



BOWLING BLAST OFF

EPANA TAUMĀHEKEHEKE

SKILL FOCUS

- Bowling

COMPLEXITY



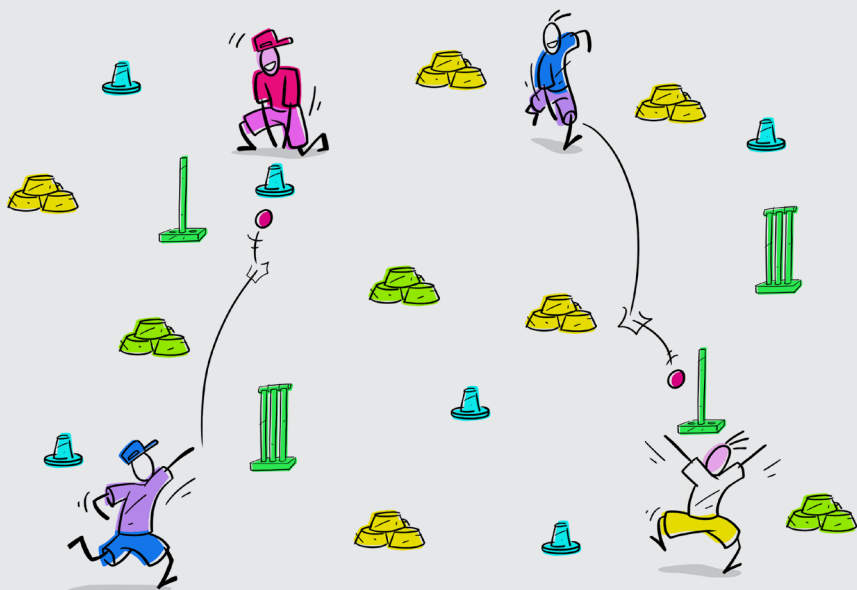
WHAT OTHER SKILLS COULD BE INVOLVED

Movement – Running, Walking, Jumping, Landing, Fielding & Perception Skills.

THINK QUICK — WHAT TO LOOK OUT FOR

- Encourage Smashies to think about what bowling with a straight arm might look or feel like.
- Encourage Smashies to think about where they are aiming. What about the target could help them focus.
- Encourage Smashies to think about what they could do with their front arm.

SET UP



LET'S PLAY

- Different targets are spaced at a range of distances to cater for different abilities within the group.
- Smashies work in pairs - one bowling towards a target of their choice. The Smashie partner has to be behind the target to stop the ball (replicating a wicketkeeper).
- Each target hit scores a point.
- The game can be timed to find a winner or played twice to allow self-challenge for Smashie pairs.

EQUIPMENT



Cones, Balls (Small or Large).
Wickets, Extras - Other Targets.

TIME



10 minutes on activity.

SMASHIES GROUP



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

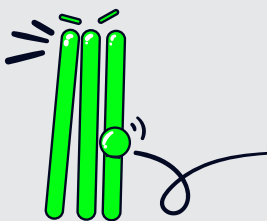
VALUES

(PROMPT THE SMASHIES)



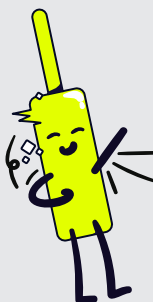
HONESTY PONO

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.
- ⊖ Allow underarm bowling with a step towards the target.
- ⊕ Make it a race, introducing running and speed (how many targets can you hit in one minute).
- ⊕ Encourage decision making with different coloured cones. Call out a colour for Smashies to bowl towards.

SMASH IT UP



Mission – Achieve an **Energy Boost** by hitting the target on the first bounce to get double points.



Boss Battle – Smashies vs Activators / Coaches / Teachers / Whānau. (Who scores the most points).



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

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



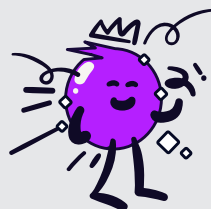
I was OK



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 is the best way of aiming at a target when you are bowling?
- Why does it help to keep your arm straight when you are bowling?
- Should the ball come out of your fingers or the palm of your hand when you are bowling?
- How do you need to bowl if the target is closer or further away?