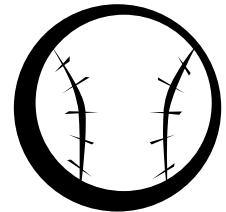


## Lesson Objective:

- To develop the hand-eye coordination required to swing a bat and hit a ball.
- To develop the coordination skills necessary in team play.

## Equipment Required:

- 1 ball (foam ball, wiffle ball, etc.) for each student.
- 4 Pylons.
- 3 bases.



## Safety Considerations:

Check playing surface for any hazards. Make sure students are dressed properly for active movement. Make sure students are aware of other students and all equipment when running during the game.

## Entry Activity: MUSICAL MOVEMENT

Have students walk around the gym, each with a ball. Play music and while the music is playing, have the students practice different walks. Have them walk with stiff legs and wobbly legs, have them walk in circles and straight lines, have them do the monkey walk. When the music stops they have to throw the ball in the air and catch it 3 times. When the music starts again have them do interactive movements with other students. Have them give a person a “high five,” have them grab a partner and practice different passes (overhand, underhand, bounce pass, grounder, etc.) using only one of the balls and not both.

## Skill Development:

Teacher should review proper hitting techniques with students. Have students work in pairs and give each pair a racquet, paddle, stick or rope and a ball. Have them practice pitching and hitting in pairs. The teacher should move around the gym and check to make sure the positioning is correct.

## Game: PYLON BALL

The students are divided into 2 teams, batters and fielders. There are 3 bases on the floor; home plate, and 2 “out bases” where first and third would normally be. Instead of second base there are 4 pylons in a row extending straight out into the field. The teacher pitches the ball to the batter who is at home base. After the batter hits the ball he/she must run to the pylons,

run around the first one and take a chance on running around each one thereafter. The batter must return to home plate before the fielders on the “out bases” catch the ball as it is relayed from other fielders. Otherwise the batter is out. The ball must be thrown to the fielder at the “out base” and may not be carried. Teams only get points when the batter crosses the home plate. The batter scores one run for every pylon he/she runs around if he/she makes it back to home plate without being out. All members on the team must go up to bat and then the teams switch positions. The team with the highest score wins. (The batter is automatically out if a fly ball is caught.)

### Cool Down:

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

### Focus Points: **BATTING STANCE**

- Take a small stride towards the pitcher on contact.
- Hips should rotate towards the pitcher on follow through.
- Hit against the front foot.
- “Squish the bug” (pivot) with back foot.
- Hit the ball in front of front foot.
- Follow through.

### Diagrams:

