

KINDERGARTEN & GRADES 1 & 2

Lesson 8

Lesson Objective:

- Hitting & Fielding

Equipment Required:

- Foam balls (larger ones)
- Batting tee
- Bat
- Cones



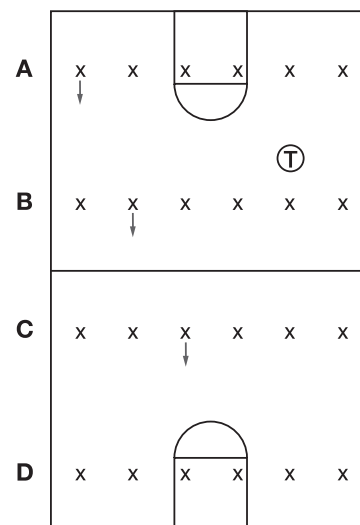
Safety Considerations:

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 students split into teams of 4, 1 ball per team. Have 1 person on each team stand at one end of the gym by the wall, this person called A. Have these A students spread themselves out along the wall. Other teammates stay in a straight line with their teammate and spread out toward the other end of the gym. The last person in line is at the opposite end of the gym at the wall. You should have long lines of 4 people running the length of the gym.

On the teachers' command, the A teammate with the ball runs towards B (first teammate in line). Teammate A stops three feet in front of B. These two students toss the ball back and forth until 2 proper catches are achieved. Teammate B then takes the ball and runs toward the next teammate (C) (stopping 3 feet away) and plays catch like before. Once the line is done, the activity is over for round one. Change the position of people within the line until everyone can be teammate A, B, C, and D.



LEGEND

- X STUDENTS
- Ⓣ TEACHER
- ↓ DIRECTION OF MOVEMENT

Skill Development:

Teacher should move throughout the gym to ensure proper execution of the skills involved. Encourage positive reinforcement by students to each other to help build sportsmanship and self confidence within all. Break a skill down into smaller parts if student struggling. If you combine multiple skills into an activity and activity breaks down due to basic skill not being executed properly, stop the activity to work on the individual skill before continuing.

Game:

In this game, students try to earn as many points as possible by hitting a wiffle ball across the gym. Each student has the chance to earn at least 1-3 points per hit. The defensive team must work together to prevent points from being scored.

Prior to the lesson, set up the gym as follows: 3 rows of cones, with the first row starting at the 3-point circle of the basketball court, the second row placed at half court, and the third row placed at the opposite 3-point circle. The points for the rows are 1, 2, and 3 respectively.

Divide the students into 2 teams. The batting team will take turns to see how far they can hit a ball off of a tee. If the ball hits the wall in the air across the gym, the team receives 5 points. Place the tee at the end of the gym and all students not on the batting team can cheer on their teammate.

The objective of the defensive team is to stop the ball before it goes through a row of cones. The farther the ball goes, the more points awarded according to the point ruling. If a ball is caught in the air, then no points are given. Once everyone on the hitting team has had a turn, switch teams.

There are NO rules as to where the students stand (except that they must start behind the first point row). The students as a team discuss where to place people to make sure the ball travels the least. As a teacher, stress working together as a team to come up with a plan/strategy.]

Focus Points:

- Bend knees and not only back to pick up ball rolling on the ground
- Use body to help block the ball
- Proper stance and swing while watching the ball will help with making contact

