



WATCH MY VIDEO :)

# SUPERRIVER HIT

## TE AWA PĀHI

### SKILL FOCUS

- Batting

### COMPLEXITY



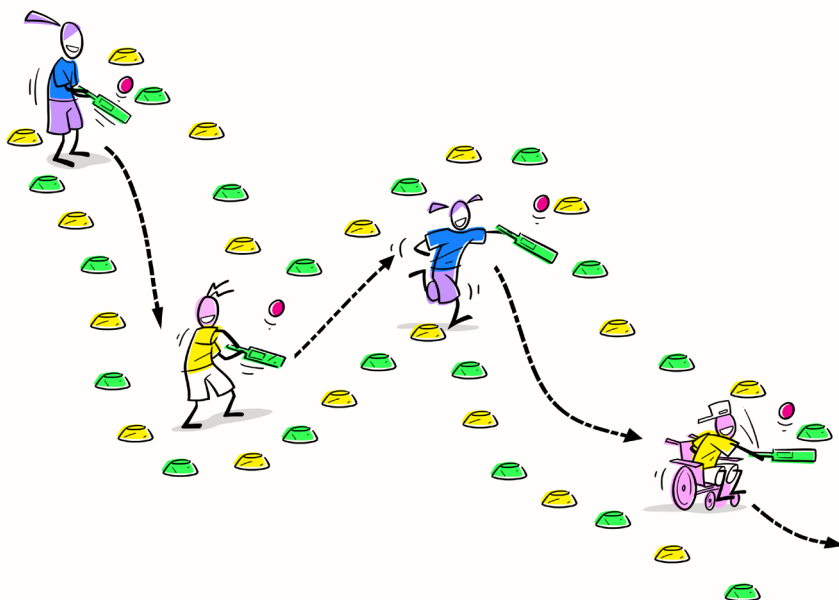
### WHAT OTHER SKILLS COULD BE INVOLVED

Movement – Walking, Running, Hopping, Dodging, Balancing, Underarm Lobbing, Underarm Throwing & Perception Skills.

### THINK QUICK — WHAT TO LOOK OUT FOR

- Encourage Smashies to start at a level to suit their competence.
- Encourage Smashies to choose a hitting implement that suits them.

## SET UP



\*Note: Create the shape of a colourful river (similar to a river-ride) using cones.

## LET'S PLAY

- All Smashies to walk through the "river ride" balancing or hitting their ball in the air with their bats or other hitting implement.
- Self-challenge hits made (count the number of hits).

### EQUIPMENT



Cones, Balls (Small or Large), Bats.  
Extras - Bean Bags, Racquets.

### TIME



10 minutes on activity.

### SMASHIES GROUP



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

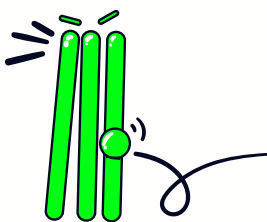
## VALUES

(PROMPT THE SMASHIES)



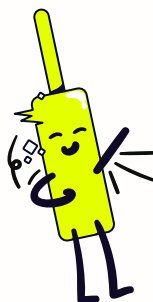
### HONESTY PONO

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

- ⊖ To begin, each Smashie could use a bean bag and balance it along the bat whilst they travel down the river. Advance from a bean bag to balancing a ball.
- ⊖ Work in pairs, with one Smashie lobbing and the other then juggling the ball with the bat. Once they are through the river, the Smashies reverse roles.
- ⊖ Introduce obstacles to the river for the Smashies to avoid whilst they move.
- ⊕ Change the movement from walking, to hopping, skipping, running.
- ⊕ To really challenge the Smashies get them to vary the hitting height, one low, one medium and one high and then move onto 'round the world' (hitting the ball on each side/part of the bat).

## SMASH IT UP



Mission – Make it through the river juggling the ball all the way. Have a portal gate of cones the Smashies have to walk or run through. If they move through the portal they are allowed an **Extra Life** (free drop) to complete the Mission.



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



Arena Mode – Parts of the river become narrower 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



FIND MORE INFO :)



### DON'T FORGET TO ASK THE SMASHIES



- Reinforce the positive:  
*I Like the way you...*
- What were you focusing on when in the River?
- How hard or soft do you need to hit the ball?