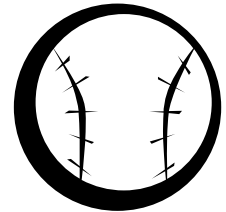


Lesson Objective:

- To teach awareness of body movement around a baseball diamond.
- To initiate batting skills.

Equipment Required:

- 1 soft ball (foam ball, wiffle ball, etc.) for each student.
- 8 mats.
- Pylons, large foam or rubber balls.



Safety Considerations:

Check playing surface for any hazards. Make sure students are dressed properly for active movement. Use soft balls until students get used to the movement.

Entry Activity: PICKLE TAG

Divide the gym in half with pylons. Have 4 mats set up on each side of the gym representing the bases from a baseball diamond. Divide the class evenly, half on either side of the gym. Have the four mats as bases and one student as the pickle for each side. Then have each student running around in the formation of the diamond from home plate to first to second to third, then back to home. Two students are allowed to stop on the mats at a time, which are safety zones. The pickle is running all over the gym not necessarily in the diamond formation trying to tag the other students. Once a player is tagged the pickle and the player switch roles.

Skill Development:

The teacher explains the steps involved in making contact with a pitched ball, teaching hand-eye coordination. Students work in pairs practicing pitching and hitting. The pitcher uses a large foam ball and gently provides an underhand toss to the batter. The batter uses a fist to try to hit the ball. The batter hits the ball towards the wall. Once the ball has been hit, the players switch positions. The teacher should circulate and provide feedback on positioning and swinging. Make sure batter stands on the right or the left side of the plate relative to the pitcher. Hit the ball with the front hand first, then with the back hand.

Game: DANISH ROUNDERS

Divide class into 2 teams, one team at bat and the other team out in the field. The gym is set up to resemble a baseball diamond. The pitcher throws an underhand pitch to the batter. The batter tries to hit the ball with his/her hand. Whether the batter hits the ball or not, he/she must

run to first base and farther if possible. The fielding team tries to return the ball to the pitcher, who must then touch the pitcher's base. If the pitcher touches the pitcher's base with the ball before the batter makes it to a base, the batter is out. Any number of batting players may be on the base at the same time, and on any strike or hit they may choose to remain on base or run to the next one. But when the pitcher puts down the ball, any base runner who is off a base is considered out. Play continues until every member of the team has had a turn at bat. The teams then switch positions. A point is scored when a player makes it to 4th base.

Cool Down:

Have students jog around the gym, then walk around the gym forwards, then walk around the gym backwards. Once they are done have them sit in a circle with each student demonstrating a different stretch.

Focus Points: HITTING

- Watch the ball at all times.
- Stand 90° to the person that is throwing the ball.
- Take a small stride with front foot to hit the ball when it is in front of the batter.

Diagrams:

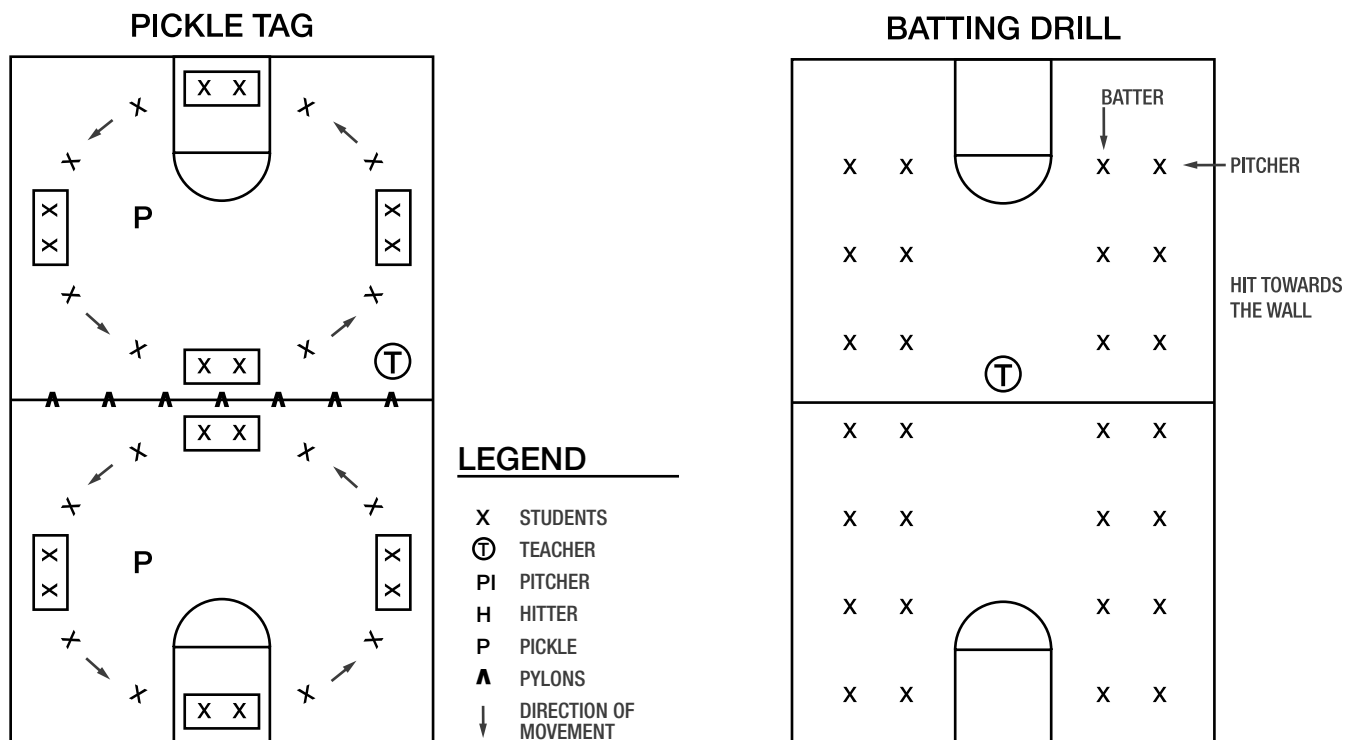
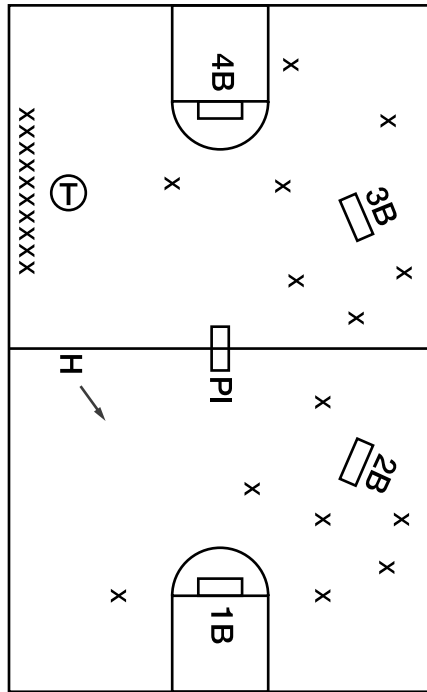


Diagram Continued:

DANISH ROUNDERS



LEGEND

- X STUDENTS
- Ⓣ TEACHER
- PI PITCHER
- H HITTER
- P PICKLE
- ▲ PYLONS
- ↓ DIRECTION OF MOVEMENT