

TEE'S ACTION SHEET

INSTRUCTIONS

- Do at least one challenge every day (do more if you want!)
- Make sure you are really active for at least 15 minutes
- Complete Tee's homework challenges
- Try to make Tee's Tasty Bread Cases

TEE'S CHALLENGES


TICK EACH TIME YOU DO IT

1) TARGET PRACTICE: BOWL, PITCH OR THROW.

Make a target (use buckets, rubbish bin, tree or wall) and with a ball, try hitting it 10 times. For an extreme "Tee Challenge" try using your other hand!

2) BIGGEST HIT COMPETITION!: GRAB A BAT OR RACQUET AND SWING AWAY!

Find a wide open space and hit/toss/throw the ball as far as you can. Mark the longest hit and challenge yourself or a friend to beat it.

3) KILIKITI (CRICKET): SET UP A BACKYARD MATCH.

Make up your own rules for a game against whaanau and friends, eg. Can't get out on your first ball, no LBW's and a '6' is out!

4) HOW-ZAT!: PLAY 'CLASSIC CATCHES'.

Play with a mate or against a wall. How many can you do before dropping a catch? Can you make it a tricky catch?

5) KEEPY-UPPY: DON'T LET IT DROP!

Using a bat, racquet or anything else you can find around the house, bounce a ball without dropping it. How many times in a row can you bounce it? How high? Have you got any fancy moves?



TEE'S TASTY BREAD CASES

INGREDIENTS:

- Wholemeal bread
- Your favourite fillings - try things like baked beans or spaghetti, pineapple, mushroom, sweetcorn, onion, mince or leftovers!
- Edam cheese

METHOD:

1. Cut the crusts off the bread (or use round cutter approx 10cm diameter)
2. Spray a light coating of oil on muffin tins
3. Press the slice of bread into the muffin tin and bake at 180°C until crisp and lightly golden
4. Place your favourite filling in the bread case and lightly sprinkle with cheese
5. Return to oven and bake until filling is hot and cheese melted

TEE'S HOMEWORK

1) Find & colour in the words.

B	H	F	C	W	T	E	A	M	P
G	H	B	A	L	L	M	A	G	R
P	D	S	W	I	N	G	P	P	A
V	P	Y	N	T	G	V	R	O	C
V	I	K	V	A	T	A	B	A	T
A	T	W	D	X	A	G	Y	K	I
K	C	E	H	Y	R	L	C	M	S
H	H	K	A	X	G	O	H	E	E
C	E	B	A	S	E	V	O	Q	A
V	R	F	W	A	T	E	R	K	S

- Target
- Bat
- Base
- Practise
- Pitcher
- Ball
- Glove
- Swing
- Team
- Water

2) a. Which team has won the most Men's Softball World Championships?

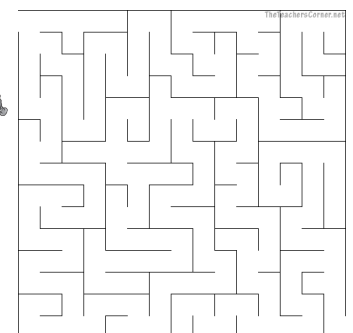
b. How many have they won?

3) a. How many innings in a game of softball?

b. How many bases?

c. How many strikes does a batter get before they must run?

4) Tee has a game today, and he can't find his softball... can you help him make his way through the maze to find it in time to make the game?



5) Don't forget to try making Tee's Tasty Bread Cases at home!