stakes.
- The second student and the first student switch positions, allowing the second student a turn at rolling their stones.
- Alternative: Rolling the “maika” for distance. The differences are: first, the students may take up to three (3) steps running before making the throw, but must stay behind the line; second, when the stones come to rest, they must be left on the field until all stones are thrown, the student whose stone has gone the farthest 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 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?"