



# MAKE A MOVE & PLAY

## KOKIRITIA TE TĀKARO

### SKILL FOCUS

- Throwing
- Catching

### COMPLEXITY



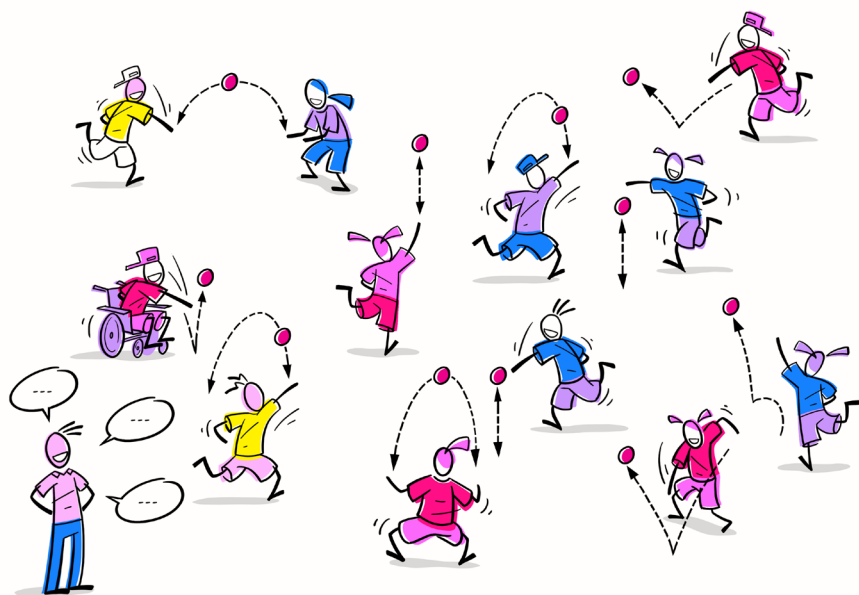
### WHAT OTHER SKILLS COULD BE INVOLVED

Running, Hopping, Skipping & Perception Skills.

### THINK QUICK — WHAT TO LOOK OUT FOR

- Encourage Smashies to think about a bucket shape with their hands when catching.
- Encourage Smashies to think and explore how they move with a focus on balance.
- Encourage Smashies to think about moving in different directions and how they could do this.

## SET UP



## LET'S PLAY

- Every Smashie has a ball (or bean bag).
- Smashies are to continuously move around the area.
- Instruct Smashies to try different skills with their ball, for example; little catch, bounce and catch, eye level catch, place ball on the ground and pick up.
- Encourage the Smashies to move in different ways while trying the different skills, for example; hopping, skipping or jumping.
- Smashies can join as pairs and work with their partner to bounce and catch the ball between them, this can be done either statically or while moving.
- Be imaginative with movement instructions, for example; move like a frog, move like a rabbit.

## EQUIPMENT



Cones, Balls (Small or Large).  
Extras - Bean Bags.

## TIME



5 minutes on activity.

## SMASHIES GROUP



Small or large groups.

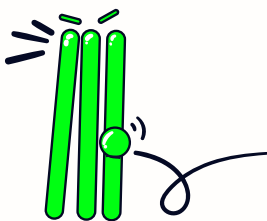
# VALUES

(PROMPT THE SMASHIES)



## HONESTY PONO

How could the Smashies be honest when they play this game?



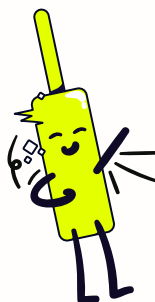
## SUPPORT TAUTOKO

In what ways can Smashies support their partner or teammates when playing?



## COOPERATION MAHI TAHI

How could Smashies work together when they play?



# MIX IT UP

- ⊖ Start simple, the ball stays in hand and the Smashie places ball on named body part whilst running around.
- ⊖ Use larger balls or bean bags.
- ⊕ Increase the variety and speed of commands to the Smashies, encouraging quick decision making.
- ⊕ Introduce one-handed catching.

# SMASH IT UP



Mission – create a self-challenge, encourage Smashies to count their number of catches without a dropped catch. Receive an **Extra Life** when they get a new high score, next time around if they drop a catch they can keep going.



Boss Battle – Smashies vs Activator / Coach / Whānau / Teacher (timed number of catches).



Arena Mode – Each time the ball is thrown it needs to go higher to make its way over the force field.

# SMASHIES VALUES

(REFLECT WITH SMASHIES)

- What were some of the ways that your team cooperated today?
  - How did you show support for each other?
  - How were you honest in the game?



I did a good job of being cooperative / supportive / honest



I was OK



I wasn't cooperative / supportive / honest



FIND MORE INFO :)



## DON'T FORGET TO ASK THE SMASHIES



- Reinforce the positive: *I Like the way you...*
- Is it easier to catch when you are moving or standing still?
- What is the shape of your hands when you catch the ball?