

EDSTART KNOW

- I can explain what makes a movement strong, powerful and controlled.
- I can describe how rhythm, formation and teamwork affect a performance.
- I can understand how voice and expression add meaning to movements.

EDSTART GO

- I can link strong actions together with steady timing and control.
- I can follow leader cues and move in time with my group.
- I can use voice, movement and expression safely and confidently together.

EDSTART SHOW

- I can perform strong, clear movements with focus and good posture.
- I can stay in formation and move in unison with my group.
- I can show confidence, intention and expression in a full Haka performance.

Key Vocabulary

Haka, rhythm, stance, stamp, clap, expression, unison, power pose, levels

Role Models



Richie McCaw - New Zealand Rugby Player



Buck Shelford - New Zealand Rugby Player

What do we know about The Haka?

The Haka is a powerful traditional performance from the Māori people of New Zealand. It is used to show pride, strength, unity, respect and courage. During the Haka, performers use strong actions such as stamping, clapping, sharp arm movements and bold facial expressions to tell a story and communicate powerful messages. Every movement and expression has meaning and shows the energy of the group.

The Haka is often performed at important events, celebrations and before sports matches. You may have seen the New Zealand rugby team, the All Blacks, performing it before games to show respect for Māori culture and to build teamwork and focus.

In this unit, you will progress from learning strong body positions and simple rhythms to creating and performing a structured group Haka. You will develop control, timing, formations, voice and expression, working together to perform with confidence, accuracy and purpose.