

Lesson Objective:

- To develop throwing, catching and hitting skills through group activity.
- To foster team co-operation and fair play.
- To encourage positive feedback between teams.

Equipment Required:

- Targets at stations (pylons, wall markers, hula-hoops, etc.).
- Throwing objects – 3 per station.
- 4 bases set up like a baseball diamond.
- 1 batting tee and ball (soft foam, wiffle).
- 1 foam bat.



Safety Considerations:

Check playing surface for any hazards. Make sure students are dressed properly for active movement. During game, ensure students are aware and ready to receive batted balls.

Entry Activity: TARGET ZONE

Targets are placed around the gym. Students are required to work in groups at each target station and take turns throwing various objects at the targets. Use hoops on the floor, paper targets on the walls, pylon markers. Objects for tossing - different soft-type balls (playground balls, foam balls, wiffle balls), frisbees, beanbags. Once students have been to each station, have them practice stepping back further, or throwing different ways. Rotate stations quickly.

Skill Development:

Teacher should demonstrate for students the proper stance for batting and proper grip. Have them work in partners to practice the movement of batting with a racquet or paddle. The teacher should move around the gym and provide feedback on proper swing and grip.

Game: FAIR PLAY

Divide the class in 2 teams. One team is up to bat and the other is out in the field. The team that is up to bat must stay up to bat until each person scores. If a grounder is hit, the batter advances one base. On an infield fly, the batter advances 2 bases and on an outfield fly the batter advances 3 bases. When runners are on base, they move ahead as their teammates get hits.

In order for a hit to count, the fielder must stop the ball on a grounder or catch it on a fly. The main goal of the fielder is to catch the ball and help the batter get on base. This promotes true

sportsmanship in encouraging all players to do well. In order for the fielding team to get up to bat, they need to help the batting team score. Fielders should rotate through the different positions at regular intervals.

Use a batting tee at first, have the player at bat swing until the ball is hit. Once the players have progressed, have a fielder pitch the ball. The better the pitches, the more likely points will be scored.

Cool Down:

Have students work on body stretches, following the teacher. Make sure to stretch legs and arms thoroughly. Discuss the importance of positive feedback with the students. Ask students to provide positive feedback to the student next to them.

Focus Points: REVIEW

- Basic fundamentals of batting.
- Watch the ball or other object hit the bat.
- Balance at contact.
- Balance at follow through.
- Remember safety with swing.

Diagrams:

