

Lesson Objective:

- To develop self-evaluation skills so students learn appropriate goal setting.

Equipment Required:

- 1 soft ball for each student.
- Pylons, hula-hoops, paper targets.
- 4 bases.
- Wiffle ball and bat.
- Score sheet and pencil for each student.
- Stopwatch.



Safety Considerations:

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

Entry Activity: GOOD WARM UP

Jog twice around the gym. Do full baseball-stretching routine. Jog other way around gym.

EVALUATION STATIONS

There are four skills to evaluate: running, throwing, catching, and hitting. Running and hitting are done independently. Catching and throwing can be done simultaneously. (see diagrams.)

Throwing Station (Done in half the gym along with catching)

Have a target set up on the wall and pylons set up at different distances in front of the target. Have students throw the ball at the target 3 times from each distance. Test their accuracy, consistency and distance. How many times did they reach the target? How far did they throw? How many times in a row did they hit their target?

Catching (Done in half the gym along with throwing)

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 with a partner. Have the partner record the score while the student is throwing, catching in the air and off the wall. They will then switch roles.

Hitting (use entire gym for this station)

Have 4 distance markers set up in front of a pitcher. Give each marker a point; the farthest marker should be worth 5 points. Have each student make 3 attempts to hit the pitched ball. What was their final score? How many times were they able to hit a pitched ball? Have one person in the group keep score for the batter. One point is scored for hitting the ball.

Running

Set up 2 sets of 4 bases, 1 set in each half of the gym. Have students run bases as quickly as possible. Record time. Time is taken from first movement to touching home base again.

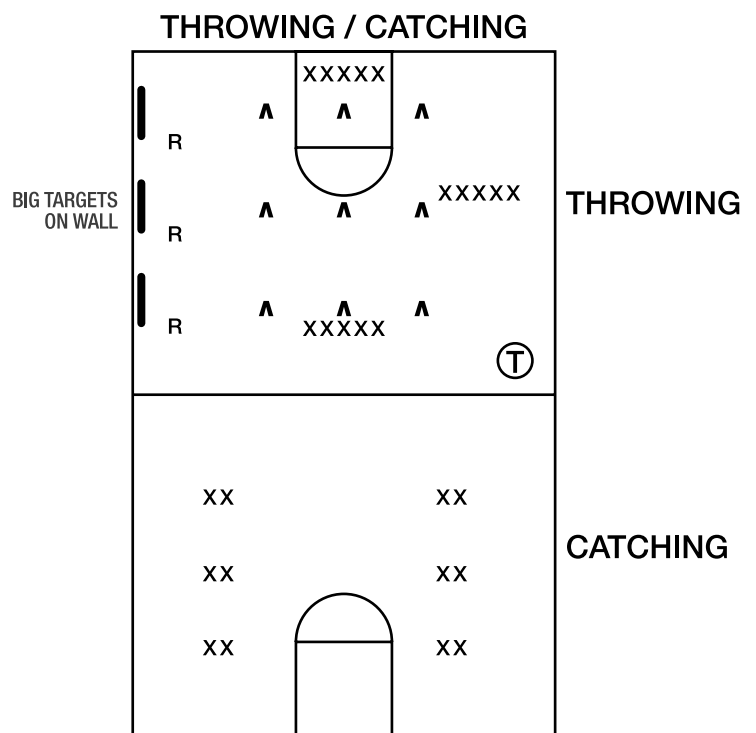
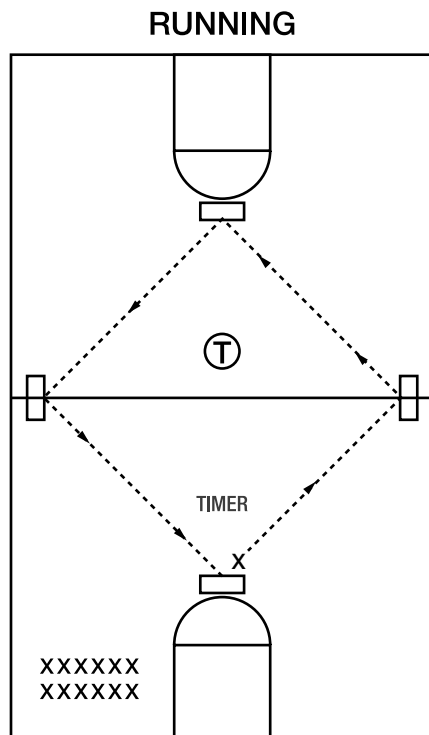
Cool Down:

Have the students jog one lap around the gym, then walk one lap around the gym. Jog a lap of the gym the other way. Walk backwards once around gym. Shuffle step one lap of gym.

Focus Points: REVIEW BASIC FUNDAMENTAL SKILLS

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|--------------|-----------------------|------------|
| ■ Throwing. | ■ Balance at contact. | ■ Running. |
| ■ Receiving. | ■ Hitting. | |

Diagrams:



Diagrams (continued):

