



WATCH MY VIDEO :)

SMASH & RUN HAUKURUTIA TE OMA

SKILL FOCUS

- Running
- Throwing
- Ground Fielding

COMPLEXITY



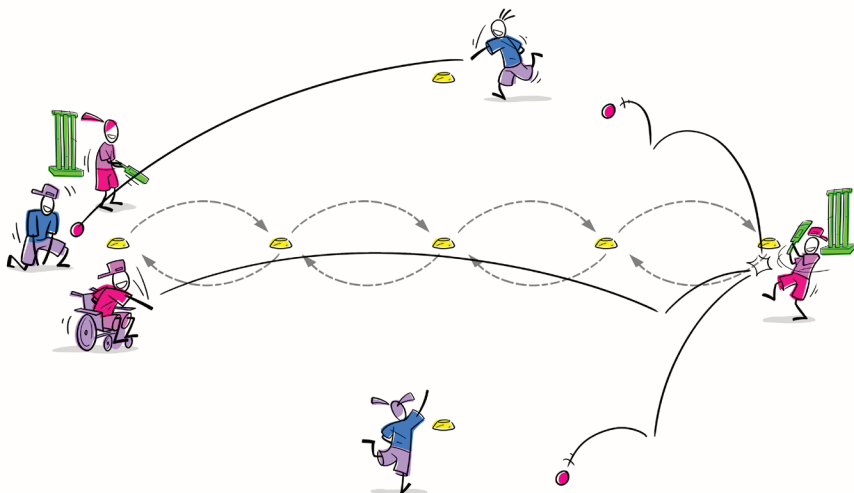
WHAT OTHER SKILLS COULD BE INVOLVED

Movement - Running, Walking, Perception Skills & Fielding.

THINK QUICK — WHAT TO LOOK OUT FOR

- Encourage Smashies to say “BOUNCE” when the ball bounces and “HIT” when it hits the bat.
- Encourage Smashies to think about where the ball moves to, where the fielders are and how these could impact how far they choose to run.

SET UP



*Note: Set up a range of cones to represent half the length of a cricket pitch. For example, 1st cone at 5 metres, 2nd at 10 metres, 3rd at 15 metres with a set of wickets at either end.

LET'S PLAY

- Split the Smashies into pairs or teams of 3.
- The Smashie batting team is split to have one Smashie hitting, one Smashie throwing or feeding the ball to their batters and one Smashie at the end of the cones ready to run.
- The Smashie fielding team has a wicketkeeper, and one or two fielders behind a guiding cone (they cannot move in front of this cone until the ball is hit).
- Once the ball is hit, the two Smashie batters must run to a cone of their choice (1st, 2nd, 3rd or the opposite end) and turn from that cone to return to their wickets.
- The fielders must collect the ball and throw to either end to try to run the Smashie batters out.
- If the Smashie batters successfully make it back to the wickets, they score runs equivalent to the cone they ran to (1, 2 or 3).
- Swap roles within the batting team, so that everyone gets a turn in each role.
- Swap teams after 2 to 3 running turns each.

EQUIPMENT



Cones, Balls (Small or Large), Wickets and Bats.

TIME



5 minutes on activity.

SMASHIES GROUP



Small or large group (split into pairs or teams of three).

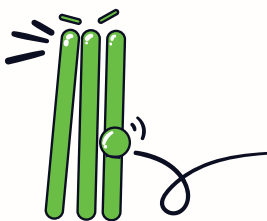
VALUES

(PROMPT THE SMASHIES)



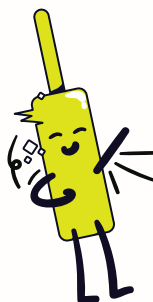
HONESTY PONO

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

- ⊖ Shorten the running distances.
- ⊖ Introduce a boundary – the ball must not cross over the boundary.
- ⊕ Lengthen the running distances.
- ⊕ Smashie batter must call the cone number and both runners must turn at that cone.
- ⊕ Extend team numbers up to 6, with x2 wicketkeepers, x2 fielders on each team and continual swapping of running pairs.

SMASH IT UP



Mission – **Energy Boost**: Each cone has a ball. Each runner has the choice of stopping and picking up the ball, if they choose to do this and make it safely back they score an extra run.



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



Arena Mode – Introduce slalom cones or objects, ladders and hurdles.

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...*
- How do you choose where the best place is to hit the balls before you run?
- How could you make the running distance shorter?
- What can you do to increase the accuracy of your throws?