

KINDERGARTEN & GRADES 1 & 2

Lesson 7

Lesson Objective:

- Teamwork and base running

Equipment Required:

- Soft balls
- Soccer type goal (or empty equipment bag)
- Foam bats
- Batting tee

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:

Place students into groups of 2 with 1 ball per person. Each pair is spread out across the center line of the gym. On the teacher's command, the partner with the ball throws the ball as far as they can towards one end. The partner without the ball goes and retrieves the ball. Once everyone has returned to the centre line, the teacher has the ball retriever throw their ball towards the other end. This continues until each student has a chance to throw several times (suggested 10 to 15 time each).

Skill Development:

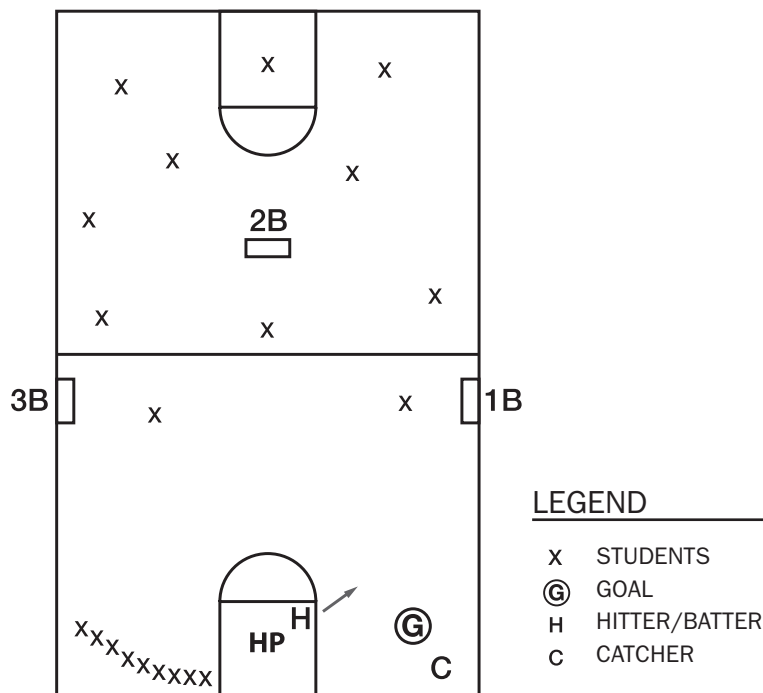
Teacher should review proper technique for throwing at target, catching with two hands, and movement when hitting a ball. If student cannot complete drill/skill, adjust as needed. If student cannot hit moving ball, have then hit off a tee. Use different size balls as student skills improve.



Game 1:

Mark off your gym floor like a baseball field with three bases and the home base. Divide the students into 2 teams. You also need some sort of goal like a small soccer goal (or empty bag). Set the goal to the right of the home plate but away from the base so you can have some room in between the two. The team that is in the outfield must stand 20 feet from the batting tee. The team must pick 1 student to be in front of the goal because he or she is the goal catcher for their team. The object is for the team who is 'up to bat' (in a signal file line) to throw the ball out into the outfield and run around as many bases as possible before the outfield throws the ball to their catcher who in turn must throw the ball into the goal to stop the runner on the base they currently occupy. If the runner makes it all the way around to home base then it is a point. If the catcher throws the ball into the goal when the runner is on third then they have to stay on third until the next thrower is up to throw. Each player on each team gets one turn up to throw. Once everyone has thrown, the 2 teams switch positions. If someone in the outfield catches their ball then they are out, even if the ball bounces off the wall or ceiling. There are no three outs, everyone gets a turn. It is important to remember that the outfield cannot throw the ball into the goal. The catcher for that team must do so after receiving it from the outfield.

Variations: The thrower can add a second ball to be rolled in another direction on the field.



Game 2:

Setting up: Divide students into 2 teams. Number each player on each team (ex. 1-10 if you have 10 teammates). If you have an odd number, give an athletic student 2 numbers. Get the teams to sit down facing each other, on opposite sides of a basketball court. Put two bats and two balls in the middle of the court, and set the goals up in the 2 far ends. Have all the students on the side sit towards the middle of the side wall.

	Students	
G O A L	bats and balls	G O A L
	Students	

Playing the game: Call out a number. The 2 players with that number (1 from each team) run into the middle, grab a bat and have to try to hit the ball through their goal. The first to do so gets a point for their team. They then sit down and another number is called. You can also call 2 or 3 numbers at a time and play as mini-teams.

The conclusion of this game is when a certain number of points are reached or time has expired.

Focus Points:

- Communication on relay of ball
- Proper throw at target is better control than fast turn and throw
- Aim where you throw
- Angle of bat will help direct ball to where you want it to go