

EDSTART KNOW

- I can explain the cultural significance and purpose of the Haka in Māori tradition and modern performance.
- I can describe how choreography, structure and formations create impact in performance.
- I can identify how dynamics, intent and expression change the meaning of a routine.

EDSTART GO

- I can perform complex Haka movements with control, power and accuracy.
- I can lead others confidently during rehearsals and performances.
- I can refine a routine using feedback to improve timing, clarity and impact

EDSTART SHOW

- I can perform with confidence, discipline and strong performance presence.
- I can work collaboratively to create and perfect a shared group Haka.
- I can demonstrate respect, focus and mastery throughout the performance process.

Key Vocabulary

Cultural

Significance, Intent,

Choreography,

Structure, Discipline,

Evaluation,

Role Models



Roger Tuivasa-Sheck
New Zealand Rugby Player



Ayesha Leti-l'iga
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 and is used to communicate identity, history, strength, unity and respect. It is not simply a war dance, but a form of storytelling where every movement, word and expression has meaning. Different Haka were created for different purposes, including welcoming visitors, celebrating success, challenging opponents, showing pride, and remembering important events. The actions in a Haka include strong stamping, sharp arm movements, controlled footwork, chest strikes and intense facial expressions, all of which must be performed with discipline, accuracy and purpose.

Today, the Haka continues to be performed at cultural ceremonies, national events, and in world sport. The New Zealand rugby teams perform the Haka before matches to honour Māori culture, build team focus and show unity. When learning and performing the Haka in school, it is important to show respect, self-control and understanding, not just power. In this unit, you will develop leadership, timing, formations, expression and teamwork as you choreograph, refine and perform your own structured Haka with confidence, precision and respect.