

**FOR
HOME**

GIRLS' FOOTBALL WEEK

HOME ACTIVITY






ALWAYS PLAY SAFE –

Wherever you're playing, make sure the area is safe for the games you and your child(ren) are about to play.



FIND YOUR WAY AT **GIRLS' FOOTBALL WEEK**

EQUIPMENT NEEDED

-  Balls
-  Toys
-  Box
-  Hoop
-  Skipping Rope

* These are only suggested items.
Use what you have at home

TO ALL PARENTS AND CARERS

Finding fun ways to help the physical development of your child(ren) can be a challenge. That's why we've teamed up with Disney to use some much-loved characters to inspire three engaging games to kick-off a healthy active lifestyle – including some football skills. The games are also designed to build your child(ren)'s confidence, leadership, self-esteem, creativity and problem-solving skills.

You know your child(ren) better than anyone else, so our only advice is: reward effort over success and above all, have fun.

FIND YOUR WAY LIKE MOANA

Moana of Motunui is an adventurous teenager. On her adventures she meets the once-mighty demigod Maui, who guides her in her quest to become a master way-finder. Together, they sail across the open ocean on an action-packed voyage to save her people, encountering enormous monsters and impossible odds. Along the way, Moana fulfils the ancient quest of her ancestors and discovers the one thing she's always sought: her own identity.

ALL ABOUT MOANA

These are the physical things Moana is good at: running, jumping, way-finding.

And these are her personal qualities: leadership, determination, bravery.



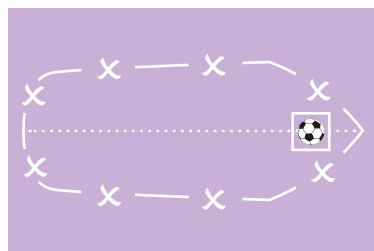
HOME ACTIVITY

GET READY...

THE STORY:

Moana of Motunui loves the ocean. When she was little she loved to listen to the stories told to her by Gramma Tala about Maui, the shape-shifting demigod. Maui stole the heart of Te Fiti and upset the balance of nature – the villagers can't catch any fish and their crops are failing. The only way to heal the island is to persuade Maui to return Te Fiti's heart, so Moana sets off on an epic journey across the Pacific to find Maui.

THE SETTING:



Using items from around the house make the outline of Moana's boat. Include a line near to the centre and a box or hoop, with a ball inside at one of the ends. A second ball may be needed for Game 3. This second ball will represent Maui's magical fish hook.

THE CHARACTERS:

Moana left her island on a boat and her chicken Hei Hei was a surprise stowaway. Sailing across the ocean was hard. Moana and Hei Hei sailed into a storm and the big waves moved the boat up and down. Moana's food supplies kept moving from one end of the boat to the other. In Game 1, decide who will play Moana and who will be Hei Hei. In Game 2, decide who will be Moana and who will be Maui. Game 3 is for three or more players – Tamatoa the coconut crab is the additional character.

GO!



1 GAME 1: GET PAST HEI HEI

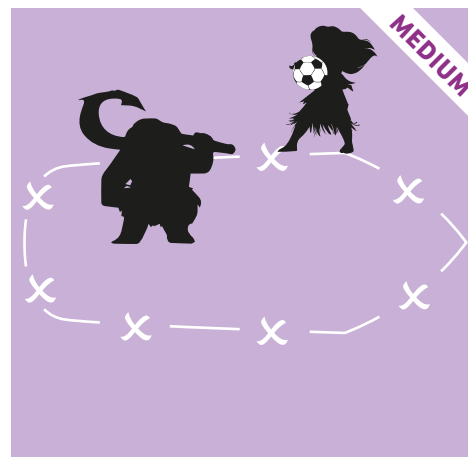
The person playing Hei Hei can move any way they want, but they must stay on 'their' line. The person playing Moana starts at one end of the boat and tries to get past Hei Hei to the other end of the boat keeping the food supplies safe. If Moana gets tagged she falls into the water and swims back to the start so she can try again.

Try:

- Playing with a ball (the food supplies) in your hands;
- Playing with a ball (the food supplies) at your feet;
- Never giving up.

HOW DID IT GO?

- What did you enjoy most?
- What did the other players enjoy most?
- What would you like to practise?
- How could you make these games even better?



2 GAME 2: MOANA V MAUI

Background: Moana meets Maui on a faraway island where her boat has been washed up. After trapping Moana in a cave, Maui steals Moana's boat to escape. Moana escapes the cave and the ocean takes her back to Maui on the stolen boat. Maui tries to leave Moana behind, but the ocean keeps bringing Moana back to the boat so they can return the heart of Te Fiti.

The challenge: The game starts with Moana in the ocean. Her aim is to get onto the boat and stay there as long as she can. If Maui tags her she will fall back into the ocean and has to start again. How long can Moana stay in the boat before she's tagged?

Try:

- Playing with a ball (Te Fiti's heart) in your hands;
- Playing with a ball (Te Fiti's heart) at your feet;
- Never giving up.



3 GAME 3: FIND MAUI'S FISH HOOK

Background: Tamatoa the coconut crab has stolen Maui's magical fish hook. See if you can retrieve it.

The challenge: The play area is now Tamatoa's lair. The player who is Tamatoa uses a ball to represent Maui's fishhook. The other players represent Moana and Maui. The other players try to get the ball (fish hook) and return it to Maui.

Try:

- Tamatoa having a ball (Maui's fish hook) in their hands;
- Tamatoa having a ball (Maui's fish hook) at their feet.