



# BUILD A BRIDGE

## HANGA TE PIRITI

### SKILL FOCUS

- Catching
- Throwing

### COMPLEXITY



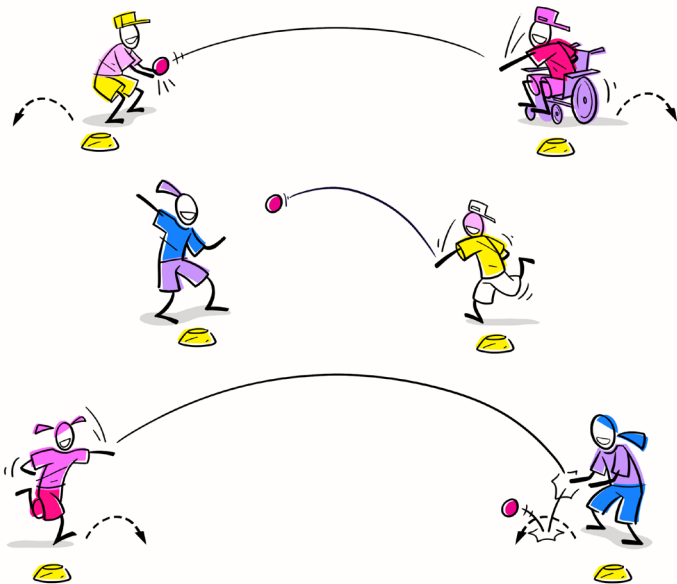
### WHAT OTHER SKILLS COULD BE INVOLVED

Movement – Running & Perception Skills.

### THINK QUICK — WHAT TO LOOK OUT FOR

- Encourage Smashies to think about a bucket shape with their hands when catching.
- Encourage Smashies to think where the ball is travelling to and move to take the catch.
- Encourage Smashies to move from underarm to overarm throwing (allow this to happen naturally).

## SET UP



## LET'S PLAY

- Smashies throw the ball to their partner to make a catch.
- The partner returns the ball back to the first Smashie to make their catch.
- If each catch is completed the Smashies take a step back – with the length of the step decided by the Smashie.
- Each pair chooses their starting point and distance apart.
- Each step back the Smashies take builds a longer bridge.
- If either Smashie drops the ball they must move a step closer to each other (reducing the size of the bridge).
- Each Smashie has a cone which they move as they step, this will illustrate the length of their bridge.

### EQUIPMENT



Cones, Balls (Small or Large).

### TIME



10 minutes on activity.

### SMASHIES GROUP



Small or large groups (split into pairs or teams) or try it at home with someone.

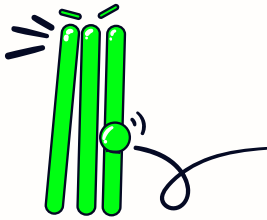
# VALUES

(PROMPT THE SMASHIES)



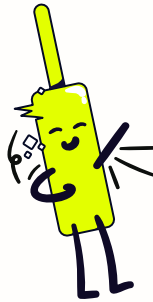
## HONESTY PONO

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

- ⊖ Roll the ball rather than throw, and step back as a “clean” stop is made.
- ⊖ Progress to catching a bounce pass (one bounce and catch).
- ⊕ Introduce one-handed catching.
- ⊕ Introduce a time limit – see who can create the longest bridge in a set time, or self-challenge to extend the bridge from the previous attempt.

# SMASH IT UP



Mission – Set a challenge of a total number of catches for each pair. Once that number is reached, the pair receive an **Extra Life** (don't need to move closer on a dropped ball).



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



Arena Mode – Invisible Forcefield – with each step back and each throw, the ball has to get progressively higher to travel over the growing invisible forcefield.

# 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 shape you make with your hands to catch the ball?
- How can you as a thrower make catching easier for your partner?
- Can you describe what you could do to make it easier to throw the ball further?