



# EXAMPLE SESSIONS - BASED ON SKILL FOCUS

## Example sessions A: Bowling

Session 1 - to establish	Session 2 – to progress and enhance
Free play	
<p><b>Rock 'n' Roll   Toka Pīrori</b></p> <p>With a colourful series of targets set-up, Smashies play in pairs with one rolling the ball towards a target and their partner waiting to field the ball. Each pair moves around the targets, a timed game can be used for self-challenge and improvement.</p>	<p><b>Bowling Blast Off   Epana Taumāhekeheke</b></p> <p>With a colourful series of targets set-up, Smashies play in pairs with one bowling the ball towards a target and their partner waiting at the target (like a wicket keeper). Each pair moves around the targets, a timed game can be used for self-challenge and improvement.</p>
<p><b>Fireball Smash   Haukuru Te Poi Ahi</b></p> <p>Playing in pairs, Smashies lob their water bombs (balls) over the river to put out the fires (cones) on the other side. Points are awarded for fires extinguished or a timed game to self-challenge and improve.</p>	<p><b>Super Bowl   Epana Nui</b></p> <p>Playing in pairs or small teams Smashies bowl towards a series of target cones set up in front of wickets. Once a cone is hit with a Super Bowl, it gets put on the wickets. Play for time or a self-challenge to collect the most cones.</p>
<p><b>Super Stars   Ngā Whetū Rongonui</b></p> <p>Develop the movement of overarm bowling by being a 'star'.</p>	<p><b>Hoop Smash   Haukurutia Te Porohita</b></p> <p>Playing in pairs, Smashies bowl the ball into a hoop, bouncing it as high as they can challenging their partner to catch it.</p>
Ensure you have time for a values reflection to end the session	



# EXAMPLE SESSIONS - BASED ON SKILL FOCUS

## Example sessions B: Batting

Session 1 - to establish	Session 2 – to progress and enhance
Free play	
<p><b>Adventure Holes   Haerenga Kōruarua</b></p> <p>With a series of islands set up (similar to a golf course), Smashies play in pairs to hit from one hole to the next, taking them on an adventure around the course. Count how many shots it takes to get to each island and try to improve your best score.</p>	<p><b>Hit, Catch &amp; Play   Haukuru, Kapo, Tākaro</b></p> <p>Playing in pairs, Smashies hit catches to their partner. Once the pair have made five continuous catches, the catcher takes a step back. It's simple – hit, catch and play!</p>
<p><b>SuperRiver Hit   Te Awa Pāhi</b></p> <p>Make your way through the river, hitting the ball into the air with your bat. Try to improve the number of hits with each turn. Watch out for obstacles and animals in the river!</p>	<p><b>Smash and Run   Haukurutia Te Oma</b></p> <p>Playing in small teams, batters work together to hit the ball and then choose how far they think they can run (between a variety of cones at different distances), before the ball is fielded and returned. You've got to make smart decisions to not get out!</p>
<p><b>Junk Yard Smash   Haukurutia Te Para</b></p> <p>With a series of gate targets set up to create a junk yard, Smashies hit balls towards the junk (cones and other equipment). Every junk gate hit through scores a point.</p>	<p><b>Smash off!   Haukuru Taumāhekeheke</b></p> <p>Using a wall or net, Smashies play in pairs – one feeding the ball, and one batting. The batter hits the ball into the wall or net scoring points as they do Smash Off can be extended in a range of ways to increase the challenge!</p>
Ensure you have time for a values reflection to end the session	



# EXAMPLE SESSIONS - BASED ON SKILL FOCUS

## Example sessions C: Fielding

Session 1 - to establish	Session 2 – to progress and enhance
Free play	
<p><b>Smashies Shuffle   Haukurutia Te Kokiri</b></p> <p>Smashies move (shuffle) their way through a busy arena of obstacles, being careful not to touch any. Once through the arena, they throw their ball to try and knock down the wickets. Lots of movement, energy and accuracy needed!</p>	<p><b>Smash Back   Haukurutia Ki Muri</b></p> <p>Two teams play against each other in a marked arena, aiming to scoring points by throwing balls over the other team's SmashBack line.</p>
<p><b>Clean up &amp; Play   Kohikohi Tākaro</b></p> <p>Two teams play each against other to clean their area and throw everything into the other team's zone.</p>	<p><b>Smash the Endzones   Haukurutia Te Rohe Mutunga</b></p> <p>Two teams play against each other, with each trying to progress up the arena by moving and throwing the ball to get into the opposing team's End Zone.</p>
<p><b>Super River Catch   Kapohia Te Awa Nui</b></p> <p>Make your way through the river, throwing and catching your own ball. Build in clapping between catches, different balls and movements to enhance the challenge. Watch out for drift wood and alligators lurking in the river!</p>	<p><b>Tic-Tac-Toe Challenge   Korewhiti</b></p> <p>Playing in pairs or small teams, Smashies move, throw and catch across a tic tac toe grid to get three squares in a line. You've got to think and move quickly!</p>
Ensure you have time for a values reflection to end the session	