

## Lesson Objective:

- To develop throwing, catching and hitting skills through group activity.
- To foster team co-operation and fair play.



## Equipment Required:

- 4 or 5 bases or mats.
- 1 type of bat (foam bat, racquet, paddle, or have students use a closed fist).
- 1 ball (playground ball, foam ball, volleyball, wiffle ball, etc.).

## Safety Considerations:

Check playing surface for any hazards. Make sure students are dressed properly for active movement. During the game, make sure bases are clear to allow students to run around the bases without bumping into anyone.

## Entry Activity: **STRETCHING SIMON**

Students spread out around the gym in viewing distance of the teacher. The teacher plays Simon says but focuses only on stretching exercises. If someone does an activity that Simon doesn't say, that student must quickly run once around the gym and then come back to join the group. Teachers should focus on holding stretches and stretching arms and legs.

## Skill Development:

Teacher should demonstrate for students the proper stance for batting. Have them work in partners to practice the movement of batting without equipment. The teacher should move around the gym and provide feedback on stance and position.

## Game: **ICICLE**

Divide class into 2 groups, 1 team at bat and the other team in the field. Spread mats around the gym to resemble a baseball diamond. The teacher pitches the ball; the batter then tries to hit the ball and continues to run the bases. The fielders must toss the ball to 5 fielders. Each fielder receiving the ball yells out what number he/she is in order of receiving the ball. I.e: 1, 2, 3, 4, 5. The 5th fielder to receive the ball yells "icicle" and the batter must freeze. When the batter becomes an icicle he/she must freeze on the mats or base and is required to stand on

it for the rest of he/she team's at bat. Once everyone hits, the teams switch positions. Teams only get points when the batters cross home plate or base.

**Variation:** Runners may stop on a base without being put "out."

## Cool Down: STRETCHING SIMON

Have students skip one lap around the gym, then slide step one lap, then walk briskly around the gym for one lap. Lastly have students slowly walk one lap around the gym.

## Focus Points: BATTING STANCE

- Weight slightly greater on back foot.
- Weight should be on balls of feet.
- Feet shoulder width apart.
- Hand closer to the pitcher should be on bottom of bat, close to the knob.
- Look at the pitcher.
- Arms away from body.
- Bat positioned with two hands in line with back foot.
- Take short stride (10-15 cm) with front foot directly toward pitcher.
- Swing bat on a level path.

## Diagrams:

