

Intended for Grades: 8 -12 **Estimated Time:** 45 min.

Lesson Title: PADDLING PROGRESSIONS-Learning About Achieving Success

Lesson Purpose: Students will:

- Learn about canoe paddling in Hawaiian culture to gain understanding of the importance of patience, responsibility, support systems, and having a destination to paddle to.
- Participate in an activity that teaches critical thinking, collaboration, and observation skills.
- Revisit personal goals and apply new learning about the canoe to help achieve them.

Materials & Preparation:

Paddling Handout - Roles of each seat - one for each 6 man team (See below)
Wa'a Story (See Lesson Resource PPT)
Paddles (See below on ideas of how to make paddles)
Chairs
Student worksheet - Setting Your Course

Background Information:

The wa'a or canoe is an important foundation of Hawaiian culture, past and present. From the extended journeying done by ancestors to the cultural revival in the 1970's which re-ignited voyaging for Hawaiians, the canoe has been a critical support to island cultures in Hawaii as well as around the Pacific.

The four-year Polynesian Voyaging Society's worldwide voyage beginning in 2014 by two double-hulled wa'a, Hokule'a and Hikianalia, is a monumental and historic effort that exemplifies what it takes to be successful. In the planning and preparation stages for years, this journey is supported by a huge number of people who will directly participate or indirectly help in a huge variety of ways. Crew training is extensive. Fundraising efforts have been huge. With a deep commitment to the purpose of *mālama honua*, caring for the earth, this epic voyage demonstrates the knowledge and dedication needed to succeed in anything desired.

Steps

1. Set lesson intention and find out prior knowledge of participants.
 - Invite students to start thinking about where they see themselves going to... for the rest of today, during this week, this month, or in a year. Have them focus on "destinations".
 - Find out how many students set personal goals and how many know about paddling (participate in a canoe club or paddle with family or by themselves).
2. Post and talk about the Olelo No'eau, "Hahai ka `ino i ka ho`okele `ole," translated, "Danger is imminent when there is no steersman." (See below) Have participants repeat Hawaiian and English. Have them write what they think this wise saying may mean. Discuss their responses.

3. Pass out paddles. Share protocols for this activity where participants will take short journeys (use care to not hit others, no playing around, etc.) Share directions on how to use a paddle

Basic Paddling Directions:

- Paddlers alternate sides (I.e.: 3 paddlers on the right & 3 on left in a 6 man)
- Right foot is forward on right side; left foot forward for left side
- 12 strokes taken before switching sides:
 - * On 11th, caller say “hep” (Some counts may vary, important to listen to caller)
 - * On 12th caller says “ho” -
 - * Then paddlers change side

4. Have participants move their chairs so each has some paddling space. Give them a land point direction familiar to most of the youth in the area. (E.g.-*Imagine you are at Ala Moana Beach Park, and your destination is Diamond Head, Kuhio Beach.*)

Have paddlers imagine they are alone on their canoe; using the paddling and steering directions, have them paddle for 2 minutes.

5. Debrief by asking: *What were you thinking, visualizing, or feeling as you paddled in your one man canoe?* Discuss what felt positive and any challenges that were felt.

6. Next, have participants find a partner for a two-man canoe.

- * Pairs decide who will be the stroker/caller and who will be the steersman.
- * Give them their destination (I.e.: Diamond Head to Hawaii Kai). Have them paddle together for two minutes.
- * Debrief by asking: *What were some values paddling as a 2 man? How did it feel compared to paddling your own canoe?*

7. Next, group together 3 pairs to make 6 man teams. Pass out (or project) the handout “Six Seats in An Outrigger Canoe” (see below).

- * Ask them to decide who sits in which seat in the canoe and then line up their chairs
- * Give them a longer destination to paddle across the island; have them plan their route.
- * Have teams paddle for 3 minutes this time.
- * Debrief by asking: *What were some values of the 6-man wa’a? What were challenges? What were you thinking, feeling, or visualizing as you paddled? How did you decide your route and who sat in which seats?*

8. Introduce a story about Hawaiian canoes that shares about the knowledge and practices of these ancient voyagers. Ask students to think about the values that helped these people achieve their goals.

