



# SUPER HIGH FIVE

## PEKE, PAKIA

### SKILL FOCUS

- Running
- Bowling

### COMPLEXITY



### WHAT OTHER SKILLS COULD BE INVOLVED

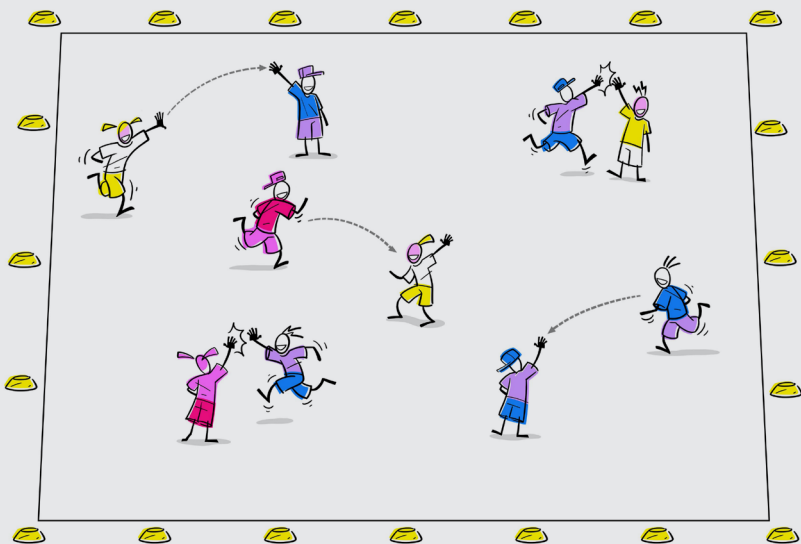
Jumping & Perception Skills.



### THINK QUICK — WHAT TO LOOK OUT FOR

- Encourage Smashies to think about how they could leap to complete the High Five.
- Encourage Smashies to think about reaching as high as possible with their arm.

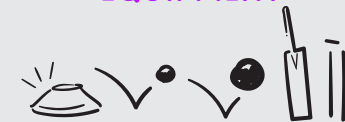
## SET UP



## LET'S PLAY

- Set up a coned area and split the Smashies into two groups.
- The first group are to spread themselves out in the arena to act as High Five statues with one arm raised high.
- The second group are to be High Five taggers, leaping into the air to complete a High Five.
- The taggers are to run around the arena jumping and making a High Five with as many statues as they can.
- Each High Five achieved equals 1 point scored.
- The game can either be timed or each Smashie must try to High Five each statue.
- Smashies swap roles.

### EQUIPMENT



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

### TIME



5 minutes on activity.

### SMASHIES GROUP



Small or large groups, or try it at home with someone.

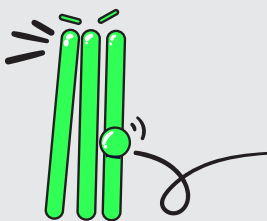
## VALUES

(PROMPT THE SMASHIES)



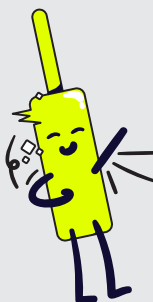
### HONESTY PONO

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

- ⊖ Lower the High Five height so that any Smashie can achieve a touch with an outstretched hand.
- ⊕ Have the Smashies run in and jump with a ball in their hand. The Smashie partner also has a ball and the High Five point is scored when the balls touch.
- ⊕ Have each Smashie statue hold a piece of equipment (such as a bat or a wicket). The High Five must be made by touching this.

## SMASH IT UP



Mission – If a Smashie successfully completes five High Fives in a row, they get **Double Points** until their turn is finished.



Boss Battle – Smashies vs Activator / Coach / Whānau / Teacher (timed number of catches).



Arena Mode – Have Smashies leap to try to High Five an object (such as a tree branch, a football crossbar, or a cricket bat held up).

## 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



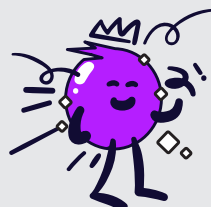
I was OK



I wasn't cooperative / supportive / honest



FIND MORE INFO :)



### DON'T FORGET TO ASK THE SMASHIES



- Reinforce the positive:  
*I Like the way you...*
- Is it easier to jump off one foot or two?