

### SKILL FOCUS

• Bowling

### COMPLEXITY



### WHAT OTHER SKILLS COULD BE INVOLVED

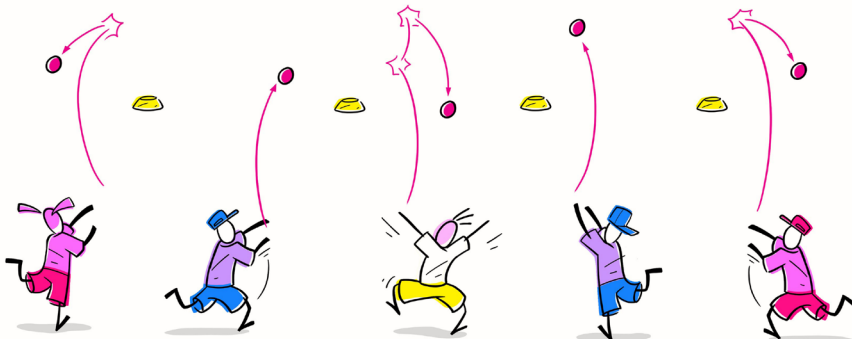
Throwing, Catching & Perception Skills.



### THINK QUICK — WHAT TO LOOK OUT FOR

- Encourage Smashies to explore the wrist and finger movements required to spin the ball.

## SET UP



## LET'S PLAY

- Smashies to play as individuals.
- Set up a line of cones, with Smashies facing the same direction.
- Each Smashie has a large ball.
- Smashies should use two hands and attempt to spin / rotate the ball.
- Smashies score a point by throwing their ball over the line of cones and trying to make it bounce back towards them. If it spins back past the cones, they score a point.

### EQUIPMENT



Cones, Balls (Small or Large).

### TIME



5 minutes on activity.

### SMASHIES GROUP



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

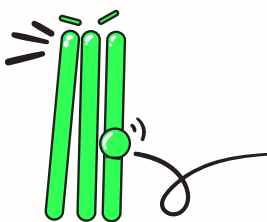
## VALUES

(PROMPT THE SMASHIES)



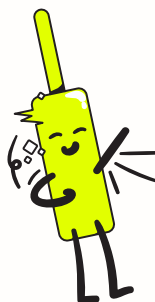
### HONESTY PONO

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

- ⊖ Smashies throw the ball in the air to themselves and catch it, trying to spin the ball in the air.
- ⊕ Smashies to play 1 v 1 with a line of cones. Points are scored by spinning the ball from one side to the other. Points are added together or first to 10 wins.

## SMASH IT UP



Mission – If the Smashie successfully spins the ball backwards three times in a row they have an **Energy Boost** of an additional point.



Boss Battle – Smashies vs Activator / Coach / Whānau / Teacher - time yourself and see who can throw, spin and catch the most.



Arena Mode – Introduce a hoop on the ground, throw the ball into the hoop and make it bounce out of it.

## 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...*
- When you used your fingers to spin the ball, which finger spun the ball the most?
- How can you make the ball spin a lot?