

EDSTART KNOW

- I can explain the purpose of the Haka and its cultural importance.
- I can describe how unison, canon and formations improve performance.
- I can identify what makes movements powerful, precise and expressive.

EDSTART GO

- I can perform Haka movements with increasing power, precision and control.
- I can move in time with my group using rhythm and clear transitions.
- I can take on a leadership role when creating or leading a sequence.

EDSTART SHOW

- I can perform confidently in a group using unison and clear formations.
- I can contribute ideas to choreography and help refine routines.
- I can show discipline, focus and teamwork throughout performance and practice.

Key Vocabulary

Transition, Power,

Precision, Timing,

Expression,

Leadership,

Teamwork,

Role Models



Israel Adesanya –
UFC Champion



Portia Woodman-Wickliffe
New Zealand Rugby Player

What do we know about The Haka?

The Haka is not just a dance, but a traditional Māori challenge and storytelling performance that has been passed down through generations using oral tradition rather than written language. Each Haka tells a story, sends a message, or challenges an audience, and different Haka were created for different purposes such as welcoming visitors, preparing for battle, celebrating success, or showing mourning and respect. The words, rhythm, and movements must work together with accuracy and intent to ensure the message is understood clearly.

In modern times, the Haka is still used to express identity and unity beyond sport. It is performed at weddings, graduations, funerals, cultural ceremonies and national events, showing pride in heritage and community. When performing the Haka, it is important to show discipline, respect, self-control and cultural understanding, not just power. Performers must treat the Haka with seriousness, focus and responsibility because it represents real people, history and tradition, not just a physical routine.