



WATCH MY VIDEO :)

SUPER FLICK PERE TE WHAI

SKILL FOCUS

- Ground Fielding
- Underarm Throwing

COMPLEXITY



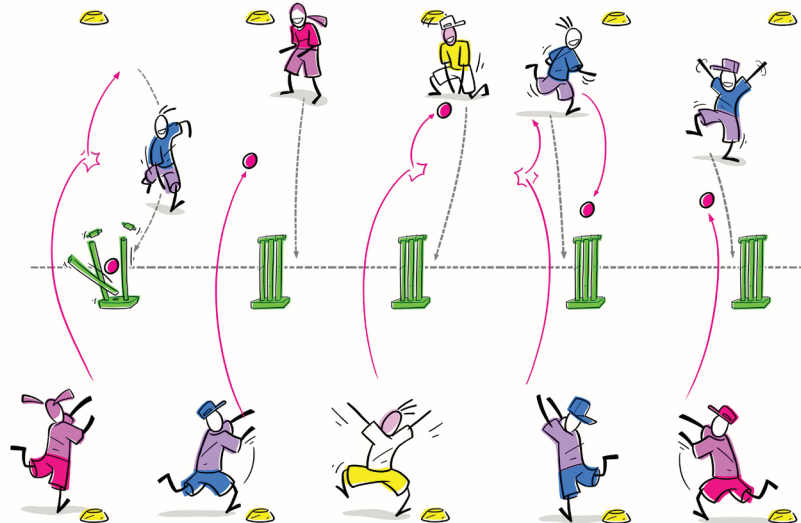
WHAT OTHER SKILLS COULD BE INVOLVED

Running, Catching, Perception Skills & Decision Making.

THINK QUICK — WHAT TO LOOK OUT FOR

- Encourage Smashies to think about the best position to stop the ball.
- Encourage Smashies to think about the best way to return the ball quicker.
- Encourage Smashies to think about working together to get the ball to touch the wickets.

SET UP



LET'S PLAY

- Divide Smashies into pairs. Smashie pairs must work together to try to be the first pair to hit the wickets with their ball.
- Each Smashie starts from a cone on either side of a set of wickets.
- Smashie A rolls the ball past the wickets (or another target) so that their partner must move in to collect the ball. Smashie B can't move until the ball is past the wickets.
- Smashie A can decide whether to then run up next to the wickets or stand back from the wickets.
- Smashie B has the option of underarm throwing at the wickets / target, to Smashie A, or running in to touch the wickets with the ball.
- The first pair to have their ball hit the wickets, scores a point.

EQUIPMENT



Cones, Balls (Small or Large), Wickets.

TIME



10 minutes on activity.

SMASHIES GROUP



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

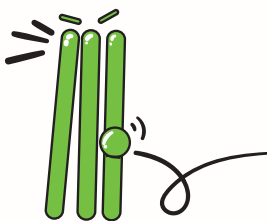
VALUES

(PROMPT THE SMASHIES)



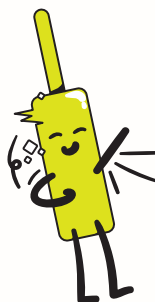
HONESTY PONO

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

- ⊖ Use a larger ball.
- ⊖ Smashie A stands next to the wickets to roll the ball.
- ⊕ The throw must be made outside of a no-go zone, with the only option being to underarm 'flick' until the wickets are hit.

SMASH IT UP



Mission – Hit the wickets three times in a row and receive an **Energy Boost**.



Boss Battle – Smashies vs Activator / Coach / Whānau / Teacher.



Arena Mode – Have the fielding lines further away or closer to the wickets for a new challenge.

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?



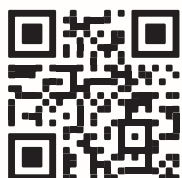
I did a good job of being cooperative / supportive / honest



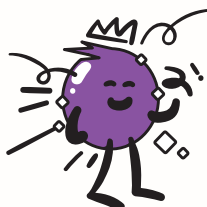
I was OK



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 difference between moving when you throw and standing still when you throw?
- How can you still feel balanced when you are moving?