



SKILL FOCUS

• Underarm Throwing

COMPLEXITY



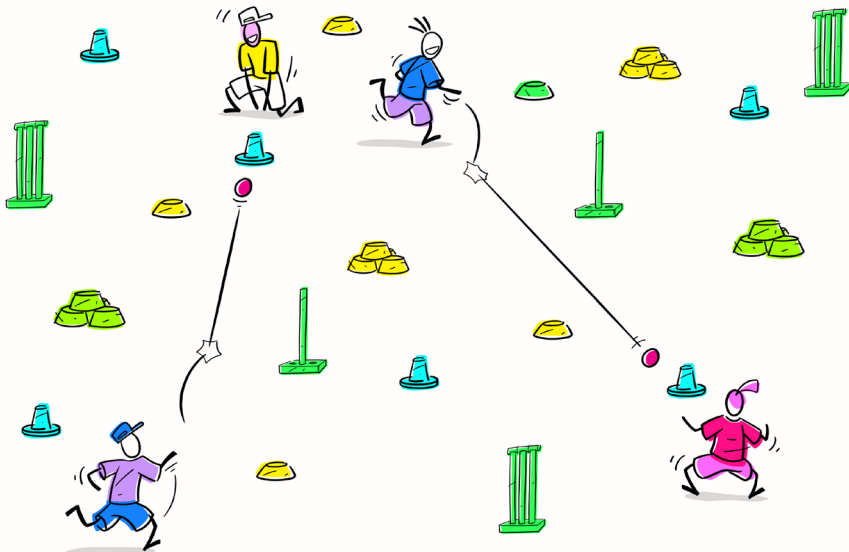
WHAT OTHER SKILLS COULD BE INVOLVED

Movement – Running, Walking, Perception Skills & Fielding.

THINK QUICK — WHAT TO LOOK OUT FOR

- Encourage Smashies to think about how to step towards the target and how to swing their arms.
- Encourage Smashies to think about where they are aiming. What about the target could help them focus.

SET UP



LET'S PLAY

- Create a colourful environment of targets using space as required.
- Targets are spaced at a range of distances to cater for different abilities within the group.
- Smashies are to work in pairs, with one Smashie rolling the ball towards the first target, and the second Smashie waiting behind the target gathers the ball. The ball gatherer then rolls from the first target towards a second target of their choice.
- Each target hit scores a point.
- The ball must be rolled along the ground with one step towards the target allowed.
- The game can be timed to find a winner, or played twice to allow self-challenge for Smashie pairs.

EQUIPMENT



Cones or Other Targets.
Balls (Small or Large).

TIME



10 minutes on activity.

SMASHIES GROUP



Small or large groups (split into pairs or teams) or try it at home with someone.

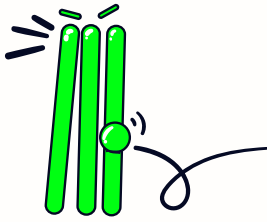
VALUES

(PROMPT THE SMASHIES)



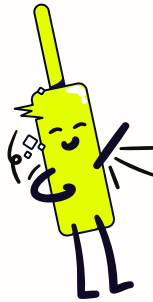
HONESTY PONO

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

- ⊖ Make the targets larger and / or make distances smaller.
- ⊕ Make it a race, introducing running and speed (how many targets can you hit in one minute).

SMASH IT UP



Mission – Use non-dominant hand for an **Energy Boost** and points are doubled.



Boss Battle – Smashies vs Activators / Coaches / Teachers / Whānau.



Arena Mode – Make the arena smaller (remove targets) or bigger (add targets) as the game progresses. Add in obstacles between targets.

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



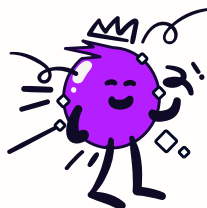
I was OK



I wasn't cooperative / supportive / honest



FIND MORE INFO :)



DON'T FORGET TO ASK THE SMASHIES



- Reinforce the positive:
 - I Like the way you...*
- How did you throw the ball when targets were closer to you?
- What body parts did you use more to roll the ball at a target that was further away from you?
- Did the ball travel faster in the air or on the ground?
- What shape did you make with your body to stop the ball?