



EXAMPLE SESSIONS - BASED ON VALUES



HONESTY
PONO

Example session A: Honesty | Pono

Free play

Smash 45 | Haukuru Wha Tekau Ma Rima

Level 2

Throwing; Bowling; Batting

Each Smashie has their own ball and makes their way around a skills circuit. Points are scored for different movements and activities. Incorporate races and relays for an extra challenge.

Junk Yard Smash | Haukurutia Te Para

Level 1

Batting

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.

Fireball Smash | Haukuru Te Poi Ahi

Level 2

Bowling

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.

Ensure you have time for a values reflection to end the session



EXAMPLE SESSIONS - BASED ON VALUES



Example session B: Support | Tautoko

SUPPORT
TAUTOKO

Free play

Rollerplay | Tākaro Pīrori

Level 1

Throwing; Ground fielding

Playing in pairs, Smashies try to roll the ball through the gate their partner is defending. Each roll through the gate scores a point. Who can be the best gate keeper and stop the most rolls?

Castle Smash | Haukurutia Te Pā

Level 2

Bowling; Underarm throwing

Playing in small groups each game has a bowler, a batter and a wicket keeper. The bowler is trying to smash the castle (wickets), which the batter is trying to defend. Points are scored for smashing the castle or successfully hitting the ball towards targets.

Super Bowl | Epana Nui

Level 2

Bowling; Catching

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.

Ensure you have time for a values reflection to end the session



EXAMPLE SESSIONS - BASED ON VALUES



**COOPERATION
MAHI TAHI**

Example session C: Cooperation | Mahi tahi

Free play

Smash Tag | Panga Haukuru

Level 2

Running; Throwing; Ground fielding

A game of Tag with a difference. Working in pairs or teams, Smashies move around the arena by throwing and catching the ball, the goal is to tag everyone or be the last Smashie standing!

Hit, Catch & Play | Haukuru, Kapo, Tākaro

Level 2

Batting; Catching

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!

Tapu Ae

Level 3

Throwing; Catching

Two teams play against each other to try and knock the opposing team's balls off their cones. With scoring zones, a kaitiaki and a lot of movement, Tapu Ae gets everyone involved.

Ensure you have time for a values reflection to end the session