

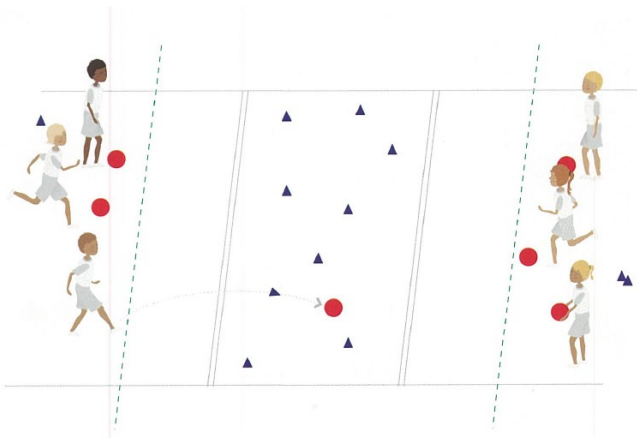
Taha Hinengaro (Mental and Emotional Wellbeing) – Kicking It

Level: All ages (modify to suit)

Equipment: Balls that are able to be kicked (or appropriate equipment for the manipulative skill you want to practise), cones, and lines or markers to define the area.

Taha Hinengaro Outcome: To be able to deal with winning and losing in a constructive way.

Formation: Teams of 3 vs 3 with cones spread out in the middle and teams standing outside of the defined area. See diagram. Have multiple games going.



Credit to Sport Canterbury

Directions to play the game:

1. Set up as in diagram and give one player from each team a ball.
2. Players kick (or change to a different manipulative skill) their ball towards the cones in the defined area.
3. When all three players have kicked their ball they can go in and collect any cones they knocked over or touched. The person in the other team standing opposite them can go and collect the ball.
4. Now it is the other teams turn.
5. Continue until all of the cones have been collected, or a team has collected a predetermined number of cones.
6. The team with the most cones at the end is the winner.

Questions you could ask:

Prior to playing:

- What does being a good winner look like?
- What does being a good loser look like?
- Does it matter if we don't win? What might we learn from losing?

After playing:

- How did the winners/losers react in your game?
- How did it make you feel?
- What did you learn?
- In a real-life situation what could we do if people weren't being good winners/losers?

Other ways to play the game:

- Change the equipment and the skill e.g. ball and roll; ball or beanbag and overarm or underarm throw; frisbee and frisbee throw; hockey stick and strike the ball etc.
- Use different coloured cones- each team is assigned to a particular colour. The first team to collect all the cones of their colour wins.
- Assign the colours different points (i.e. yellow cones are gold nuggets and worth two points, and red cones are fire and worth negative one point).

Modifications to make the game easier:

- Reduce the distance between players and cones.
- Have more cones.
- Place the cones closer together.
- Use taller cones.

For Under Fives:

- Play individually.
- Play using the skill of rolling using large balls.
- Have a ball each.

Modifications to make the game harder:

- Increase the distance between the players and the cones.
- Spread the cones out.
- Use dome cones and small balls.
- Set different mathematical challenges using the colours (i.e. score a specific number of points).

Links to fundamental movement skills:

Manipulative Skills (dependant on what skill you want to focus on)

- Kick
- Roll
- Throw (underarm, overarm or frisbee)
- Strike with an implement