

Lesson Objective:

- To learn how to properly hold a bat.
- To develop the hand-eye co-ordination required to swing a bat and hit a ball.

Equipment Required:

- 1 ball (foam ball, wiffle ball, etc.) for each student.
- Pylons.
- 4 Bases.
- Ropes, racquets and/or paddles.
- Batting tee.
- Wiffle ball and foam bat.



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 when swinging a bat or racquet.

Entry Activity: **PRETZEL**

Scatter pylons randomly around the gym floor. On the teacher's signal, have students move around the gym by walking, jogging, skipping, and sliding in all directions. Students move over, around and beside cones without touching them. On stop signal from teacher, students freeze to the nearest cone and use different body parts to touch the cone. E.g. using a foot, an elbow, a knee, etc., this will help students learn balance and control. At each cone the students must use a different body part, and can't repeat any.

Skill Development:

Teacher should demonstrate the proper grip for holding a baseball bat. Have students work in pairs and give each pair a racquet, paddle, stick or rope. Have students show each other the proper grip. The teacher should move around the gym and check to make sure the grip is correct.

Game: **WIFFLEBAT BASEBALL**

Divide the class into 2 teams; one team at bat, the other in the field. A student from the batting team makes 4 attempts to hit a wiffle ball from a tee. When the ball has been hit (and even if it's not) the batter must run around the bases. The fielder who gets the wiffle ball must throw it to the pitcher who places it in a hula-hoop. A larger ball is taken from the hula-hoop, given to

a player in the field who then throws the ball at a target on the wall. When the target is hit, the play must stop. A fielder may only attempt to hit the target once, and then he or she must pass the ball to the next fielder to try. If the batter makes it around the bases before the target is hit, a point is scored. After everyone has had a chance at bat, the teams switch positions. Players in the field must rotate after each hit. The ball can only be thrown from the position of the fielder. The fielder cannot carry the ball to the target. Variation of the game is to allow runners to stop on bases.

Cool Down: 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.

Focus Points: PROPER GRIP

- Hold the bat with fingers not palms.
- Align knuckles (“Door knock knuckles”).
- Watch for transition of weight from back to front foot.
- Keep hands together.

Diagrams:

