



SMASH45

HAUKURU WHA TEKAU MA RIMA

SKILL FOCUS

- Throwing
- Bowling
- Running
- Batting

COMPLEXITY



WHAT OTHER SKILLS COULD BE INVOLVED

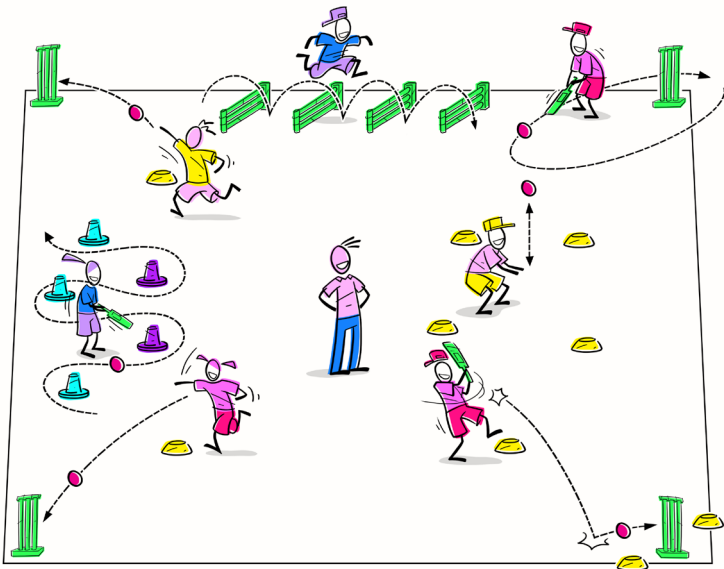
Movement – Jumping, Landing, Evading & Perception Skills.



THINK QUICK — WHAT TO LOOK OUT FOR

- Encourage Smashies to think and explore how they move in different ways and directions, with a focus on balance.
- Encourage Smashies to think about bucket hands, how they could step towards a target, how they use their arms and how they swing the bat.

SET UP



*Note: Multiple children can be performing an activity at a station.

LET'S PLAY

- Use a variety of equipment to create a skills circuit.
- All Smashies have their own ball and make their way around the circuit at their own pace.
- Get creative and include a range of cricket skills and movement styles.
- Introduce a points element for each part of the circuit (e.g. 1 point per catch, 1 point per target hit, 1 point per hurdle jumped).

Example course:

1. Fundamental Movement Skills – Jump or hop over hurdles.
2. Batting – Using your bat, dribble around the wickets.
3. Catching – Take 5 clap catches.
4. Throwing – Throw at the target.
5. Batting – Hit at the target.
6. Fundamental Movement Skills – Weave through the wickets.
7. Bowling – Bowl at the target.

EQUIPMENT



Cones, Balls (Small or Large), Wickets, Bats.
Extras – Hula Hoops, Ladders, Hurdles.

TIME



10 minutes on activity.

SMASHIES GROUP



Larger group.

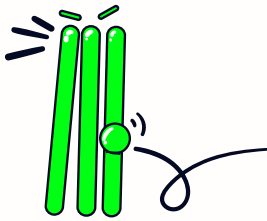
VALUES

(PROMPT THE SMASHIES)



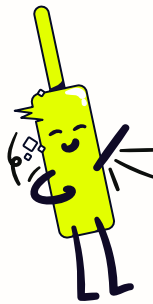
HONESTY PONO

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

- ⊖ Begin by walking through the course without a ball or bat.
- ⊕ Make it a race – Race your partner or the clock.
- ⊕ Make it a relay – Each Smashie is responsible for a specific section of the circuit. Once the first Smashie has completed the first skill, they tag the second and they complete the next skill... and so on. Mix up the allocation of stations so everyone in the relay team tries each station.

SMASH IT UP



Mission – Each Smashie completes the circuit once and makes a self-challenge. If they are successful with the challenge, they can become a Super Smashie who helps design a new activity for all to try.



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



Arena Mode – Smashies to get creative and imaginative in creating extra challenges or obstacles.

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...*
- What was your favourite station on the course and why?
- How many different ways did you use your body across all the activities?
- What activities were you most successful at and why do you think that is?