



WATCH MY VIDEO :)

SUPER STARS NGĀ WHETŪ RONGONUI

SKILL FOCUS COMPLEXITY

- Throwing
- Overarm Bowling



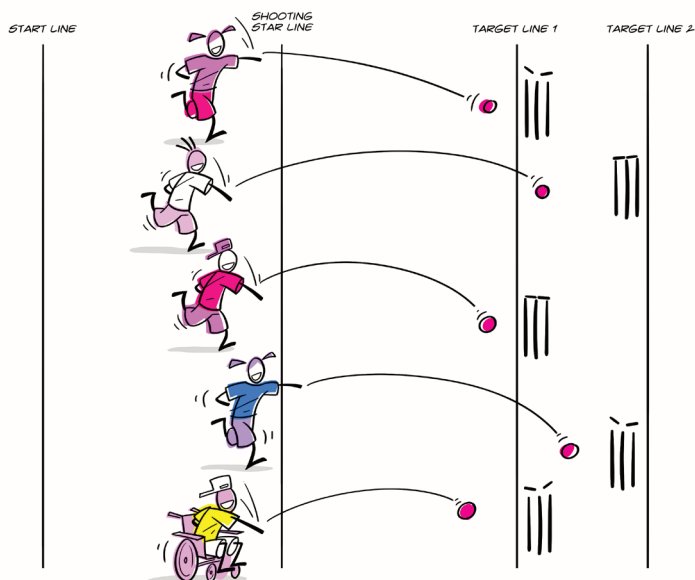
WHAT OTHER SKILLS COULD BE INVOLVED

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

THINK QUICK — WHAT TO LOOK OUT FOR

- Encourage Smashies to think about what a STAR shape should look like.
- Encourage Smashies to think about what bowling with a straight arm might look or feel like.

SET UP



LET'S PLAY

- Smashies start holding a ball at a start line with another line 5-10 metres away and two target lines or objects beyond that.
- On the call of 'go' Smashies can move forward towards the next line.
- Shout 'super' to get the Smashies to jump into a side-on 'star shape' with the ball in their outside hand and other hand facing forward.
- If any Smashies do not get into a star shape within the allocated time they go back to the start line.
- Once they reach the Shooting Star line, they jump into a star shape and shoot their star (the ball) with a straight arm (call out 'shooting star' for the Smashies to know when to release the ball).

EQUIPMENT



Cones, Balls (Small), Wickets.

TIME



10 minutes on activity.

SMASHIES GROUP



Small or Large (split into groups of three - if groups are too large) or try it at home with someone.

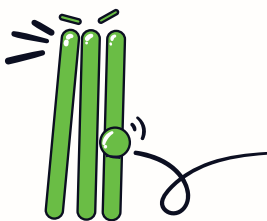
VALUES

(PROMPT THE SMASHIES)



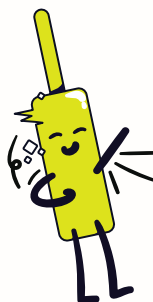
HONESTY PONO

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 with players on the shooting star line for their first go already in a star shape - reduce the distance to the target line. Start at walking pace. Give the kids more time to adopt a star shape.
- ⊖ Set up some cone 'gates' for the ball to pass through on the target lines to gain points.
- ⊕ To challenge the Smashies get them running/hopping over cones and landing in a star shape.
- ⊕ Increase the distance between bowling and target line.
- ⊕ Decrease the distance between the target lines where the ball has to bounce.

SMASH IT UP



Mission – Work as a pair to get “x” consecutive balls into the target zone. Receive an **Energy Boost** of extra points when this is achieved.



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



Arena Mode – An invisible forcefield is dropping from the sky. All Smashies have to bowl the ball at a lower trajectory to miss the forcefield.

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 to hold the ball?
- Where is the best place to let the ball go?
- How can you make the ball go faster/slower?
- What are you looking at?