

PHYSICAL EDUCATION KNOWLEDGE ORGANISER

Year 6 Dance activities – The Haka and rugby

I will learn...

HANDS

to practise & perform my group's unique version of the Haka.
 to maintain pace and smoothly change to performing in slow motion, keeping in time with music of different tempos.
 to tell a story from another culture using my body and facial expressions,
 to use a confident, loud voice when performing the Haka with others.
 to fluently link travel actions, turning & jumps, showing different dynamics on a variety of levels.
 to use basic rugby skills & game knowledge and adapt them into a dance performance.

HEAD

about the origin, history, meaning & modern use of the Haka.
 to plan in larger groups to create a unique performance.
 to remember the order of actions in particular motifs to ensure a smoothly linked performance.

HEART

to show what it means to be safe and follow all instructions.
 how to carry and move apparatus correctly and safely with others.
 to collaborate effectively with a partner safely whilst sharing space & apparatus.
 to compare my performance to my own previous efforts & also to those of others.
 to take on the challenge of more advanced & new skills & activities.
 how to lead different parts of a warm up.
 why exercise is good for my health and well-being.

Key questions: Where does the Haka come from? How do rugby players perform the dance? Why do you need to use a loud voice? What do you have to do to perform in unison without the words? How do we turn everyday sport actions into dance? What are the rules for passing a rugby ball? How do you communicate with others without talking? How did you perform these fast actions in slower motion? What was good about the performances you saw? How do you know?

Key vocabulary:

Haka – a type of ceremonial Māori dance. Haka are usually performed in a group. Actions include foot-stamping, tongue protrusions and rhythmic body slapping to accompany a loud chant.

Rugby – a full contact sport involving 15 players on each team. The aim is to score more points than the other side and points are scored through tries, conversions, penalty kicks and drop goals.

Maori – a group of people who came to live in New Zealand in the 1300s.

Formation – dancers arrange themselves in a certain way such as in a circle or lines.

Expression – the way a dancer uses movements, facial expressions and body language to show emotions.

Control – Actions can be started and stopped, shapes can be held still and directions travelled in can be changed efficiently.

Quality – Performing to the best possible standard.

Evaluate – Receive or give feedback to self / others that makes a judgement on the strengths and weaknesses of a performance.

Improve – Use judgements to make execution of movements or the performance better.

Haka lyrics and actions



1. Slap thighs twice

2. Hit chest then raise arms



3. Repeat steps 1 & 2

4. Alternate stretching arms out in front from hip x 4



5. Hold left arm out to side. Slide right arm up & down.



6. Slap right elbow x2, then left elbow x 2.



7. Slap each elbow once.



8. Raise hands



9. Jump

