

#stayhomestayactive

@PEatHome1

EXPLORE

The haka is an ancient posture dance of the New Zealand Maori people. 'Haka' simply means dance. It was traditionally performed before a battle.

The New Zealand rugby team famously perform a haka before each international rugby match.

Bright ideas:

Explore making the body shapes from 'ka mate, ka mate' – the traditional New Zealand rugby haka, made by the players in the pictures below.

Can you perform them in sequence and make your body shapes strong.

Try adding in some actions like stomping your feet, slapping your hands on your legs or arms or sticking out your tongue!

Explore what other strong shapes and actions you could make with your body. Can you vary the levels of your shapes to add interest (high, middle, low)?



<https://i.pinimg.com/originals/06/f5/6e/06f56eae22ef582f6acac700fd1774c.jpg>

@KESSPB

@awhitehousePE

@SarahLayPE

Where can I find out more about Dance?

<https://www.dancexchange.org.uk/><https://www.stepsdance.co.uk/><https://www.facebook.com/DebonairDanceAcademy/>**PRACTICE**

Choose 6 body shapes and actions from the ones that you explored earlier – these can be your own or ones from the New Zealand rugby team haka.

Spend time carefully deciding the order that you want to put the shapes and actions in. Try to get them to flow well from one to the other. Practise this until you can confidently remember and perform them.

Performance is really important in dance, so add in some scary facial expressions.

Perform your haka for your family and ask them to comment on how scary your performance was.

**Art and Design**

The Maori are the indigenous people of New Zealand. Masks are part of Maori culture and history. They had detailed designs and patterns that were often symmetrical.

Look at this example of a Maori mask then explore drawing your own spirals and patterns.

Can you make these patterns symmetrical?

Now try creating your own Maori pattern inspired mask.

**RE Challenge**

The Maori creation story tells that in the beginning there was only 'nothingness' – 'Te Kore'.

From this nothingness came Papatuanuku (Earth Mother) and Ranginui (Sky Father). They came together and their children became the gods of the Maori.

Can you find out what happened in the Maori Creation story?

What other creation stories do you know or could find out about?



Make sure you have enough room to complete the tasks.

DEVELOP

The 'dynamics' of HOW you perform a movement or action in dance are really important.

Now work on 'HOW' you could perform your actions and shapes.

Try changing the speed of one of your shapes/actions.

Now try changing how much effort or energy you put into one of your shapes/actions.

Watch the NZ men's rugby team perform 'ka mate, ka mate' again for ideas here: <https://www.youtube.com/watch?v=vYmszJ00aMM>

Practise your final haka and then teach it to the other members of your family. Perform your family haka together.

**Parent's Tip!**

Encourage your child to spend plenty of time exploring each shape and action.

Encourage them to use their whole body in their dance and add in those facial expressions for extra effect!

KS2