



SUPER BOWL

EPANA NUI

SKILL FOCUS

- Bowling
- Catching

COMPLEXITY



WHAT OTHER SKILLS COULD BE INVOLVED

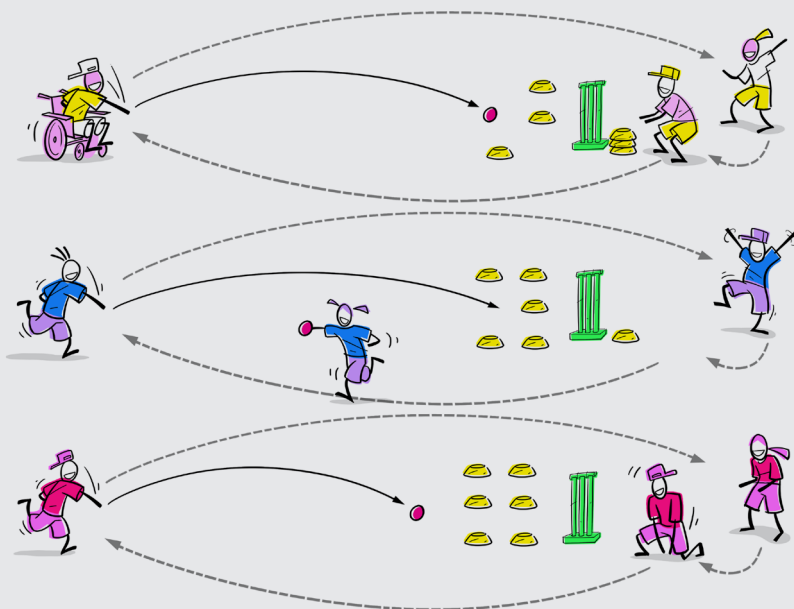
Movement – Walking, Running, Jumping, Landing & Perception Skills.



THINK QUICK — WHAT TO LOOK OUT FOR

- Encourage Smashies to think about what bowling with a straight arm might look or feel like.
- Encourage Smashies to think about where they are aiming, what about the target could help them focus.
- Encourage Smashies to think about what they could do with their front arm.

SET UP



LET'S PLAY

- One Smashie starts as the bowler and one as the wicketkeeper (with three in a team, start with two Smashies in one of the positions).
- Smashies are bowling to hit the cones laid out in front of the wickets.
- Once the Smashie bowls, they run towards the wicket to fill the role of wicketkeeper for the next bowl.
- The wicketkeeper Smashie fields the ball then runs to the other end to be the bowler.
- When a cone is hit, it is placed on the wickets.
- Play for a time limit, the team with the most cones wins. Or play for self-challenge to reach a certain number of cones.

EQUIPMENT



Cones, Balls, Wickets.

TIME



10 minutes on activity.

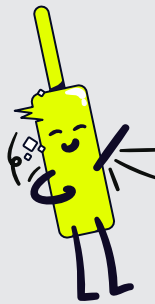
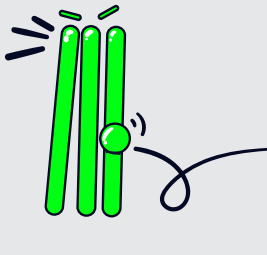
SMASHIES GROUP



Small or large groups (split into teams of two or three).

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

- ⊖ Make it easier by bowling from a stationary star shape to begin.
- ⊖ Decrease distance between bowling line and wickets.
- ⊖ Have more cones to hit, or use a larger ball.
- ⊕ Increase distance between bowling line and wickets.
- ⊕ Challenge the Smashies by increasing the variety of cone positions in front of the wickets.
- ⊕ Extend to having a run up to bowl (rather than stationary bowling).

SMASH IT UP



Mission – If a cone is hit on the full, receive an **Energy Boost**, and two cones can be removed.



Boss Battle – Smashies vs Activators / Coaches / Teachers / Whānau. (Who scores the most points).



Arena Mode – Introduce a distance marker (individualised for each team / pair) that each bowl must bounce after. If the bowl doesn't meet the distance marker, then a target cone is placed back in the target area.

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 best way of aiming at a target when you are bowling?
- Why does it help to keep your arm straight when you are bowling?
- Should the ball come out of your fingers or the palm of your hand when you are bowling?
- How do you need to bowl if the target is further away or closer?