



SMASH OFF

HAUKURU TAUMĀHEKEHEKE

SKILL FOCUS

- Batting

COMPLEXITY



WHAT OTHER SKILLS COULD BE INVOLVED

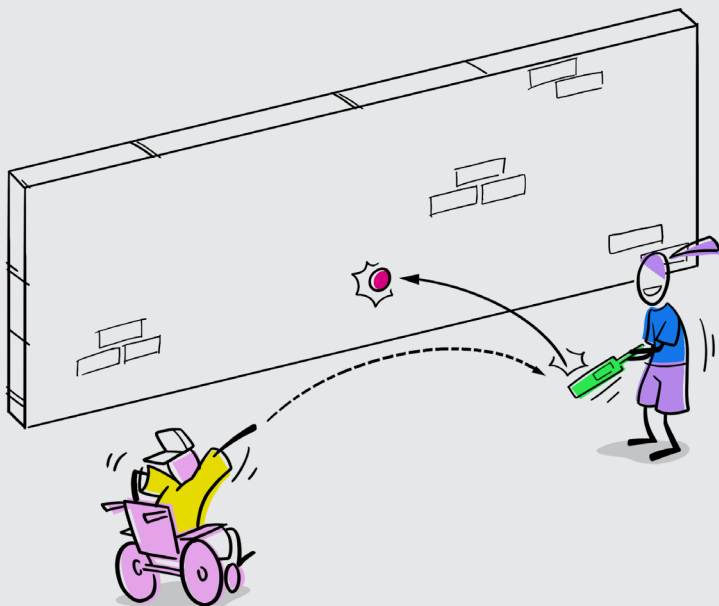
Underarm Throwing, Fielding & Perception Skills.



THINK QUICK — WHAT TO LOOK OUT FOR

- Encourage Smashies to say “STEP” so they step towards the ball and “HIT” when it hits their bat.
- Encourage Smashies to think about how to swing the bat through a full range of motion and how they hold it to help this happen.

SET UP



LET'S PLAY

- The Smashie batter stands approximately 5 metres from the wall or net (with their back towards the wall or net).
- The Smashie who will feed the ball, stands approximately 5 metres in front of the batter. They lob the ball for the Smashie batter to hit, aiming for their left hip.
- The Smashie batter hits the ball towards the wall or net.
- One run is scored for every hit into the wall or net.
- Play for 10 lobs, then switch.

EQUIPMENT



Cones, Balls (Small or Large).
Bats or Racquets.

TIME



10M
10 minutes on activity.

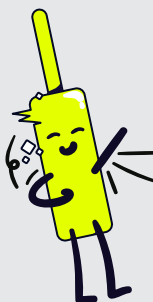
SMASHIES GROUP



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

- ⊖ Use a wider implement (wider bat / racquet) or a larger ball.
- ⊕ After five successful hits move 3 steps further away. See how far away the Smashies can move.
- ⊕ Introduce a 2 v 2 game with a "boundary" line. One team of fielders must stop the ball before the boundary. The batting Smashie and feeder take turns to hit 6 balls each into the wall, to rebound past the boundary. Each boundary scores 4 runs. Teams swap roles.
- ⊕ Turn the boundary line into gate targets to score runs. Different runs for different gates.

SMASH IT UP



Mission – Score a boundary by hitting the non-dominant way will generate an **Extra Life** (extra ball).



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



Arena Mode – Use a line on the wall, real or imaginary, to be used to either hit above or below.

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



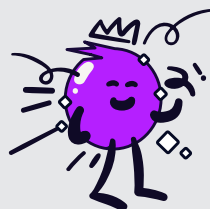
I was OK



I wasn't cooperative / supportive / honest



FIND MORE INFO :)



DON'T FORGET TO ASK THE SMASHIES



- Reinforce the positive:
I Like the way you...
- Where is your weight after you have hit it?
- How could you hit it harder?