- * Ask them to listen for information on what these voyagers did to ensure success, and why they did these things.
- * Read the lesson resource PPT story entitled “The Wa’a”.
- * Ask students to talk with their partner and identify two things these voyagers did that helped them successfully accomplish these very long journeys.
- * Facilitate sharing; chart responses for reference, writing down actions and values students identified that were demonstrated by these ancestors.

9. Reinforce some important concepts presented in this story and from the World Wide Voyage:

- It takes time and energy to prepare for anything you want to accomplish. Share that it took 6 years to prepare for the World Wide Voyage by Hokule'a and Hikianalia. (See *Star Advertiser* article or visit *Hokule'a website listed in resources below.*)

- Your life voyage will find you at times in different canoe seats or types of wa'a. Both people and life's circumstances help us experience these different roles.

- To help students learn about problem solving, you can ask: "What can you do if you are in a 6-man canoe but it feels like a one man?" (Discuss if this is possible, why it might happen, and how to shift situation.)

10. Conclude the discussion by reiterating how the values demonstrated in this story can help individuals achieve goals. Share one example of a value in the story you recognize and how it represents something you believe.

11. Distribute the student worksheet "Charting Your Course". Ask students to share at least two goals and two ideas learned from the story to help them find success.

Reflection Questions:

* *What's the most important idea you learned from this lesson and story?*

* *What is one change you plan to make that will help you achieve your goals?*

Resources:

www.hokulea.com

<http://www.panamuna.com/guide.php?item=Paddling-Technique>

<http://www.youtube.com/watch?v=vLOJURQin78>

<http://www.lokahi.us/wp-content/uploads/2012/03/paddler-guidelines-packet.pdf>

http://www.staradvertiser.com/news/20140518_Were_going_Were_going_Its_time_to_go_.html?id=259704581

How to Create Simulated Outrigger Canoe Paddles

1. Use cardboard: Gather large boxes, cut a model from a real example if possible, and have students draw and cut out their own paddles. Reinforce the handles with any sticks or materials they can gather if needed.

2. Use PVC pipe and cardboard: Make handles out of PVC pipe for the handles. Have students cut out two cardboard pieces for the paddles and tape them on.

3. Use Yardsticks and used file folders: Find used yardsticks or ask for donations from hardware stores. Have students cut paddle shape from old file folders and tape onto yardstick.

Six Seats In An Outrigger Canoe

Adapted from: <http://www.lokahi.us/wp-content/uploads/2012/03/paddler-guidelines-packet.pdf>

“Each individual seat has a specific responsibility in the canoe. Everyone must work together as a team and crew to be successful.”

Seat 1. The Stroker:

- * Pace setter position in the canoe
- * Must be a strong paddler with a good sense of rhythm and timing
- * Be able to feel the canoe in the water
- * Know when to blend with crew by increasing stroke rate, increase or decrease length of stroke as conditions change, or when to add power within the stroke.
- * All paddlers must follow seat #1; Stroker must blend with the entire crew.

Seat 2. The Caller:

- * Calls changes in the canoe in a strong voice to inspire crew
- * Sets up the turn during sprint races
- * Knows when, and when not to call a change at important times:
 - During open water ocean racing situations
 - At the start and finish of a race
- * Work closely with seat #1 by not rushing the Stroker, keeping time, and by encouraging the Stroker if they become fatigued.

Seats 3,4,5. Engine Room:

- * Power seats: Paddlers must be strong and keep the same rate as #1 and 2.
- * The key to powering up out of turns
- * Protect the *ama* from popping (Seat #5 is very important to protect the *ama* in rough water situations, and helps the steersman when asked.)

Seat 6. The Steersman:

- * Usually your most experienced paddler
- * Is the Captain and leader of the canoe
- * Controls the entire crew
- * Only this person should be heard talking in the boat
- * Will call out rate change or timing to keep everyone in sync with each other
- * Encourages the crew when they are fatigued or falling behind in a competition

“TOGETHER UNITY!!! These six seats must work together in harmony on timing, changes, and power to achieve the ultimate goal, “the glide or sweet spot”. This makes the canoe easy to paddle in all water conditions.”

