

# SKILL FOCUS COMPLEXITY • Bowling Image: Complexity

#### WHAT OTHER SKILLS COULD BE INVOLVED

Throwing, Perception Skills & Decision Making.

### THINK QUICK — WHAT TO LOOK OUT FOR

- Encourage Smashies to think about what lobbing with a straight arm might look or feel like.
- Encourage Smashies to think about what they could do with their other arm.



\*Note: Create a colourful environment of targets using space as required. Make a chasm / river of cones (spaced to allow for group ability - narrower points, wider points for self-challenge). Targets can be differing sizes and colours. Red indicates the river (the no go zone).

### LET'S PLAY

- Smashies to work in pairs with one being the first "lobber of the water bomb". The objective is to lob the bomb over the obstacle or river / chasm to put out the fires (targets) on the other side.
- Lobbers to kneel side-on to the obstacle and lob the ball over their head towards the targets.
- Each target hit is a point the second partner collects the bombs to bring back to the other side (and count the points).
- Game can be timed to find a winner, or run-through twice to challenge pairs to self-improve.

#### EQUIPMENT



Cones, Balls.



10 minutes on activity.

#### **SMASHIES GROUP**



Pairs or try it at home with someone.



### **MIX IT UP**

- Targets spaced at a range of distances to cater for different abilities within the group.
- Hake the chasm wider obstacle higher.
- Introduce sequenced targeting hitting one colour or shape first, then moving to the next.

Hove to standing side on.

### SMASH IT UP

Mission – The activator chooses a bonus target (without letting the Smashies know). When the bonus is hit an **Energy Boost** applies for the Smashie or Smashie team, with all other target points doubled for a length of time or for a number of lobs. M

- Boss Battle Smashies vs Activators / Coaches / Teachers / Parents.
- Arena Mode Move targets as the game progresses.

## **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



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DON'T FORGET TO **ASK THE SMASHIES** 



Reinforce the positive:

I Like the way you...

- What is the best way to hold the 'water bomb' to get it over the other side?
- When do you let go of the 'water bomb' to get it over to the other side?
- What are you looking at to get the 'water bomb' on target?

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