

THE NETBALL QUEEN

Kia ora, my friend: I've started a story for you & your loved one to finish off. To help you along the way here are a few suggestions:

- You write a sentence or two & then post it to your loved one, who'll write something & then send it back to you. Do this until the story is completed & all the drawings (illustrations) are done!
- It may take a while to complete, but as long as you're both having fun, then that it's all good!

The Netball Queen

Aroha was in year 6 at her school and she loved netball. The only problem was, that she wasn't very good at playing it. The other thing that made Aroha sad was that her mum was in prison and wouldn't be home for ages. One day Aroha was moping about at the marae looking all sad and sorry for herself.

"Hey what's up with that long face" old Nanny Huia called out to her.

Come here and tell me what's up with you. Aroha was glad to be able to talk to someone and so she told Nanny Huia what was wrong.

Okay said Nanny, **so what are you going to do about it then? What's your plan?**

I don't have one wailed Aroha! Hey that's enough of that crying, said Nanny waving her finger at Aroha, let's get to work and write out your first plan!

AROHA'S FIRST PLAN FOR BEING THE BEST NETBALL PLAYER I CAN BE IS:

1. practice my goal-shooting by making 25 shots at goal everyday - even in the weekends.
2. Practice sprinting up & down the netball court at school at least 10 times a day.
3. Making my passes fast & accurate by practicing throwing the ball against the side of the garage 25 times a day.
4. To make my reflexes faster I will get a tennis ball and throw it high in the air or hard against the garage wall and then try & catch it.
5. Make sure I don't eat so many lollies because that just makes me chunky & slow.
6. Try my best at school so my brain gets really fast (a faster brain will help me make good fast decisions when I'm playing netball!
7. Keep a record in a note-book every-day. Write down the date and what I did.
8. Once a week I'm going to write to my mum and give her an update on my progress.

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CAN YOU DRAW OF YOU AND YOUR MUM OR DAD PLAYING NETBALL?

On the very first day Aroha tried her new plan she was not happy with her results because she had made 25 attempts at getting the ball through the netball hoop and had only got one goal!

...Nincompoop she shouted..

At the end of Aroha's first week, her muscles were sore and stiff from all the exercise but she was determined to ...

Oh rats! That's....

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At the end of the first month Aroha was getting happier as she could now get 8 or 9 successful goals out of every 25 attempts!

CAN YOU DRAW AROHA PRACTICING GOAL SHOOTING ?

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After the second month of training, Aroha was really improving as she was now getting 12 out of every 25 attempts at Goal!

Aroha's mum was so proud of her that she'd started playing netball for her wing in prison and was enjoying getting fit to. Aroha gave her mum some netball tips and told her to try...