Hahai ka `ino i ka ho`okele `ole

Danger is imminent
when there is
no steersman.

'Olelo No 'eau by Mary Kawena Pukui

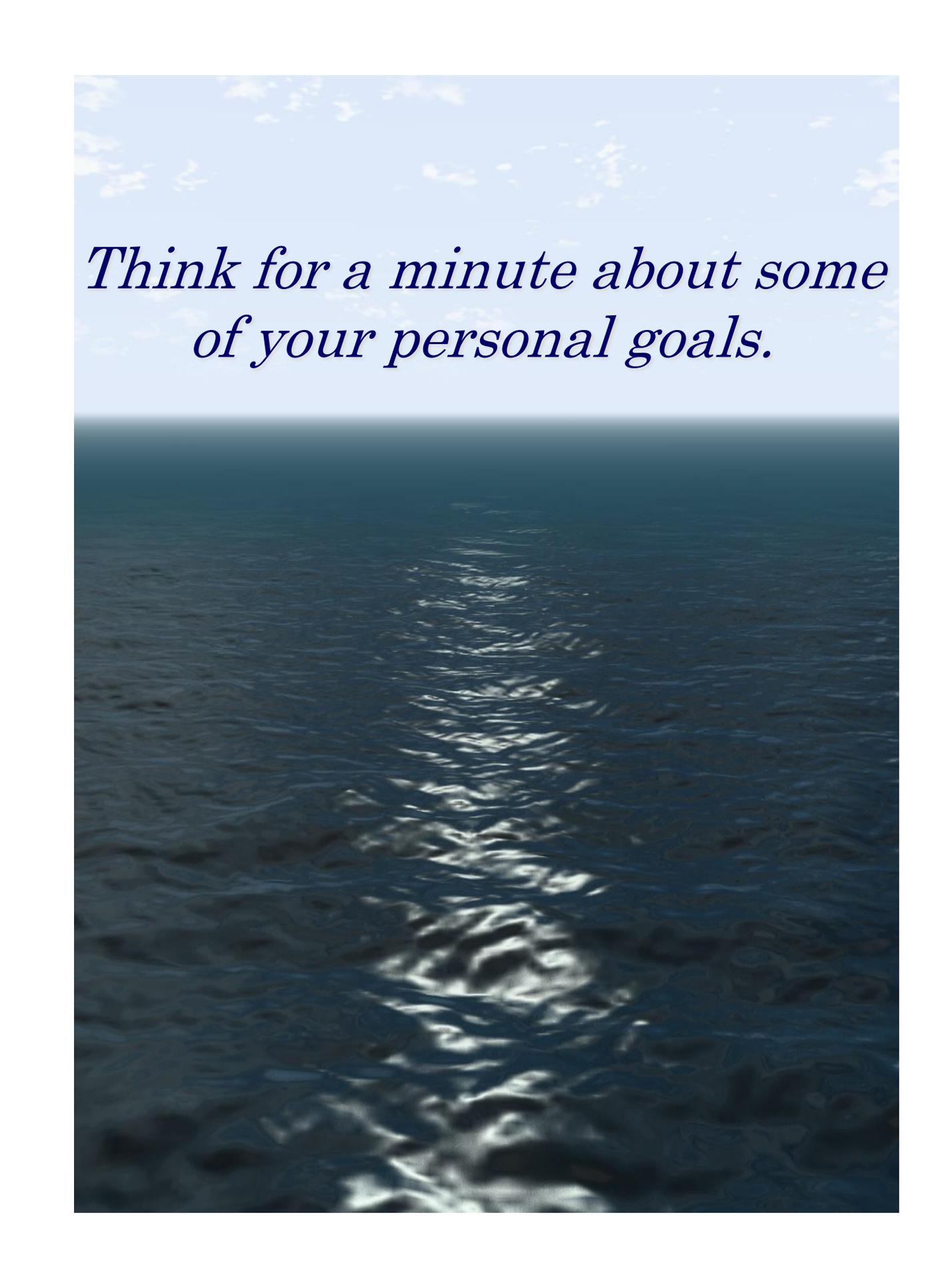
Name _____ Date _____

Setting Your Course

List two or more of your personal goals: (I.e.: want to lose 20 lbs, find a job, improve in a class or sport, etc.)



