



EXAMPLE SESSIONS - BASED ON COMPLEXITY



Example session A: Complexity Level 1

Free play

Make A Move | Kokiritia Te Tākaro

Throwing; Catching

A game for Smashies to explore movement and ball skills, including catching and throwing. An energetic game with lots of movement.

Rock 'n' Roll | Toka Pīrori

Bowling

With a colourful series of targets set-up, Smashies play in pairs with one rolling the ball towards a target and their partner waiting to field the ball. Each pair moves around the targets, a timed game can be used for self-challenge and improvement

Junk Yard Smash | Haukurutia Te Para

Batting

With a series of gate targets set up to create a junk yard, Smashies hit balls towards the junk (cones and other equipment). Every junk gate hit through scores a point.

Ensure you have time for a values reflection to end the session



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Example session B: Complexity Level 1

Free play

Build a Bridge | Hanga Te Piriti

Catching; Throwing

Playing in pairs, Smashies throw and catch a ball – stepping further apart with each succesful catch, or closer together with a dropped catch. Each succesful catch is building a bridge, who can build the longest bridge?

Super Stars | Ngā Whetū Rongonui

Throwing; Overarm bowling

Develop the movement of overarm bowling by being a 'star'.

Adventure Holes | Haerenga Kōruarua

Batting

With a series of islands set up (similar to a golf course), Smashies play in pairs to hit from one hole to the next, taking them on an adventure around the course. Count how many shots it takes to get to each island and try to improve your best score.

Ensure you have time for a values reflection to end the session



EXAMPLE SESSIONS - BASED ON COMPLEXITY



Example session C: Complexity Level 2

Free play

Hit, Catch & Play | Haukuru, Kapo, Tākaro

Batting; Catching

Playing in pairs, Smashies hit catches to their partner. Once the pair have made five continuous catches, the catcher takes a step back. It's simple – hit, catch and play!

Super Bowl | Epana Nui

Bowling; Catching

Playing in pairs or small teams Smashies bowl towards a series of target cones set up in front of wickets. Once a cone is hit with a Super Bowl, it gets put on the wickets. Play for time or a self-challenge to collect the most cones.

Castle Smash | Haukurutia Te Pā

Bowling; Underarm throwing

Playing in small groups each game has a bowler, a batter and a wicket keeper. The bowler is trying to smash the castle (wickets), which the batter is trying to defend. Points are scored for smashing the castle or successfully hitting the ball towards targets.

Ensure you have time for a values reflection to end the session



EXAMPLE SESSIONS - BASED ON COMPLEXITY



Example session D: Complexity Level 3

Free play

Tic-Tac-Toe Challenge | Korewhiti

Throwing; Catching

Playing in pairs or small teams, Smashies move, throw and catch across a tic tac toe grid to get three squares in a line. You've got to think and move quickly!

Hoop Smash | Haukurutia Te Porohita

Bowling; Catching

Playing in pairs, Smashies bowl the ball into a hoop, bouncing it as high as they can challenging their partner to catch it.

Play 360 | Tākaro Hurihuri

Batting; Throwing

Playing in at least two teams – batting and fielding – Smashie batters hit balls 360 degrees around the arena. They run around cones to score while the fielding team collects the balls. The team with the most runs is the winner. Lots of quick changes, lots of action.

Ensure you have time for a values reflection to end the session