

Lesson Objective:

- To have students learn to evaluate themselves based on their individual progress.

Equipment Required:

- 1 soft ball (playground ball, volleyball, wiffle ball, etc.) for each student.
- Pylons, Hula-hoops, Paper targets.
- 4 bases.
- Batting tee, foam bats.
- Wiffle ball and bat.
- Piece of paper and pencil for each student.
- Stop watch.
- Pre-planned individual sheets.



Safety Considerations:

Check playing surface for any hazards. Make sure students are dressed for active movement. Make sure students are aware of the other activities taking place at the other stations.

Entry Activity:

Have students walk once around the gym, jog once around the gym and then complete a full body stretching routine.

EVALUATION STATIONS

Give each student a recording sheet and pencil.

Running Station

Do this activity first using the entire gym area and all students. Have 4 bases set up on the floor like a baseball diamond. Taped area on floor is best. Timer starts clock on first movement of runner at home. Runner touches all four bases in fastest possible time. Record the times on recording sheet.

Now divide students into 3 equal groups and position each group at 1 station. Have the students complete the tasks at each station and record their individual scores.

Throwing Station

The throwing station will have 3 different activities

1. Beanbag throw - Have 4 pylons in a row 5m from student. Each student has 5 attempts to hit the target, to score number of pylons hit/5. Have each student go 1 at a time. Station will have 5 beanbags.

2. Ball throw - Have target on the wall (either hula-hoops or tape) Using 5 balls, give the students 5 chances to try to hit the target 1 at a time. Scoring # of times they hit the target/5.

3. Have a hula-hoop approx. 10 feet away from students and have 5 frisbees for students to use. The students will have 5 chances to try to get the frisbees into the hula-hoops 1 at a time. They score for themselves the number of frisbees in the hoop/5.

Catching Station

Give each student a ball. How many times can a student throw a ball in the air and catch it? How many times in a row can students throw a ball at the wall and catch it? Have them work in pairs to see how many times they can successfully throw and catch the ball with a partner. Have the partner count and record.

Hitting Station

Set batting tee 15m from wall. Set pylons directly in front of tee at 5m and 10m. Batter hits the ball off the tee 3 times. Scoring includes 1 point for hitting the ball, 2 points for hitting the ball in the air past the first pylon, 3 points for hitting the ball past the 2nd pylon and 4 points or home run for hitting wall in the air.

At conclusion with all students: Set up 4 hitting stations, one on each wall of gym. Hit towards the wall. Have pitcher (soft tosser) on an angle pitch to the batter 3 pitches. Batter hits ball towards wall. Count how many times batter hits the ball. (Soft toss drill)

(Please note for a right-handed batter the pitcher or soft tosser is on the left side and for a left-handed batter the pitcher or soft tosser is on the right side!).

Cool Down:

