



MAKE A MOVE & PLAY

KŌNUKU TĀKARO

SKILL FOCUS

- Throwing
- Catching

COMPLEXITY



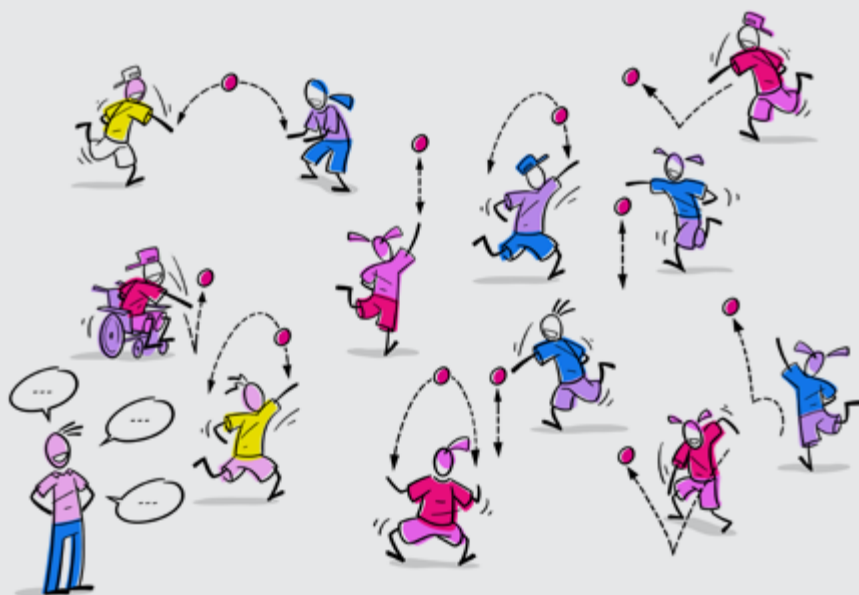
WHAT OTHER SKILLS COULD BE INVOLVED

Running, Hopping, Skipping & Perception Skills.

THINK QUICK — WHAT TO LOOK OUT FOR

- Encourage Smashies to think about a bucket shape with their hands when catching.
- Encourage Smashies to think and explore how they move with a focus on balance.
- Encourage Smashies to think about moving in different directions and how they could do this.

SET UP



LET'S PLAY

- Every Smashie has a ball (or bean bag).
- Smashies are to continuously move around the area.
- Instruct Smashies to try different skills with their ball, for example; little catch, bounce and catch, eye level catch, place ball on the ground and pick up.
- Encourage the Smashies to move in different ways while trying the different skills, for example; hopping, skipping or jumping.
- Smashies can join as pairs and work with their partner to bounce and catch the ball between them, this can be done either statically or while moving.
- Be imaginative with movement instructions, for example; move like a frog, move like a rabbit.

EQUIPMENT



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

TIME



5 minutes on activity.

SMASHIES GROUP



Small or large groups.

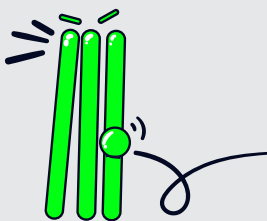
VALUES

(PROMPT THE SMASHIES)



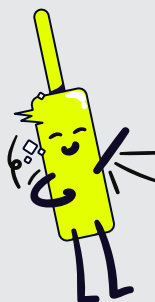
HONESTY PONO

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

- ⊖ Start simple, the ball stays in hand and the Smashie places ball on named body part whilst running around.
- ⊖ Use larger balls or bean bags.
- ⊕ Increase the variety and speed of commands to the Smashies, encouraging quick decision making.
- ⊕ Introduce one-handed catching.

SMASH IT UP



Mission – create a self-challenge, encourage Smashies to count their number of catches without a dropped catch. Receive an **Extra Life** when they get a new high score, next time around if they drop a catch they can keep going.



Boss Battle – Smashies vs Activator / Coach / Whānau / Teacher (timed number of catches).



Arena Mode – Each time the ball is thrown it needs to go higher to make its way over the force field.

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



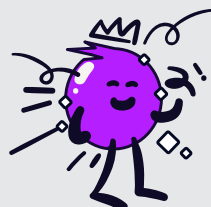
I was OK



I wasn't cooperative / supportive / honest



FIND MORE INFO :)



DON'T FORGET TO ASK THE SMASHIES



- Reinforce the positive:
I Like the way you...
- Is it easier to catch when you are moving or standing still?
- What is the shape of your hands when you catch the ball?