

KINDERGARTEN & GRADES 1 & 2

Lesson 9

Lesson Objective:

- Hitting, Fielding, Running

Equipment Required:

- Foam balls (larger ones)
- Wiffle balls
- Batting tee
- Bat
- Soft gym balls

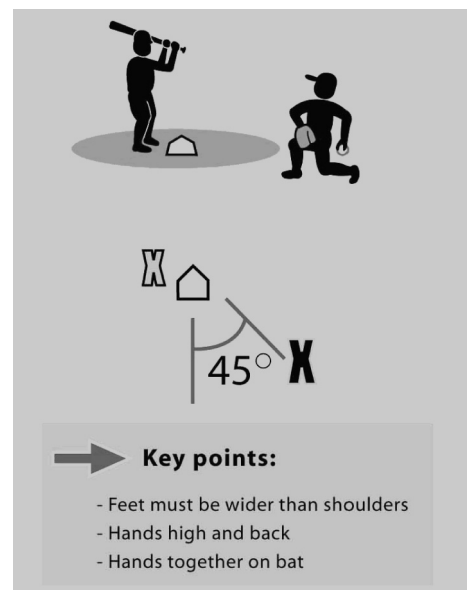
Safety Considerations:

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 class split up into groups of 3 with 2 wiffle/gym balls each. Have these groups spread out around the wall of the gym, roughly 8 feet from the wall. One person acts as the batter, and they take a batting stance towards the wall as if the pitcher was the wall. One person acts as the pitcher, but rather than be the pitcher in front of the batter (at the wall), they are location at 45 degrees beside the batter. Simply ask the player to hit the ball tossed underhand. Get the pitcher to kneel in front and to the side of the hitter and toss the ball with little arc in front of them. After the hitter has had 4-6 quality hits, get the students to switch. The pitcher should keep the delivery consistent so that hitters can find their timing.

The third person acts as the ball retriever, to help collect the balls after they are hit by the batter. The ball retriever stands 3 feet behind the batter in case they miss, but also ready to chase the ball if hit. To help with the skill of hand eye, the batter will swing with only their arms, no bat in hand. The batter will hit the ball using the open palm of their hand.



Variation: You can also split class up into 4 groups, 1 per foam bat. Use waffle balls if using this format and have batter stand in a corner of the gym. Have pitcher stand up and stand farther away for protection from batted ball.

Skill Development:

Gather your students and ask them to place one knee on the ground. The teacher demonstrates and explains the key points related to the activity or game. Modify the distance between players according to their level of ability.

Game 1:

Split the class up into 2 teams. Have the teacher stand at one end of the gym with a number of soft balls. Teams should be 20 feet away from the teacher with 20 feet between teams. Each team creates a long line going towards the far end of the gym, all standing. First person in line steps forward by 5 feet. At the same time, the teacher will roll 1 ball at each line. The student catches their ball and runs to the teacher and places the ball in the teachers' hand. The student runs back to their line, gives a high five to the 2nd person in line, and sits at the back of the line. The 2nd person in line steps forward 5 feet and receives a ball rolled by the teacher. This continues until all students are seated.

Goal is to have everyone in your line seated before the other team.

Game 2:

Split the class into teams of 4 or 5, each with 1 soft ball. One student (pivot) will have the ball in their hand and the other students create a semi circle round them, standing roughly 5 feet away from the student with the ball and 3 feet away from each another. Start the drill out with all players on 1 knee. Each student with the ball will have 1 minute to make as many throws back and forth with their teammates. Record the score of catches for each group.

Once all teammates have the opportunity to be the pivot, add up all the catches for the team. Play the game again and try to beat the individual teams' score.

Focus Points:

- Watch the contact of the ball with your open hand/bat.
- Catch the ball properly before you get ready to throw it



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