

RAKAU HOCKEY

As a fun and energising fast paced team activity, this game gets everyone running around, cheering for their team mates, and listening carefully to have their turn.

What age group is this appropriate for?

8 years and older

Where should it be done?

Inside or outside

What group size?

Teams of at least 7 per side

How much time is needed?

10 minutes to explain the purpose and rules

30-minute game (cycle through numbers so everyone has a turn)

Resources required:

6 long swimming pool noodles (pick two colours to mark the teams)

Marker cones

Bouncy or Inflatable Ball

Whistle (for facilitator)

A large safe space

Directions:

- 1) Create a rectangular playing area using marker cones, and create goals at the short ends of the playing area.
- 2) Create two teams of equal number and get both teams to line up next to each other. Give each player a number. This means there should be one of each number in both teams.
- 3) Have the two team's line up on the opposite sides of the playing area.
- 4) Place the ball and the six noodles in the center of the playing area. Designate a colour and a goal for each team (matching the colours of the noodles).
- 5) The facilitator will call out three numbers, and the players who have those numbers run to the center, and grab a noodle (that correlates with their team colour). They need to work together to hit the ball through the goal using the pool noodle. When a team gets a goal they reset the field and go back to the sideline.
- 6) Facilitator calls out another three numbers, repeating this process so everyone gets a turn.

Outcomes:

The young people quickly learn that they need to be listening in case their number is called out, and to work with their team mate to score a goal. What are the obstacles? What keeps them from getting easy goals? Relate this to the reality that in life even if we know our goals there may be things that try and stop us. Discuss what these things might be and how we can plan and focus to overcome them.



PURPOSE OF THE ACTIVITY:

EYES AND EARS ON THE GOAL

We all have roles and responsibilities, and when opportunities arise we need to take advantage of them. However, some young people do not get the same opportunities as others, and when they do get opportunities they may face challenges that prevent them from participating.

A fun game that has young people striving to score a goal, but before they can participate they need to be chosen (opportunity). Every round has different players (challenges) and sometimes their different skills, size; age (resource) may make it harder/easier for them to score.

For more information about the roles and responsibilities of The Office of the Children's Commissioner, visit our website at www.occ.org.nz