



# BOWLING BLAST OFF

## EPANA TAUMĀHEKEHEKE

### SKILL FOCUS

- Bowling

### COMPLEXITY



### WHAT OTHER SKILLS COULD BE INVOLVED

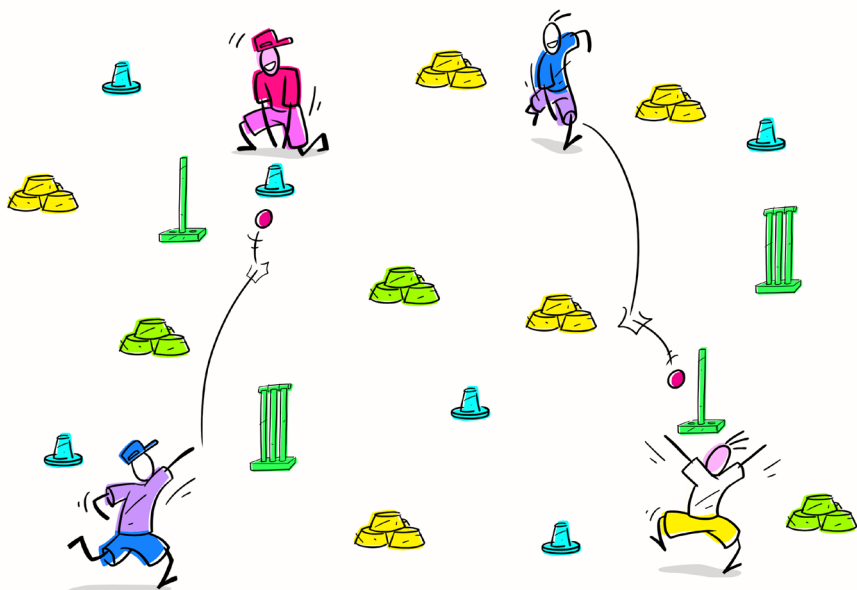
Movement – Running, Walking, Jumping, Landing, Fielding & Perception Skills.



### 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.

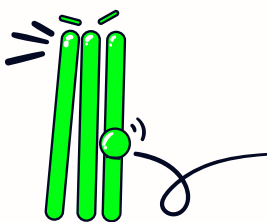
## VALUES

(PROMPT THE SMASHIES)



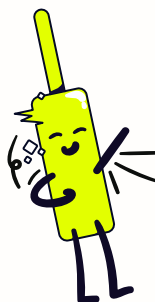
### HONESTY PONO

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?