

Hawaiian Hula

Skills: Music, Physical Education

Objective: Students learn about the hula dance and develop a story using hula interpretive steps.

Background

Hula is a dance form accompanied by chant or song. It was developed in the Hawaiian Islands by the Polynesians who originally settled there. The chant or song is called a *mele*.

There are many styles of hula. Ancient hula, as performed before western encounters with Hawaii, is called *kahiko*. It is accompanied by chant and traditional instruments. Hula as it evolved under western influence is called *auana*. It is accompanied by song and western influenced musical instruments such as the guitar, the ukulele and the double bass.

There are various legends surrounding the origins of hula. According to one legend, Laka, goddess of the hula, gave birth to the dance on the island of Moloka'i, at a sacred place in Ka'ana. Another story tells of Hi'iaka, who danced to appease her fiery sister, the volcano goddess Pele. This story locates the source of the hula on Kaua'i, in the north shore valley of Hā'ena.

In another story, Pele, the goddess of fire, was running away from her sister Namakaokaha'i (the goddess of the oceans) when she finally found an island where she couldn't be touched by the waves on the island of Hawai'i. There she danced the first dance of hula signifying that she finally won.

Although hula legends associate hula with women, it is actually a dance for men and women. In the distant past, it was men who performed the ritual temple dances. Men's and women's hula is basically the same. Men can be more athletic in their steps, while women tend to show a softer side.

Language Arts

1. Read and discuss background.
2. Students will work in groups to write and tell stories, using the interpretive hula movements included with this lesson.
3. Students research the origins of folk dances of other cultures.
 - Students learn steps of the dances they research and teach them to their classmates.

Music/Physical Education

1. Students follow the instructions included with this lesson to learn hula steps and hula hoop games.
 - Students work in groups to choreograph their own dances.

P.A.S.S.

GRADE 4

Reading—3.2d;
5.1abcde,2cd

Music—1.1b; 2.2; 3.6

PE—1.1; 3.3; 5.1,2; 6.1,2,3

GRADE 5

Reading—3.2e;
5.1abcde,2abd

Music—3.6

PE—1.1,2; 2.3,4; 5.3;
6.1,2,3; 7.3,4

Basic Hula Instructions

The secret of the successful hula is the coordination of the hands, the graceful swaying of the hips and the movement of the feet in one fluid motion.

1. The feet keep time and generally move in short steps.
2. The hips accentuate the rhythm of the music.
3. The fingers, hands and arms interpret the words.
4. The face and eyes express the mood.

Steps

THE VAMP—This is the basic step and is used to mark time.

1. Raise the arms level with the chest.
2. Extend hands gracefully, holding fingers together.

LEFT VAMP

1. Short step to left.
2. Right slides up beside.
3. Repeat.
4. Keep knees bent slightly at all times.

RIGHT VAMP

1. Moving arms slowly to right, take short step to right.
2. Slide left foot up beside right.
3. Repeat.
4. Shift weight gracefully to left as arms move gradually left.

Basic Interpretive Motions

SPEAK OR SING

1. Bring hands to mouth.
2. Move hands gracefully outward.

ALOHA

1. Cup hands toward you.
2. Extend arms gracefully while opening hands.

GRASS SHACK OR HOUSE

Hands form roof-top

MOUNTAINS OR HILLS

1. Arms raised sideways, palms outward.
2. One hand is peak; the other is slope.

MOON OR SUN

Raise arms high overhead in a circle, palms up, fingertips touching

LOVE OR CUDDLE

1. Arms Crossed over chest.
2. Head tilted slightly.

PAU (THE END)—This is used to mark the end of all hula dances.

1. Point right foot forward
2. Extend arms forward over toes, hands together.
3. Bow head
4. Bend forward from the waist.

Hula Hoop Games

Hula hoops were not invented in Hawaii but were named for the hula dance by sailors who had visited Hawaii in the 18th Century and noticed the similarities between hula dancing and hooping. Children around the world have played with hoops—twirling, rolling and throwing them throughout history. Traditional materials for hoops include grapevines and stiff grasses. Today they are often made of plastic. In Egypt, around 3,000 years ago, hoops made of grape vines were propelled around the ground with sticks. In the 14th century, hooping was popular in England and medics blamed it for heart attacks and back dislocations.

THREAD THE NEEDLE

1. Members of each team join hands in a circle with a hula hoop hanging from one person's arm.
2. When play begins, the person with the hoop must step through it and pass it to a neighboring player without letting go of her teammates hands.
3. The next player does the same thing.
4. The team that gets the hoop back to the starting player first wins.

HULA HOOP JUMPING

1. Use a very large hula hoop to jump and skip around the playground.
2. Once you get the hang of it, have hoop jumping races.

HULA HOOP OBSTACLES

1. Set up a hula obstacle course—Create different stations with various tasks such as:
 - Station 1: Hula hoop for 10 spins.
 - Station 2: Jump through three hoops that are held by three different people.
 - Station 3: Jump rope with a hula hoop while singing “Miss Mary Mack” or other silly rhyme.

BALANCING ACT

Pairs jointly balance the hoop using a specified part of the body. For example, one set of partners may try to balance the hoop using only their knees or shoulders. If they succeed, the other pairs must follow suit or be eliminated.

HOOP TOSS

1. Scatter cardboard boxes or empty plastic soda bottles around the yard with space between each.
2. Write point numbers on each box or bottle.
3. Take turns gently tossing hula hoops to encircle the boxes.
4. The player with the most points wins.

Pineapple Recipes

TROPICAL PARADISE SMOOTHIE

- 1 cup pineapple-orange juice
- 1 medium banana, peeled and sliced
- 1 cup ice cubes
- 3/4 cup diced pineapple
- 1/2 cup vanilla yogurt
- 1 tablespoon flaked coconut

Combine all ingredients and blend until smooth. Makes 2 large servings

CHERRY SALAD

- 1 can cherry pie filling
- 1 can sweetened condensed milk
- 1 small can drained pineapple chunks in juice, drained
- 1 8-ounce carton whipped topping

Mix all ingredients together and freeze in airtight container.

To serve, remove from freezer and allow to soften slightly. Makes 6 servings.