

Activity: Haka

Theme: Dance skills

Elements of dance: body, space, time, dynamics, relationships

Many countries have war dances. These stem from a time where the dancers drew strength and courage from spirits, gods or nature, in the hope that it would lead to victory. In New Zealand, the Haka was performed prior to battle and was designed to intimidate the opposing warriors. It is only performed by men.

1. As a class, view a Haka performance via a DVD or the internet. In the South Pacific, many island cultures developed a Haka war dance of their own. Try to find two different Hakas to view.
2. Discuss with students the types of movements used in the New Zealand Haka, the qualities of the movements and the reason the dance would be performed in unison.
3. Using **Student Activity Sheet E5.3: Haka Dane Grid**, have students draw each action/gesture they saw, give it a name, use two words for each action, and describe its quality (i.e. fast, slow, strong, direct, flickering, darting).
4. Ask students to consider the rhythm of the dance and clap it out. As a class, discuss how body percussion supports the rhythm.
5. Divide the students into two groups. They will be opposing warriors. Each group must choreograph their own version of a Haka. Allow 10–15 minutes, longer if students are on task.
6. When complete, arrange the warrior groups so that they are facing each other. One will perform while the other watches. Then vice versa.
7. As a class, discuss the success of their Haka dance battles. Ask students:
 - a. What could make it more successful/intimidating?
 - b. How has the concept of the 'haka' been adapted and assimilated into other styles of dance?

This may lead to a discussion on Hip Hop dance crews, battles and competitions.

Download

- Student Activity Sheet E5.3: Haka Dance Grid
- Ausdance “Ka Mate” haka translation

Useful resources

- [Ausdance Factsheet 13, Safe Spaces for Dance](#)
- [Ausdance Factsheet 7, Safe Dance Floors](#)
- [YouTube, All Black's Haka](#)
- [YouTube Maori Haka](#)
- [YouTube, South Pacific Youth Connections HAKA-Grant Higa Demo](#)
- [YouTube, All Blacks V Samoa's Haka](#)
- [YouTube. Kiwi's V Tonga's Haka](#)



NAME:

Student Activity Sheet: E5.3

Episode: Real Men Don't Dance

Activity:

Haka

Clip:

Men in Dance

Haka Dance Grid

In the table below illustrate some movements you saw in the Haka performance. Be sure to give the movement a name and use different descriptive words for every movement you use.

<p>Movement Name:</p> <p>Descriptive words</p> <p>1. _____</p> <p>2. _____</p>	<p>Movement Name:</p> <p>Descriptive words</p> <p>1. _____</p> <p>2. _____</p>
<p>Movement Name:</p> <p>Descriptive words</p> <p>1. _____</p> <p>2. _____</p>	<p>Movement Name:</p> <p>Descriptive words</p> <p>1. _____</p> <p>2. _____</p>

Episode 5: Real Men Don't Dance
Clip: Men in Dance

Movement Name:

Movement Name:

Descriptive words

1. _____
2. _____

Descriptive words

1. _____
2. _____