



WATCH MY VIDEO :)

SMASHIES SHUFFLE KŌNUKU PĀ

SKILL FOCUS

• Throwing

COMPLEXITY



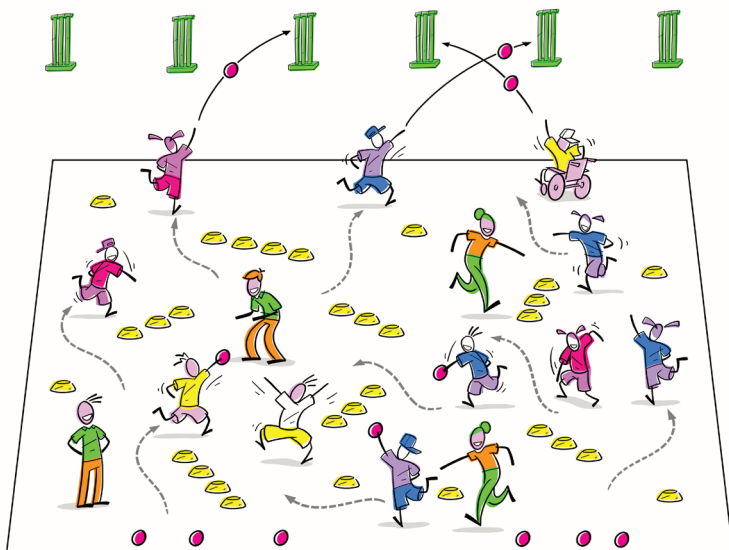
WHAT OTHER SKILLS COULD BE INVOLVED

Movement – Walking, Running, Jumping,
Hopping, Evading & Perception Skills.

THINK QUICK — WHAT TO LOOK OUT FOR

- 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.
- Encourage Smashies to think about how to step towards the target when they throw.

SET UP



*Note: This also shows the inclusion of whānau joined in as taggers.

LET'S PLAY

- Lay out cones or other objects randomly within a marked out square.
- Set up target wickets an appropriate distance away from one side of the square.
- Smashies collect balls or bean bags from one side moving through the square without touching the cones, and then try to knock down the wickets on the other side.
- If Smashies touch a cone, they have to return to the start and begin again.
- Smashies can self-score - 1 point if they make it to the end of the square without touching a cone, 2 points if they can make it through the cones and also hit the wickets at the end.
- Have Whānau as helpers field the balls being thrown at the wickets.

EQUIPMENT



Cones, Balls (Small or Large), Wickets.

TIME



10 minutes on activity.

SMASHIES GROUP



Small or large groups.

*Note: This is a great way to get whānau to join in and be taggers as well as field the balls being thrown at the wickets.

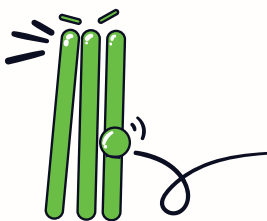
VALUES

(PROMPT THE SMASHIES)



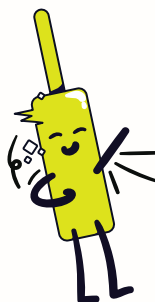
HONESTY PONO

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 the throwing distance shorter.
- ⊖ Have fewer cones or other objects to move through.
- ⊖ Use larger balls.
- ⊕ Incorporate different ways to move through the square, such as hopping, skipping, walking backwards.
- ⊕ Add throwing in the air/catching yourself as Smashies make their way through the cones or other objects.

SMASH IT UP



Mission – Introduce gates of cones as portals to run through for a Smashie to gain an **Extra Life**. Once through the gate the Smashies can't be tagged.



Boss Battle – Activators / Coaches / Whānau / Teachers to act as taggers, sending Smashies back to the start line if tagged.



Arena Mode – Smashies work in pairs to make their way through the square while throwing the ball to each other.

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 did you avoid the cones and taggers to get through to the other side?
- What was the best way to hold the ball when you throw/bowl?
Could you hold it differently?
- What did you do with your body to try and get the ball to hit the wickets?
- How do you need to bowl if the target is further away or closer?