



HOOP SMASH

HAUKURUTIA TE POROHITA

SKILL FOCUS

- Throwing
- Ground Fielding

COMPLEXITY



WHAT OTHER SKILLS COULD BE INVOLVED

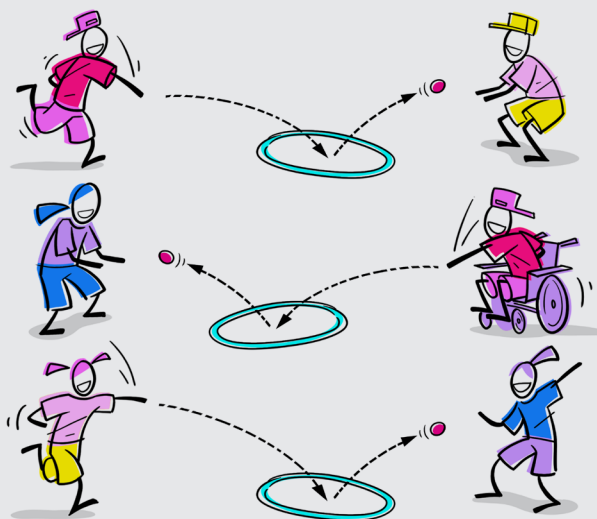
Movement – Walking, Running, Jumping, Landing & Throwing.



THINK QUICK — WHAT TO LOOK OUT FOR

- Encourage Smashies to think how far away they should be from the hoop when bowling and / or catching.
- Encourage Smashies to bowl down into the hoop hard.

SET UP



*Note: Hoop or small circle of cones between each Smashie. Smashies decide how far from the hoop they stand.

LET'S PLAY

- Bowl the ball **HARD** down into the hoop to make it bounce high.
- Partner catches and returns (they can move closer).
- A point is scored when the ball hits the ground without being caught.

EQUIPMENT



Cones, Balls (Small or Large), Hula Hoops.

TIME



5 minutes on activity.

SMASHIES GROUP



Pairs or try it at home with someone.

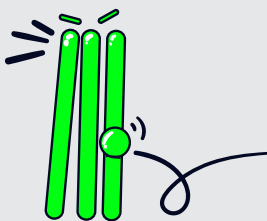
VALUES

(PROMPT THE SMASHIES)



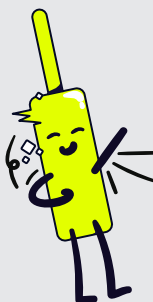
HONESTY PONO

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

- ⊖ Throw the ball into the hoop.
- ⊕ Work as a pair challenging other pairs – first to 10. To do this introduce a line of cones far enough back for each pair so that the ball has to be bowled hard to bounce that distance.
- ⊕ Introduce objects for movement – jumping over cones before bowling.
- ⊕ Bowl the ball into the hoop / cone and have the Smashie partner catch it with one hand.

SMASH IT UP



Mission – Challenge the Smashie pairs to catch as many catches as possible in a set amount of time. Once a Smashie pair catch “x” number in a row they gain an **Extra Life** (free drop). This can be individualised for each pair.



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



Arena Mode – Introduce a cone that the ball must travel past on the full. The Smashie partner must stand between halfway between this cone and the hoop and turn to chase and catch the ball to score a point.

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



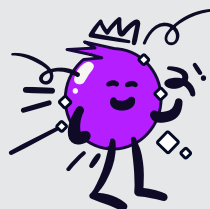
I was OK



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 do you get the ball to bounce high?