



# SMASHIES SHUFFLE

## KŌNUKU PĀ

### SKILL FOCUS

• Throwing

### COMPLEXITY



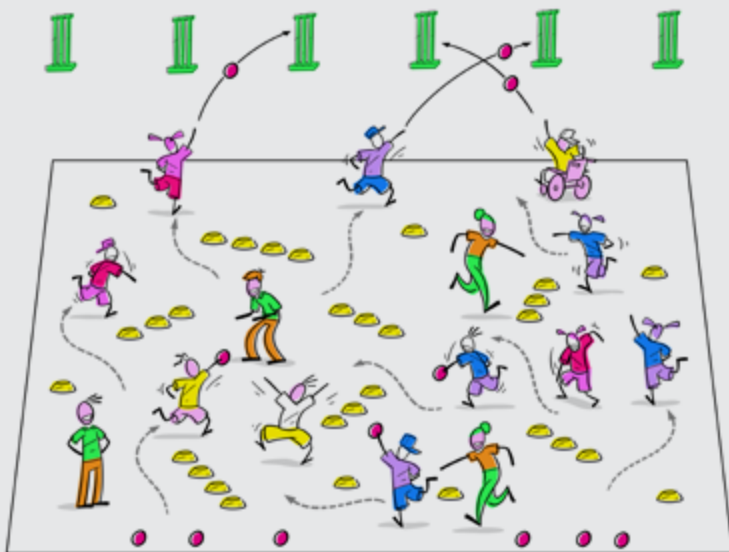
### WHAT OTHER SKILLS COULD BE INVOLVED

Movement – Walking, Running, Jumping, Hopping, Evading & Perception Skills.

### THINK QUICK — WHAT TO LOOK OUT FOR

- Encourage Smashies to think and explore how they move, with a focus on balance.
- Encourage Smashies to think about moving in different directions, and how they could do this.
- Encourage Smashies to think about how to step towards the target when they throw.

## SET UP



\*Note: This also shows the inclusion of whānau joined in as taggers.

## LET'S PLAY

- Lay out cones or other objects randomly within a marked out square.
- Set up target wickets an appropriate distance away from one side of the square.
- Smashies collect balls or bean bags from one side moving through the square without touching the cones, and then try to knock down the wickets on the other side.
- If Smashies touch a cone, they have to return to the start and begin again.
- Smashies can self-score - 1 point if they make it to the end of the square without touching a cone, 2 points if they can make it through the cones and also hit the wickets at the end.
- Have Whānau as helpers field the balls being thrown at the wickets.

### EQUIPMENT



Cones, Balls (Small or Large), Wickets.

### TIME



10 minutes on activity.

### SMASHIES GROUP



Small or large groups.

\*Note: This is a great way to get whānau to join in and be taggers as well as field the balls being thrown at the wickets.

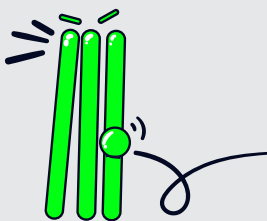
# VALUES

(PROMPT THE SMASHIES)



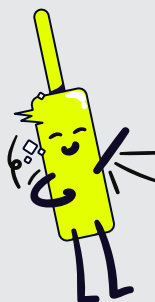
## HONESTY PONO

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 throwing distance shorter.
- ⊖ Have fewer cones or other objects to move through.
- ⊖ Use larger balls.
- ⊕ Incorporate different ways to move through the square, such as hopping, skipping, walking backwards.
- ⊕ Add throwing in the air/catching yourself as Smashies make their way through the cones or other objects.

# SMASH IT UP



Mission – Introduce gates of cones as portals to run through for a Smashie to gain an **Extra Life**. Once through the gate the Smashies can't be tagged.



Boss Battle – Activators / Coaches / Whānau / Teachers to act as taggers, sending Smashies back to the start line if tagged.



Arena Mode – Smashies work in pairs to make their way through the square while throwing the ball to each other.

# 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 did you avoid the cones and taggers to get through to the other side?
- What was the best way to hold the ball when you throw/bowl? Could you hold it differently?
- What did you do with your body to try and get the ball to hit the wickets?
- How do you need to bowl if the target is further away or closer?