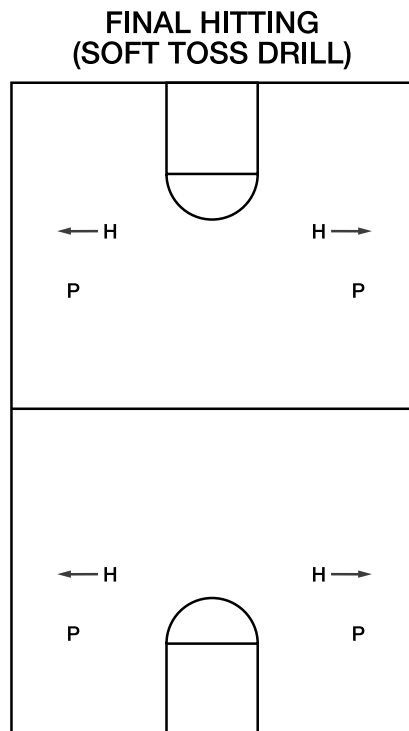
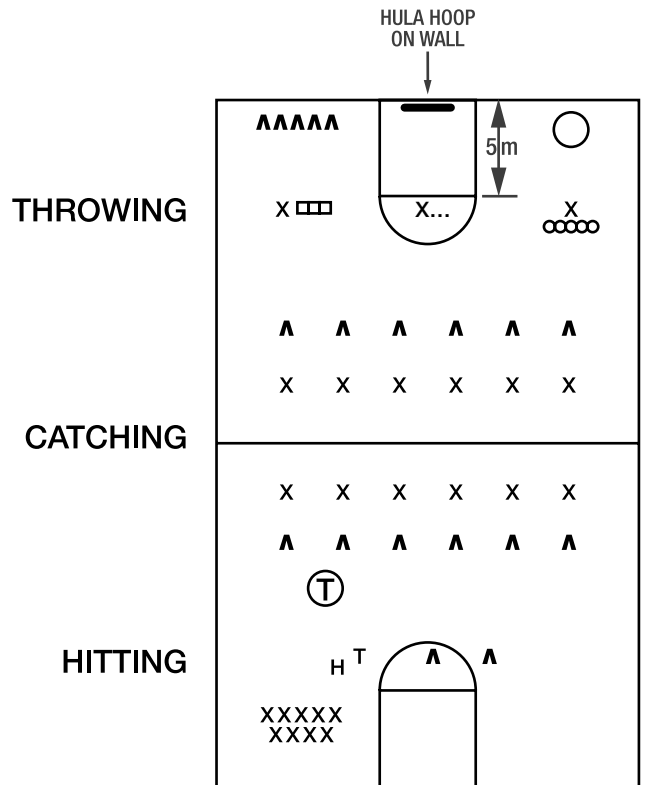
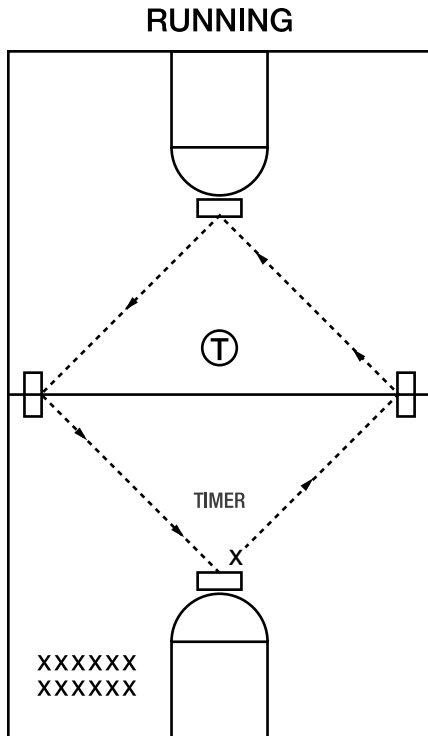
Have the students pick their own favorite cool down activity.

Focus Points: SUMMARY

- Emphasize the fundamentals taught in previous lessons.
- Emphasize having fun.
- Make tasks attainable.
- De-emphasize scores.
- Rotate through.

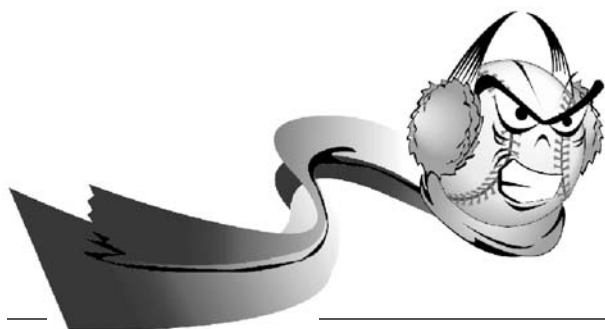


Diagrams:



LEGEND

X	STUDENTS	□	BASES	...	SOFTBALLS
Ⓣ	TEACHER	○	HULA HOOP	T	BATTING TEE
H	BATTER/HITTER	▣	BEAN BAGS	▲	PYLONS
P	PITCHER	∞	FRISBEES	↓	DIRECTION OF MOVEMENT



Winterball Progress Sheet

Name _____

Class _____

Running: Time 1. _____

Time 2. _____

Throwing:

Catching:

1. Bean Bag Throw _____ / 5

1. Air Catch _____ / 5

2. Ball Throw _____ / 5

2. Wall Catch _____ / 5

3. Frisbee Toss _____ / 5

3. Partner Catch _____ / 5

Hitting:

Soft Toss Drill:

1st Hit _____ / 5

1st Contact: Yes or No _____

2nd Hit _____ / 5

2nd Contact: Yes or No _____

3rd Hit _____ / 5

3rd Contact: Yes or No _____