What is something you learned from the story *The Wa'a* that can help you achieve your goals?



*Think for a minute about some
of your personal goals.*

The Wa'a

The canoe was the basis for Polynesian voyaging. More specifically, the canoe was the hub of cultural activity. Strict discipline, complete teamwork, and precise planning were essential for its success.

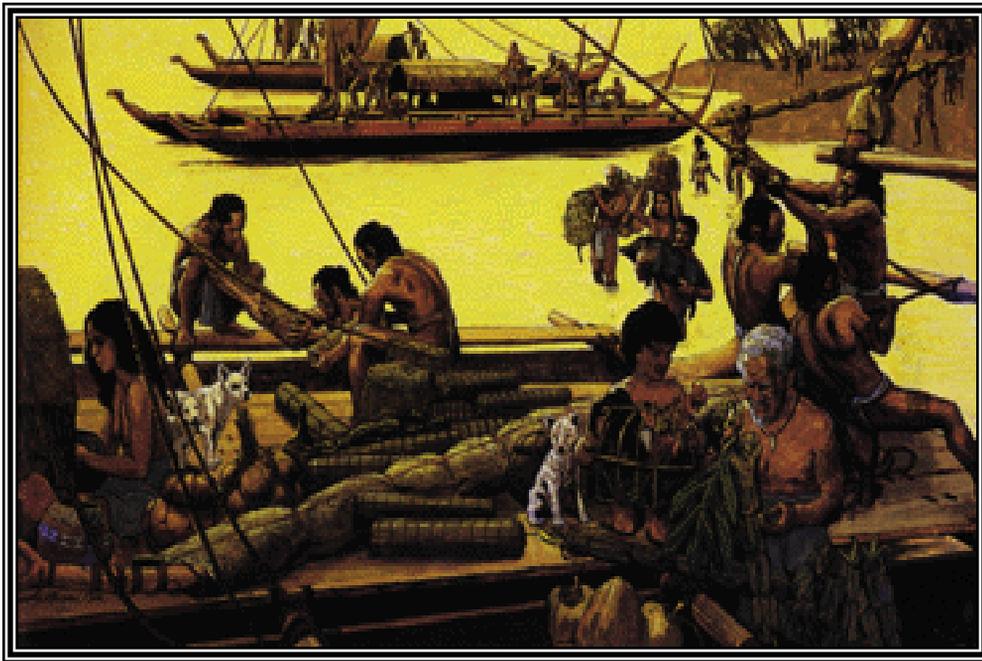


No margin of error was tolerated, as the open sea was merciless toward miscalculation by man. Using the ancient canoe as a model, a closer look at voyaging, or preparing for a voyage illustrates dramatically the same principles and practices that can be applied toward success today.

Cultural methods were diverse and complex, and people familiarizing themselves with these can easily convert those principles to modern-day practices.

Before any voyage is attempted, months and even years of preparation are applied. The destination is predetermined, the distances calculated, and the time frames established. Dry foods are prepared months in advance.

Crews are trained with precision. Equipment and spare parts are cataloged and stored.



Plants and alternatives are discussed, with every possibility anticipated. The mighty ocean allows no second chance. Centuries of experience and technology stored in the minds of these island-based mariners must suffice. Their efforts must be absolute... for if one fails, all fail.

However, the Polynesians were not at a great disadvantage, as years of practical experience and mental data gave them an empirical edge for these voyages.

Today we can apply the very same principles used by ancient voyagers. Maximum effort and energy are required and expected if success is to be the end result. Elimination of all surprises gives everyone success.

