





SKILL FOCUS

Throwing

Catching

COMPLEXITY

WHAT OTHER SKILLS COULD BE INVOLVED

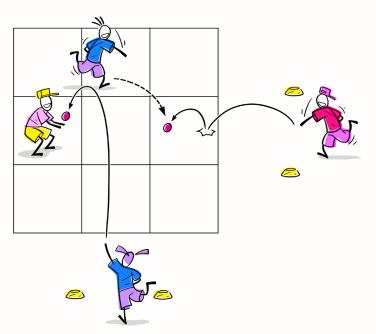
Movement – Running, Walking & Perception Skills.



THINK QUICK — WHAT TO LOOK OUT FOR

- Encourage Smashies to think about a bucket shape with their hands when catching.
- Encourage Smashies to think where the ball is travelling to and move to take the catch.

SET UP



LET'S PLAY

- Set up a line 10 paces away from the edge of the 9 square "box" which is the throwing line.
- Set up a line 5 paces from the edge of the box either off to the side, or on the opposite side, which is the "catchers" line.
- One Smashie partner throws or lobs the ball towards the box, with their team-mate running into the box to try to catch the ball.
- If the ball is caught before it bounces, then the Smashie team can claim the square in which the catch is made, placing their coloured cone in the square.
- The other Smashie team then attempts their first throw and catch, with turns alternating between the teams.
- The goal is to create a line of three squares in a row – noughts and crosses.

EQUIPMENT



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

TIME



10 minutes on activity.

SMASHIES GROUP

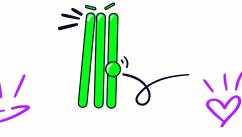




Small or large groups (split into pairs or teams) or try it at home with someone.

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

- Have the catcher waiting in the square which they wish to try and claim.
- Utilise bean bags instead of a ball.
- Bring the throwing line closer.
- Vary the start position of the catchers so they have to move from a different side or even from where the throw is made (so that they take an over the shoulder catch).
- Move the throwing line further away.
- ① Introduce hitting a ball from the throwing line.

SMASH IT UP



Mission – Catch with one hand and the Smashie team gets an **Extra Life** (they can take the immediate next turn).



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



Arena Mode – Make the squares smaller or bigger as the game progresses.

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





DON'T FORGET TO ASK THE SMASHIES



- Reinforce the positive: I Like the way you...
- What is the shape of your hands when you catch the ball?
- How would you throw the ball to make it easier for your teammate to catch it?