



WATCH MY VIDEO :)

SPIN PLAY HOKI TE WHAI

SKILL FOCUS

• Bowling

COMPLEXITY



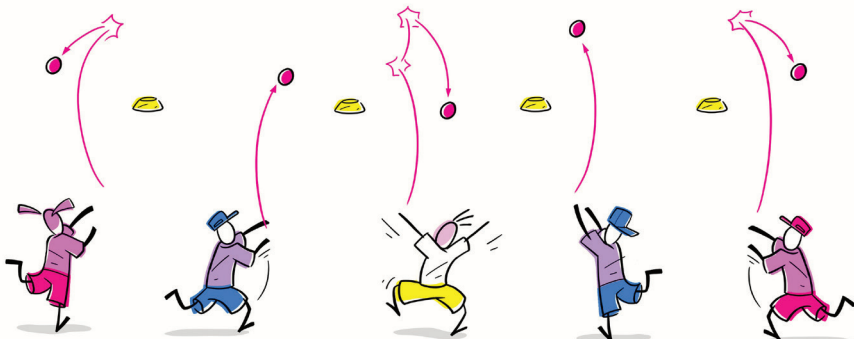
WHAT OTHER SKILLS COULD BE INVOLVED

Throwing, Catching & Perception Skills.

THINK QUICK — WHAT TO LOOK OUT FOR

- Encourage Smashies to explore the wrist and finger movements required to spin the ball.

SET UP



LET'S PLAY

- Smashies to play as individuals.
- Set up a line of cones, with Smashies facing the same direction.
- Each Smashie has a large ball.
- Smashies should use two hands and attempt to spin / rotate the ball.
- Smashies score a point by throwing their ball over the line of cones and trying to make it bounce back towards them. If it spins back past the cones, they score a point.

EQUIPMENT



Cones, Balls (Small or Large).

TIME



5 minutes on activity.

SMASHIES GROUP



Small or large groups, or try it at home with someone.

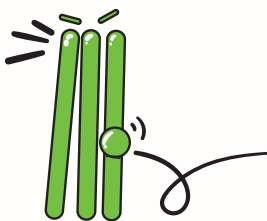
VALUES

(PROMPT THE SMASHIES)



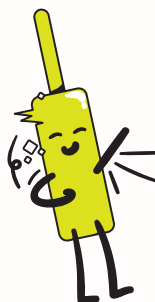
HONESTY PONO

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

- Smashies throw the ball in the air to themselves and catch it, trying to spin the ball in the air.
- Smashies to play 1 v 1 with a line of cones. Points are scored by spinning the ball from one side to the other. Points are added together or first to 10 wins.

SMASH IT UP



Mission – If the Smashie successfully spins the ball backwards three times in a row they have an **Energy Boost** of an additional point.



Boss Battle – Smashies vs Activator / Coach / Whānau / Teacher - time yourself and see who can throw, spin and catch the most.



Arena Mode – Introduce a hoop on the ground, throw the ball into the hoop and make it bounce out of it.

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?



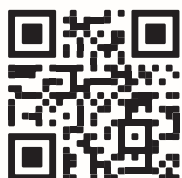
I did a good job of being cooperative / supportive / honest



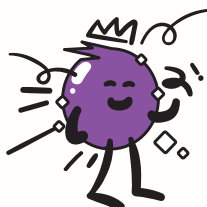
I was OK



I wasn't cooperative / supportive / honest



FIND MORE INFO :)



**DON'T FORGET TO
ASK THE SMASHIES**



- Reinforce the positive:
I Like the way you...
- When you used your fingers to spin the ball, which finger spun the ball the most?
- How can you make the ball spin a lot?