

KINDERGARTEN & GRADES 1 & 2

Lesson 5

Lesson Objective:

- Hitting & fielding the ball.

Equipment Required:

- Cones
- Gym ball (soft balls)



Safety Considerations:

Check the playing area for any hazards. Make sure the students are dressed properly for active movement. During game activity, instruct the students to throw the balls in the proper direction and not at other students. When the students retrieve balls, make sure they are careful not to be hit.

Entry Activity:

Have the teacher line up all the students around the entire gym, 5 feet away from the wall. Space the students out properly. Have the students use the open palm of their hand to hit the ball towards the wall. They should attempt to catch the ball once it bounces off of the wall.

Students are not to hit the ball when it is above their chest height.

Skill Development:

The students should focus on eye-hand coordination. This item is key to not only these activities and games, but to all sports in general. Teacher should both explain and demonstrate the activities of skills as this gives a visual explanation to students who need it. The teacher should circulate and provide feedback on positioning and body action.

Game 1:

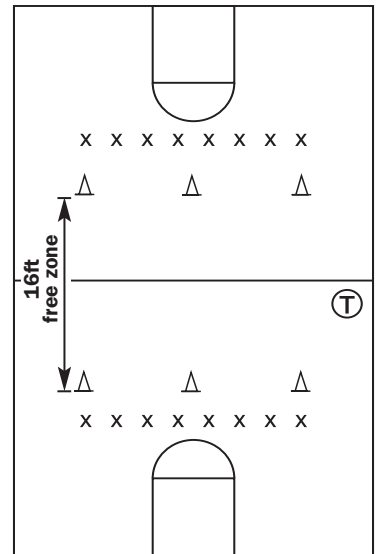
Split the students up into 2 teams. Set cones 8 feet apart on either side of a line in the middle of the gym, creating a 16 foot free zone. No students are allowed in this free zone during activity.

Line up the two teams across the gym, facing each other. Each student has one gym ball (soft ball) in their hand. Each student is to hit the ball with the open palm of their hand, never hitting the ball above their chest. When a student hits a ball, they are to direct the ball towards the other teams' line. As a ball comes towards a student, they are to catch the ball and immediately hit the ball back towards the other team (again, use open palm of the hand to hit ball).

The object is to have all of the balls at the other side of the gym. If a ball is in the free zone, that ball is declared dead.

LEGEND

- x STUDENTS
- Ⓣ TEACHER
- △ CONES



Game 2:

Split the students up into teams of 4, with 1 ball each. Have 1 student be the hitter and 3 others be the fielders. The 3 fielders form a semi circle, 5 feet from the batter and 4 feet apart. Have the batter's back toward the middle of the gym. Move the groups around the gym so they are equally spaced out.

Have the hitter with the ball in one hand, extend their hand to eye level. As they drop the ball, they hit the ball with the open palm of their other hand. Fielders catch the ball and toss it back to the hitter. The goal is to hit the ball to all 3 fielders. Once a hitter completes this goal, 1 of the fielders switches positions with the hitter. The game continues until all fielders have been a hitter.

The goal is to see what team has all participants complete the hitters position in the shortest amount of time.

Variations: If there is a slower team, have them only hit to 2 of the 3 fielders before switching hitters.

Focus Points:

- Direct ball when you want to hit it by moving angle of hand.
- Eye-hand coordination.
- Watch the ball until you hit the ball.
- Catch with two hands.